

July 2022 • vol 23 • issue 281

# HIPFISH MONTHLY

alternative press serving the lower columbia pacific region

*Return of the  
Biannual  
Naselle  
FinnFest*



## Sawed and Gone!

by Roger Dorband  
(series conclusion p.11)

**KALA STAGE Astoria**  
**SEGRID COLEMAN TRIO**  
*Debut 7/15*

**THE MUSERS**  
*SF Bay Area*  
*Free Range Folk*  
**7/30**

Author Ann Ornie  
New Release:  
*Summoning Spruce*

## Astoria Open Studios Tour Rebounds

July 30 – 31  
11am – 5pm  
54 artists @ 29 locations



AstoriUS Day Celebrate Downtown • Agatha Christie at the Coaster • Summer Opera THE BANSHEE • Shanghai Jazz LIBERTY • ASOC  
Shanghaeid in ASTORIA • LIVE MUSIC SCHEDULE • Street Poetry MANZANITA • Performathon at TEN FIFTEEN

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July 30 - 31  
11am - 5pm

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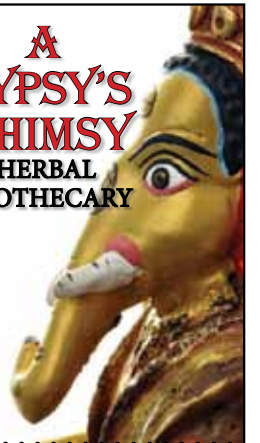
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# THE MUSERS

Free Range Folk  
from the Bay Area  
at KALA

GROUNDING in Tom Kuhn's stand-up bass, Anita Bear Sandwina and Megan McLaughlin take every advantage to raise their vocal harmonies to a soaring, joyful pitch. Now 5 years in, The Musers are on a mission to entertain the masses, with their high-energy, foot-stomping renderings of Bluegrass, Irish, Swing, Blues, Appalachian, Gospel, and Rock; they came up with the best description they could think of to describe their act and their original music, FREE RANGE FOLK!

Megan and Anita, both award-winning songwriters in the Northern California folk scene met while supplying back up vocals for national folk artist Keith Greeninger, and discovered their sister-like harmonies. Bassist Tom came into the mix along the path to create a trio that's been writing, recording and performing on a busy schedule since its inception.

The Musers just released their 4th album of original material, *Beautiful Mysteries*, written during the COVID year. Anita plays banjo, fiddle, mandolin and guitar. Megan on guitar and mandolin. Social issues are the food of their satirical lyrics, weaved throughout a melting pot of American song tradition. With their upbeat ironies, Megan deftly picking acoustic guitar licks, and Anita chucking it on banjo, The Musers are as much entertainment as they are caring social activists—bringing joy, and lets repeat ... high energy acoustic style, sassy cover tunes and laughter.



July 30  
8pm

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

As the KALA stage gradually builds back a roster of local, regional and national touring artists post-COVID, The Musers are a perfect match!

NEVER BEEN TO KALA? Our new tagline is, "We're in it for the music." Surely are. A fully equipped sound stage, set in the corner of a vintage Astoria storefront, with cabaret table seating focused on the stage, you buy a ticket on Brown Paper Tickets, or at the door upon availability, then settle in for a diminutive concert performance, enhanced with a glass of wine or cocktail from the little bar in the back, socialize at the break, and enjoy an immersive up close music performance, one that leaves you with inspiration, and after-sizzle!, like "I'm sure glad I came to this."

Seating is limited to 45. Ceiling fans disperse air. Masks are welcomed and optional at this time. Tickets \$15.

See info on TICKETS below.



## KALA SHOWS Coming UP



Segrid Coleman Trio  
Friday, July 15, 8pm  
Read more - p.10

Segrid Coleman Trio: Friday July 15 • 8pm  
Original Electro/Acoustic Pop/Rock \$15

Heather Christie: Saturday August 13 • 8pm  
Original Acoustic Folk Rock/Soul \$15

Adams & Costello: Saturday Aug 20 • 8pm  
Original Roots Rock \$15

Stay Tuned for more summer dates.



Adams & Costello

**TICKETS:** Buy tickets online at [www.brownpapertickets.com](http://www.brownpapertickets.com). Search under the artist name, then venue. Tickets are available at the door upon availability. Seating is limited to 45. Questions/Info call 503.338.4878. KALA is the cabaret performance space of *Hipfishmonthly*, located at 1017 Marine Dr. in Astoria. Doors open 1/2 hour before show.

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**2nd Saturday ART WALK**

**12 noon to 8pm**

*Presented by the Astoria Downtown Historic District Association*

**July 9**

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on the 2nd Saturday of every month for art, music, and general merriment!

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astoriadowntown.com

## The 20th Naselle Finnish-American Folk Festival July 29 - 31



**Soittorasias Kantele Trio**

usage in parts of America and Canada.

Finnish scholar Pertti Virtaranta and Hanelle Jonsson Korhola interviewed many local Finns, one of which, Sue Pakenen Holway had herself been writing down the stories of her neighbors. The Finn scholars encouraged her to continue, and get others involved. Soon there were plenty stories and photos to share. Holway and a team of friends began having meetings about how to present the stories to the community. Including their friend Washington historian Carlton Appelo, together they eventually decided that an outdoor festival with crafts and music and food would be the way to go. They applied for and received a grant from the Washington Commission of Humanities.

And so the story goes; the core group recruited another sixty volunteers to help with the one-day event to be held at the Naselle schools on July 24, 1982. They expected perhaps 300 attendees. They were astounded when over 3000 came to Naselle, the "little village with the big heart." There was a constant array of activities from 10:00 am until midnight. Following the success of their event they promptly formed a non-profit, and the rest is history!



**Author Karl Marlautes**

*vendors, demonstrations, workshops, field games, the Paavo Nurmi 5k Run/Walk and the closing community worship service.*

**Download the program guide:**  
**nasellefinnfest.com for a full schedule.**

This year Finnish Songstress Eeppi Ursin headlines the performance roster. And this year the festival honors the late Wilho Saari, National award winning Master Kantele player who lived in the region. The Soittorasias Kantele Trio will be honoring the music of Saari, as well offering workshops on the instrument. Cellist Dale Bradley will share the music of

THE BIENNIAL NASELLE FINNFEST takes place at the end of July every even numbered year. According to history written by longtime festival organizer Anita Raistakka, the history of the festival is intertwined with scholars from Finland in the early 80's, who were researching Finnish language



**Singer Songwriter Eeppi Ursin**

**FINNISH RECORDING ARTIST** and singer-songwriter now based in NYC, **Eeppi Ursin** will grace the stage at FinnFest 2022. She is the Finlandia Foundation Performer of the Year 2022.

Ursin has performed all over the world, with acclaimed artists such as American trumpeter Leroy Jones and The Spirit of New Orleans, and has taken the stage at the Shanghai Concert Hall, Helsinki Music Centre, Pori Jazz Festival and as soloist at the President's Independence Day Reception in Finland (2014).

As a collaborative artist, Ursin has sung on 40 recordings, of which five are platinum and gold albums. She has just released her fourth solo album in February of 2022, **Speechless**, a combination of pop, soul, and singer-songwriter traditions. Eeppi Ursin began playing piano at school functions in her youth, and soon she was singing. Once a shy student, who was bullied, and didn't have the courage to speak at school, music became her way to survive, and her latest titled album is a reflection of her journey.

**Eeppi Ursin performs Friday and Saturday Night, July 29-30, 7pm at FinnFest.**

Jean Sibelius and other Finnish composers. The duo of **gypsy violinist Kim Angelis** and **pianist Jennifer Goodenberger** perform their original compositions.

**Carl Wirkkala** and his band **The Whistle Punks**, with deep family roots in the Pacific Northwest shares life tales of ghost towns, trains and drifters. **Skamokawa Swamp Opera** performs their brand of original acoustic folk—known for their vocal harmonies and unique arrangements of everything from opera to rock and new wave!

**The Smilin' Scandinavians** provide the polka grooves and big band swing for the Saturday Night Family Dance, 8:30 to 11pm.

Each year the festival outdoor games get competitive, with the Wife Carrying Race and The Boot Toss. These days they're also tossing the Nokia cell phone, and you can also try Molkky, (Finnish outdoor bowling).

A great selection of lectures occurring both Friday and Saturday, include "The Kalevala" by Greg Jacobs, Bryan Pentilla's Naselle Stories, Victoria Stoppiello, Finding your family in Karl Marlautes' book "Deep River," and Best-Selling author Karl Marlautes on his book "Deep River," and many more.

Attend cooking demos on making Sima, the traditional Finnish mead drink, Rieska Flat Bread, and more on Saturday from 11am to 3pm.

Enjoy the opening ceremony Saturday at 10am with May-pole dancers, but hit the Pannukaku Breakfast first thing in the morn. Enjoy Scandia Dancers throughout the festival and dine on a Salmon Dinner. And don't miss, Isoäidin Apinoita (Grandma's Monkeys) Friday at 2:45 in the Commons. **SISU!**



**Skamokawa Swamp Opera**



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

**ADVERTISING INQUIRIES - 503.338.4878**

Send general email correspondence:  
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**EDITOR/PUBLISHER:**  
 Dinah Urell

**GRAPHICS:**  
 Les Kanekuni  
 Dinah Urell  
 Myshkin Warbler

## CALENDAR/PRODUCTION

**Assistance/Staff Writer: Cathy Nist**

**Facebook Genie: Sid Deluca**

**MAGIC WEB WORKER:**  
 Bob Goldberg

**COVER:** Astoria artist Katie George and her wood burned Kracken. Visit her studio on the Astoria Artist Tour and check out her website at [www.katiegeorgegallery.com](http://www.katiegeorgegallery.com)

## It's Spray Season: A Free Educational Event on Zoom July 27

**JOIN North Coast Communities for Watershed Protection's Upcoming Meeting, on 7/27, 6pm to 7pm.** NCCWP is excited to announce a free educational event (hosted on Zoom) which will feature a talk by Deke Gundersen, Ph.D. a toxicologist and Director of the Environmental Studies Department at Pacific University. He has consulted with North Coast Communities for Watershed Protection (NCCWP) over the years and has expert insights regarding the impact of pesticide chemicals on health.

At the meeting, NCCWP will also update you on their efforts to end clearcut logging and pesticide spraying in our drinking watersheds, regardless of land ownership. Upcoming volunteer opportunities (including a petition effort in the works) will be discussed and direct actions you can take to protect our forests, watersheds and the health of our communities.

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

The health of our communities, as well as the forests and watersheds we depend on, is at stake due to the practices of large,

industrial forestry operations. Fortunately, an upswell of momentum continues to build around Oregon's forests and drinking watersheds right now. It's the perfect time to get involved and help NCCWP work to safeguard and restore our drinking water sources, forests, and air quality.

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

NCCWP is advocating for the critical need to prioritize the health of our communities and put DRINKING WATER FIRST!

North Coast Communities for Watershed Protection (formerly Rockaway Beach Citizens for Watershed Protection) is a grass-roots group working, through education and advocacy, for better protections of the water we drink, the air we breathe, and the forests that sustain us. [healthywatershed.org](http://healthywatershed.org) | [www.facebook.com/NCCWATERSHEDPROTECTION](https://www.facebook.com/NCCWATERSHEDPROTECTION)  
 Email: [rockawaycitizen.water@gmail.com](mailto:rockawaycitizen.water@gmail.com)

## Rainy Day Village Picnic and Town Hall Elder Living • Nehalem City Park

**JOIN RAINY DAY VILLAGE Steering Committee, Saturday, July 9 at 11am at Nehalem City Park, 12705 Hugo Street, for a Town Hall and Picnic.** Get together to eat, socialize, and talk about the future of Rainy Day Village. Bring a picnic and a chair or a blanket and visit with old friends and make some new ones. Treats provided! At 12:00 there will be a conversation about where Rainy Day Village can go from here.

And Save the Date: July 16 will be a follow up meeting at 2pm at the same place: Nehalem City Park (and with more treats!) Come and help plan the future of Rainy Day Village in more detail.

Rainy Day Village (RDV) is part of the Village Movement which started in Boston over 20 years ago to create a new model for aging and ways to support older adults who desire to remain in their homes, allowing them to stay active and engaged in their communities. A local group began meeting in 2017 to discuss how this movement might support and enrich lives on the northern Oregon coast. Organizers realized that rather than focus efforts on creating a local non-profit, it would be advantageous to join an existing village organization. In early 2019, RDV became the 11th village under Villages Northwest, "hub and spoke" model operating in the Portland

area. As a spoke there is access to the considerable experience of Villages NW to help build RDV. For more about Villages NW go to [www.villagesnw.org](http://www.villagesnw.org). For more information about the Village Movement go to Village to Village Network [www.vtvnetwork.org](http://www.vtvnetwork.org)

Robust efforts were made to build Rainy Day Village by constructing the foundation that would be needed to have volunteers provide services for paying members and even more importantly to create a vibrant network of community connections: people living their lives with pride, grace and independence in safe, healthy and socially connected ways. The 20 year history of the Village movement has shown that the relationships built among villagers has added depth and meaning to people's lives way beyond the help they receive with daily chores.

RDV was poised to open with members and volunteers in May 2020. Unfortunately, the launch date has been postponed indefinitely, due to COVID. Since the start of the pandemic RDV has been in a holding pattern.

The Steering Committee has decided it's time to assess where they are going and hope that interested parties will attend one or both of the upcoming meetings to help plan the future of Rainy Day Village on the North Oregon Coast.

## Safety in Our Schools

AS REPRESENTATIVES of the Democratic Party in Clatsop County, we feel compelled to respond to the continuing violence being committed in our country.

We insist that all students deserve safe, welcoming, and supportive school environments where they can focus and learn and thrive without fear. No parent should send their child to school, fearing that they may never come home.

Principals, administrators, teachers, and other school staff have repeatedly shown their instincts to shield and protect their students in these tragic situations. Their acts of heroism should never be minimized or taken for granted. Many elected officials have looked the other way, ignoring the crisis. They have offered at best rhetorical gestures, and at worst blatant hypocrisy. They have punted to mental health interventions and ignored the role of guns in our society. They have offered empty condolences and prayers.

In the wake of the mass murder of 20 children aged 5 and 6 at Sandy Hook Elementary School in Newton, Connecticut, we said: "Never Again". Since then there have been 239 school shootings, with 438 people shot and 138 murdered. We must find a way to put an end to these senseless and horrible killings which traumatize our children and devastate our families.

The National Rifle Association has blocked any change, using money, threats, and influence to fight any common-sense reform of existing gun laws. They use the protection of the Second Amendment as a block to any effort to ensure the safety of Americans. Their efforts successfully shield gun manufacturers from all liability relating to the sale of their products.

The majority of the mass murder of students, teachers, and staff were committed using a legally purchased AR-15 military assault weapon. These weapons have only one purpose, that of killing other human beings.

We owe it to our children to remove this violence from their school experience and allow them to cherish their years in school and grow. Current and future children deserve this, and it should not be delayed.

We must set aside our differences. We must go about the sensible job of banning assault weapons, demanding reasonable background checks on the purchase of these weapons of death, and changes in the age at which guns can be purchased.

**We cannot continue as though change is impossible.**

*The Clatsop County  
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## The Banshee

by Daniel Daly

**July 29 at 7 pm**  
**& July 31, 2022 at 4 pm**

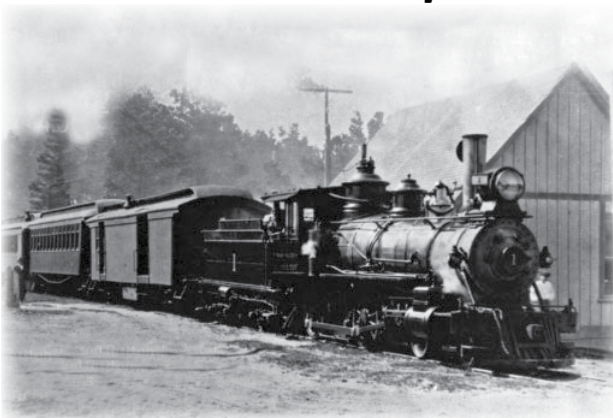
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## TOURS IN HISTORY & HERITAGE

### Clamshell Railroad Days



CLAMSHELL RAILROAD DAYS, an annual celebration of model trains and local train history, is back at the Columbia Pacific Heritage Museum **July 16th and 17th**. The event will run from 10am-4pm both days and features model train layouts from a number of regional train clubs. Admission is \$5 for the weekend and includes a commemorative button. Children under 12 are free. Proceeds go to supporting museum operations.

Layouts from a variety of regional model railroad clubs will be on display including the Cascade Z Modelers, Mt. Rainier N-Scale, the Longview, Kelso and Rainier Model Railroad Club, and the Pacific Northwest On30 Modular Group.

Also on display will be a perennial favorite, Dean and Donna Mead's LEGO Train.

CPHM's historic Railcar NAH-COTTA will be open for viewing Saturday and Sunday 10am-Noon and 2pm-3:30pm. "Take and make" craft kits will also be available for kids at the museum until supplies run out and the American Legion Post 48 will have a hot dog stand both days.

**On Saturday at 2pm and Sunday at 10am Community Historian Michael Lemeshko will lead walking tours on the early history of Ilwaco.**

Call the museum for more details and reservations for the tour 360-642-3446.

### Music in The Gardens • Long Beach Peninsula Garden Tour

**THE LONG BEACH PENINSULA annual and magical garden tour, "Music in the Gardens" comes back on Saturday, July 9 from 10am to 4pm** - featuring a variety of Peninsula coastal gardens, and live music in each garden. Small bites and beverages will encourage you to linger, experience and enjoy beautiful outdoor rooms and meet the gardeners who have mastered the art of successful gardening on the coast.

**This year's tour musicians are Terry Robb, George Coleman, Brian O'Connor, Fred Carter, Tanz and the Sea Strings.**

The garden tour is an annual fundraiser for the Water Music Society, which presents classical music events and supports music programs in the Ocean Beach School District. Tickets are \$20.00 and can be purchased starting July 2nd at three venues:

The Basketcase Greenhouse, 12106 Sandridge Rd, Long Beach, The Bay Avenue Gallery, 1306 Bay Ave, Ocean Park, & Nansel Florals, 3715 L Pl, Seaview

Tickets may also be purchased online now at: [brownpapertickets.com](http://brownpapertickets.com); however, it will be necessary to redeem your online ticket for a map of the gardens at one of the three above-mentioned venues from July 2nd thru the day of the tour.

The health and safety of tour attendees, gardeners and volunteers are a number one priority. As a precaution, please bring a face covering/mask to the tour and maintain a distance of 6' apart from those who are not in your household.

The Music in the GardenTour will be held rain or shine. Please no dogs or strollers during tour.

Visit Music in the Gardens Tour Facebook page for updates on musicians and artists featured in the gardens this year. Questions? Contact Nancy Allen at 360 642-2507.



### Cannon Beach Cottage & Garden Tour

TICKETS ARE NOW ON SALE for the event of the fall season in Cannon Beach, according to *Sunset Magazine!* **After a two-year hiatus, the 2022 fundraiser for the Cannon Beach History Center & Museum roars back to life September 9th through the 11th. The tour itself will take place September 10th along the history-steeped Presidential streets of Cannon Beach.** Central, and easily walkable, the tour will feature more charm-your-socks-off cottages than ever before, exquisite gardens, and wine tasting at the museum compliments of The Wine Shack. The tour includes a stop at the storied Coaster Theatre and the Pacific Northwest Dirt Fishers will be on hand looking to unearth relics from the historic area.

While the tour is the centerpiece of the fundraiser, the whole weekend will burst with events. Be there Friday for the kickoff, when the museum welcomes everyone for the Opening Night Benefit Bash. Explore Cannon

Beach history through exhibits, enjoy tasty nibbles, meet locals, sip wine, sample brews poured by the masters at Pelican Brewing Company, and place winning bids on coveted items in CB Museum first ever silent auction.

After a night at the museum on Friday, a tour of cottages on Saturday, stick around for Garden Tea from 11am to 1pm on Sunday. Held at the Chamber Hall, Doug Kenck-Crispin of Kick Ass Oregon History fame is the featured speaker. Savor teas from North Fork 53 Communita Wellness and baked yummys from Cannon Beach Bakery, while reveling in tales of Oregon's buried treasures.

Join in on a weekend of mindful travel and exploration to support the Cannon Beach community and a small, but mighty, museum. The Cannon Beach History Center & Museum, a not-for-profit organization, was created to collect and preserve the history of Cannon Beach and Arch Cape. Admission to the museum is always donation-based, so everyone can visit regardless of ability to pay. Proceeds from the Cannon Beach Cottage & Garden Tour go directly to the museum.

Visit the website ([www.cbhistory.org](http://www.cbhistory.org)) for further details, pricing, and to purchase tickets.



# Astoria Open Studios Tour Rebounds

YOU DO NOT HAVE TO look far to find an artist in Astoria. This little town of just over 10,000 people is chock full of creative folks. The 12th annual Astoria Open Studios Tour is a great way to meet and see into the lives of many of these remarkably talented people that make Astoria home. Fifty-four artists will open their studios on July 30 and 31, many will open their heart and soul as artists often do, and let visitors see why, how, and where they make art.

Open Studios is a popular and fun event for visitors, locals and anyone interested in meeting creative people. "There are many new faces and places this year," says Tour Coordinator Annie Eskelin, "New fiber artists, sculptors, mixed media artists, a garden studio—I'm really excited to get a chance to see their art and workspaces. I also love reconnecting with artists that join Open Studios each year. Everyone is really friendly and excited to share their latest work."

**Astoria Open Studios Tour**  
**July 30 – 31, 11am – 5pm**  
**54 artists @ 29 locations**

The Astoria Open Studios Tour is a free, family friendly event. Printed tour guide booklets featuring each of the 54 participating artists are available throughout downtown Astoria and a digital, interactive version can be found at [astoriavisualarts.org](http://astoriavisualarts.org). The tour guide not only directs visitors how to go on the tour, it also indicates which studios are handicap accessible and which are offering demonstrations. All studios will be open to the public from 11:00am to 5:00pm. Masks may be required by some artists, so please come prepared.

The AVA Gallery will be hosting a large group exhibit featuring many of the artists participating in Open Studios, which opens during Second Saturday Artwalk on July 9 and runs through July 31.

**AVA Gallery, 1000 Duane St. Astoria**  
**Artists of Astoria**  
**July 9 – 31 Open Friday - Sunday 12 - 4pm**

The Astoria Open Studios Tour made possible through support from the City of Astoria and AVA members. AVA is a 501(c)3 non-profit arts organization founded in 1989 that works to enhance, strengthen and promote the arts in Greater Astoria.



Artist Sarah Bolerjack Photo: Jody Miller



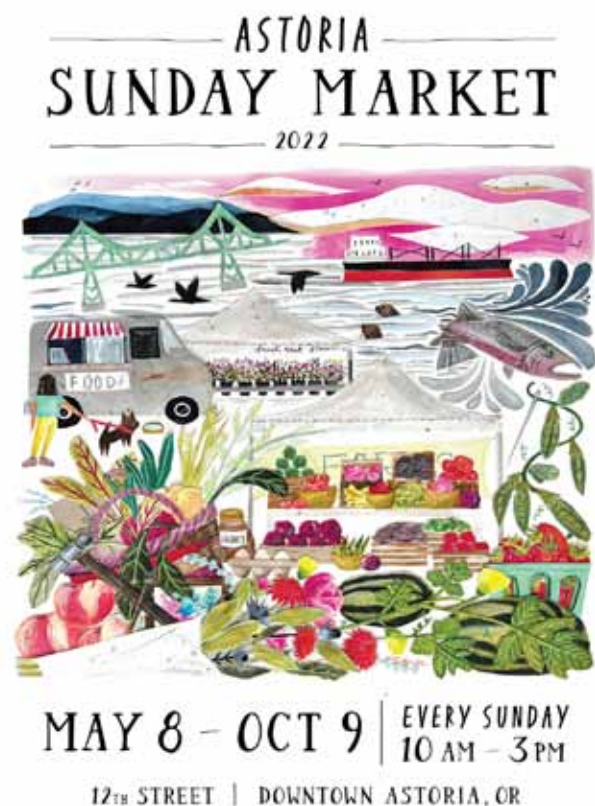
Susan Taylor, mixed media sculpture



Jon Zucker, metal sculpture



Look for the Tour Guide Booklet throughout downtown Astoria, and digital interactive version at [www.astoriavisualarts.org](http://www.astoriavisualarts.org)



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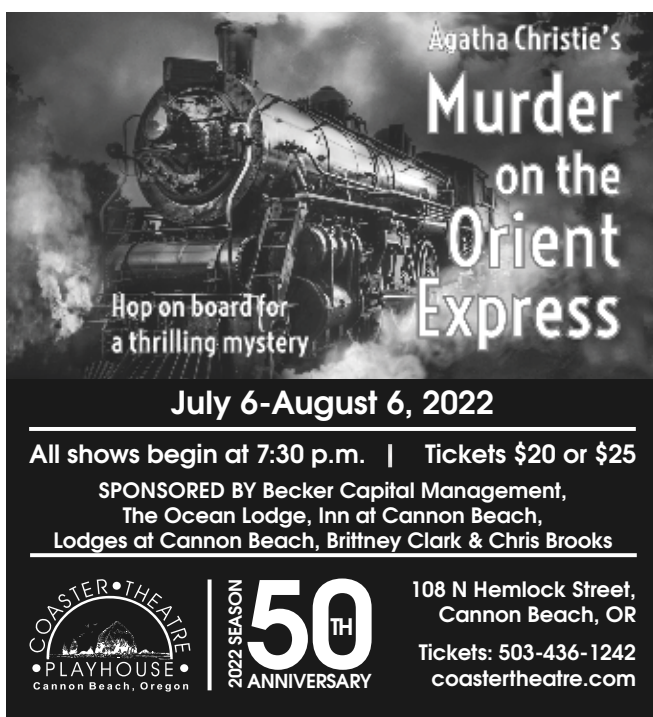
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## North Coast

## INCO NEWS INDIVISIBLE

By Caitlyn Aldersea

### Sandy Hook To Uvalde: Is It Time To Become Our Own Heroes?

I WAS 11 when Sandy Hook happened. Just old enough to realize the extent of such a tragedy, my ensuing middle and high school experiences deviated from innocent connotations of raging hormones, math exams and lunchtime social scenes. Instead, like many in my generation, I have found fear roaming the halls of educational safe havens.

Lessons are now sporadically paused while we practice active shooter drills. Picking class seats requires strategic consideration of what areas are statistically more survivable. And instead of memorizing ACT vocabulary, we memorize facts.

The fact that mass shootings have nearly tripled since 2013. The fact that 27 mass shootings have occurred in U.S. schools since Sandy Hook – 19 in elementary schools and 8 in universities. The fact that Sandy Hook was a decade ago, yet no comprehensive federal gun legislation exists.

Studying abroad in the United Kingdom has reminded me this fear factor should be abnormal. A 2018 New York Times article explains how it takes 5 steps for an individual to buy a gun in the UK including rigorous character references and background checks along with a police home interview. In other nations, there can be upwards of 13 thorough stages like gun transport authorizations and purchasing “cool off” periods.

In the United States, it takes 2 stages: passing a background check and purchasing the weapon.

These policies have real world implications. Purchasing restrictions in broader society, paired with ID entrance barriers hawkishly watched over by security guards in every building, means that UK students have a less fear-driven mentality towards school. I, too, have felt safer in the UK than I ever have in the US during lectures. Maybe it's the placebo effect or maybe it's sincere confidence in the system. Regardless, there is little dread surrounding what a school day could bring.

Growing insensitivity in the US to the sustained epidemic of gun violence can best be explained like a low cloud hanging over us, fogging our ability to see there are safer realities out there. Realities that do not involve arming teachers nor allowing the sale of military-grade weapons nor permitting manufacturing of mass casualty technologies. Realities that do model successful gun legislation worldwide without infringing on constitutional rights.

We are at a turning point. We are sick and tired of hollow thoughts and half-hearted prayers. We are sick and tired of having to march for our lives. We are sick and tired of inaction.

If our current politicians – people we are taught to look up to – con-

tinue to stonewall effective gun control legislation, then they should expect a wave of anger. Anger that will not only drive us to the polls to vote them out, but anger that will drive in thousands of younger voices who will make good on their promises. It shouldn't have to come to this, but we can and we will become our own heroes.

*Caitlyn Aldersea is an undergraduate at the University of Denver Korbel School of International Relations, graduating in Spring 2023. With prior political intern experience on a local and national level, Caitlyn has studied abroad for the past year in Amman, Jordan and London, England to focus on her interests in national security. Wherever she is in the world, though, Caitlyn remains committed to her Oregon roots and hopes to contribute to local politics in the near future*

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

### Connect with the Q Community LOWER COLUMBIA Q CENTER

[www.lowercolumbiaqcenter.org](http://www.lowercolumbiaqcenter.org)  
503-468-5155

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

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

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

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

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

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

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



# AstoriUS Day July 15



AstoriUS poster and sticker art designed by Jaz Carpenter, a local artist and business owner (Foragers).

Watch for this inspired image on stickers and pick one up for yourself during this fun day with over 30 participating businesses.

**JOIN Downtown Astoria on Friday, July 15th from 11-8pm for AstoriUS Day! Celebrating, once again, the heartfelt ways that everyone has lifted each other up over these past few years with a day of unique shop-based events throughout downtown.**

Over 30 businesses will be hosting performances, projects, sidewalk sales, tastings, and more. Participating shops will have beautiful AstoriUS Day stickers to hand out that were designed by Jaz Carpenter, a local artist and business owner (Foragers). Make sure to get one early, for there is a limited amount.

AstoriUS Day will guide you to explore everything our Downtown has to offer. Discover new businesses that have opened during the pandemic and re-discover others that always have new exciting goods to offer you.

Curious about some AstoriUS Day event you won't want to miss?

- 11 a.m. ribbon cutting for the new location of Kit's Apothecary and Foragers!!
- The Magic Shop is hosting a magic show at 1:30.
- Weird Sisters Freak Boutique is offering access to the Astoria Abundance Tree in the Wormhole Gallery. Bring gifts for the tree as abundance creates serendipity.
- Lucy's Books has a scavenger hunt to find items that "don't belong" hidden throughout the

shop. Play the game to enter to win the drawing for a gift certificate.

- Purple Cow Toys will be hosting their best sidewalk sale ever!!!
- Clatsop Animal Assistance has paired with Riverdog Astoria to offer information on adoption and the organization.
- Astoria Vintage Market and Reclamation Marketplace will both be having sidewalk sales to benefit local non-profits.
- Wandering buskers and entertainment provided by Idanha, Lindsey Bones, Jamadeus, and The Bubble Boys!!
- And there is so much more!

**AstoriUS Day will take place of the annual sidewalk sale. Be sure to check the Astoria Downtown Historic District Associations Instagram and Facebook posts about each business' unique event for the day!!**

**ALSO COMING UP  
ADHDA Meet and Greet  
Monday July 11**

Reconnect about the future of downtown Astoria. All are invited to an informal Meet and Greet with the ADHDA board, on Monday July 11, 5:30pm to 7:30pm.

What would you like to see the organization focus on for the future of downtown Astoria?

Share your thoughts, meet board members, and enjoy complimentary appetizers. Beverages available for purchase. Fort George Lovell Showroom is the place! 14th and Duane in Astoria.

## UNSHELTERED

By Teresa Barnes

### A Light in the World

I TOOK A BREAK from this column in January, during the Astoria Warming Center's season of overnight shelter, and have been reflecting on everything that's happened since then. Sometimes it feels like society is continually challenging the idea that 2020 was an outlier as far as bad years go. Instead of the systemic change I thought we might finally be moving toward, for most of 2022- aka Year Three of the Pandemic- we've teetered on the edge of world war. The right to safe, legal abortions is now denied to many, but it's taken one mass shooting after another to get us to consider infringing upon the rights of gun owners.

The bitter divisiveness isn't just a national problem. Locally, the dialogue around homelessness has become more vitriolic than I can ever remember. Despite our scarce supply of affordable (or any) housing, Astorians rallied against a plan to provide this downtown. Although the Heritage Square proposal had its legitimate criticisms, it was hard to see people vilifying those experiencing mental illness and homelessness, while simultaneously eliminating an idea that could have provided the care and housing they need.

That's especially unfortunate because we still don't have a year-round shelter. This time last year I'd thought the AWC would be on its way to providing that by now; by the time I'd been officially hired as the executive director last fall, and everyone who had any idea how to run the center had left the organization, it felt like it would be a miracle just to make it through the winter. Thanks in large part to the tireless work of past AWC employee and generally incredible human Billie Delaney, the Warming Center wrapped up its eighth season this March 15th. Even with Covid restrictions the center was open more days and served more people than it had since 2018-19. In spite of this, instead of the immense relief we'd expected Billie and I were surprised that we only felt grief. To close our doors on so much need- after all the stress and heartache, no closer to any sort of solution than when we'd started- felt like anything but a cause for celebration.

On May 24th the sad news continued when Randy Lenart, a beloved friend to many in Astoria, passed away. He was taken from the world too soon, but there is

some consolation to be had in the fact that Randy was the king of living every day like it was his last. A habitual worrier myself, his relentlessly carefree attitude sometimes baffled me. I remember asking him once what he wanted his life to be about. He said he just wanted to enjoy it, but for whatever reason I kept pressing. "I mean, like, what do you want your legacy to be? How do you want to be remembered when you die?" At that he kind of shrugged and smiled as he said, "I guess I just want to be a light in the world."

I've been thinking about this a lot since his death; in relation to the hellscape of late-stage capitalism in general, and to the Warming Center in particular. Like our community and world around us, the organization is struggling with what to do in the midst of so much turmoil. The old way wasn't working anymore, but coming up with a new way is hard. I consider how little I've accomplished in a year and a half of beating my head against a wall, and how much of an impact Randy made by doing everything- even if it was absolutely nothing- with so much love. He and I used to make signs and dress up before going to protest together; he embodied something Billie said to me, that if our activism isn't joyful then it isn't sustainable.

I'm not entirely sure what the future holds for the AWC but I hope to move forward with Randy's example in mind. Although it was disheartening to see so many come out to oppose a proposal that could have provided actual housing to some of our guests, I consider reframing this in a generous, light-hearted way: doesn't this actually point to the fact that our community can band together when we find an issue we care about? What if it wasn't in opposition, but in creation of something that makes the world a little brighter? As we look for our way through the darkness, we're going to need all the lights that we can get.

*UNSHELTERED: Dispatches from the street community is presented in collaboration with HIPFISH and the Astoria Warming Center.*

**Teresa Barnes is the Executive Director of the Astoria Warming Center.**  
[www.astoriawarmingcenter.org](http://www.astoriawarmingcenter.org)  
[www.facebook.com/astoriawarmingcenter/](https://www.facebook.com/astoriawarmingcenter/)

### 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, 80 10th St., at the Columbia River's edge, in the Pier 11 Building. 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. Check it Out!



## Singer Songwriter Segrid Coleman: A New Coastal Release - *You Avenue* and Musical Alliance



"When I moved here, I was just so happy to play and create music, I could hardly believe it was really happening, finally," says Segrid. "I always wanted to live in Astoria. I packed up and relocated, knowing this was what I always wanted, and would never go back to the city. Com-

muting is not living. But when I had to, I always took whatever back roads I could to avoid the freeways."

"The *You Avenue* release is a love song to the North Coast," says Segrid. The 7 tracks include Segrid on guitar and vocals, Kyle Manship on drums, guitar and synth, David Manship (Kyle's musician/studio pro father) on bass and guitar, and Dana Spence on piano. Segrid's style can be compared to a progressive pop in the vein of Tori Amos, Jane Siberry, and Kate Bush—female artists who have created a sophisticated sound, lending to lush arrangements.

Segrid began writing songs as a young girl. She talks about taking guitar lessons from an older girl in her apartment building when she was 7, for .50 a lesson. "She taught me how to read chords off sheet music, and basic strum patterns. Down in the Valley— A chord, E chord, D chord, boom-chuck-chuck. I quickly learned to mess up the chord and liked the way it sounded. More interesting. I didn't know at the time that what I was doing was playing alternate voicing."

The process of songwriting can take many paths, and approaches, especially depending on the style of music you're writing in. Many recording artists have had no formal training, and work intuitively. Segrid recalls writing lots of songs even in the 7th grade and says, "I didn't have structure or anyone influencing me to focus and formulate." She refers to her early attempts as "sonically twilight cloud forms without any architecture." Some years later her interest in jazz

IN THE CHORUS of Segrid Coleman's tune *U4ia*, she sings, "Oh Astoria, euphoria, is washing over, washing over me." Coleman's voice crescendos, the melody cascading and washing over, and it's a hook that you want to sing along with, or you could hear an audience easily chiming in—words painting melody painting words, painting an emotional connection to place.

The song is actually a tribute to artist folk Coleman has come to know since moving to Astoria in the infamous year of 2020. Underneath the chorus, drum mallets roll, like a tympani, almost a voice and drum duet, and eventually toward the end of the tune, a lyric electric guitar reaches higher and higher, enhancing the theme and feel of *U4ia*. The drums and guitar are that of musician and sound engineer Kyle Manship, of Seaside Sound Studio, also a newcomer to the region.

Segrid and Kyle recently collaborated to produce Segrid's 7 song EP, "*You Avenue*," and the release is now available on

streaming platforms. In addition, coming up on the KALA stage this July 15, is the Segrid Coleman Trio, which includes Kyle Manship on drums, and yet another welcomed musician new to the region, Joe Lev on bass—the trio will be performing the EP and additional material written by Segrid.

It was the 2020 shift of working remotely that afforded Segrid Coleman, an executive assistant, to make a move out of the Seattle area, where she has lived most of her life. It was Astoria artist friend Sid Deluca (who has since moved to the desert land of Arizona) that Coleman thanks for encouraging her to make the leap.



**Bassist Joe Lev**



**Sound Engineer Kyle Manship**



saw her tastes changing, "I craved complexity. I was hungry for complicated, interesting chord progressions and began to edit out all the fluff."

While she does not have formal training, Segrid is self-studied, and says that as a singer-songwriter and guitar player, she pushes her

envelope to go new places when things get too cozy. As a musician in Seattle, while she did collaborate in ensembles, most of her musical performing has been playing a lot of solo gigs. She's currently studying music theory with Doug Forbes the owner and proprietor of Music 101 repair shop in Seaside, to keep expanding.

"Seaside Sound Studios is the best thing that's ever happened to me musically. Kyle is an amazing Studio Engineer and Producer." Currently, Segrid's song off the EP, titled "Give It Up" is in rotation and getting regular air play on 94.9 The Bridge.

As mentioned, Kyle's father David Manship owned a commercial recording studio in Muncie, Indiana, where Kyle grew up. Kyle began playing drums with his father and colleagues as a teen, doing session work and learning the recording studio ropes. In an article in the Seaside Signal on Seaside Sound Studio, Kyle and his wife and family, moved to the coast from Scottsdale, Arizona. A defense contractor with a company based in Flagstaff, Arizona, his day job enables him to maintain his second career, start-to-finish music production.

Hearing Kyle Manship play the drums is also a treat. While he's played a lot of rock in the 90's genre, he also became familiar with his father's era of Clapton, Cream, and Zeppelin. He's a very musical drummer, not only rhythmically sound, but a creative player.

Joe Lev is an award-winning, retired 50-year professional bass player from Northern California, inducted into the Sacramento Music Hall of Fame, and the Sacramento Blues Society Hall of Fame. He's been generous with his talents in supporting a number of bands and musicians since his arrival to the coast.

***Take the opportunity to check out this ensemble making up the SEGRID COLEMAN TRIO at KALA, Friday, July 15, 8pm. Doors open at 7:30pm. Ticket \$15. Online at Brown Paper Tickets and at the door upon availability KALA 1017 Marine Dr. in Astoria 503.338.4878***

“IN the face of a rational, scientific approach to the land, which is more widely sanctioned, esoteric insights and speculation are frequently overshadowed, and what is lost is profound. The land is like poetry: it is inexplicably coherent, it is transcendent in its meaning, and it has the power to elevate a consideration of human life.”

*Barry Lopez, Artic Dreams  
National Book Award 1986*

# SAWED AND GONE!

## The Disappearance Of The Great Pacific Northwest Rainforest Part 4

By Roger Dorband

### COW COLLEGE FORESTRY

WITH OSU's management of the Elliott State Research Forest all but a fait accompli, it is appropriate to take another look at their College of Forestry and consider their management proposal for the Elliott which forms the backdrop for SB1546.

At Oregon State University, derisively known as Oregon's Cow College before it acquired university status, agriculture plays a significant role in the curriculum. There is the rub, one of, when evaluating the decision to make their College of Forestry the on-the-ground manager of the Elliott State Research Forest.

OSU's forestry program has been largely based on an agricultural model since its inception. Trees are seen as a "crop" to be "harvested". In order to truly denote the meaning of those two words, the trees must be planted with the intension of eventually cutting them down for wood products. In the interim you have a tree farm, euphemistically known as a "plantation" in forester-speak. The college's preference for tree farms was well illustrated in Part One of this series (HIPFiSHmonthly, March Issue 2022) by their decision to dub their clearcutting of old growth in the McDonald-Dunn research forest the No Vacancy Cut. The No Vacancy Cut was intended to eliminate old growth to make room for a crop of new trees. Anthony Davis, the acting dean, grasping for yet another explanation of his 2019 "mistake", said in a public letter after the cut that many of the trees were diseased so the clearcutting decision was made in order to turn the stand into, "a timber generating future condition" (deep forester-speak. Read tree farm.)

Never mind that the timber cruise done the year before showed that only about 4% of the harvested lumber would have come from dead or dying trees.

Norm Johnson, a retired OSU professor of ecology who reviewed the cruise, said that, "In an ecological sense the grove was not unhealthy."

Eliminating old growth and creating tree farms is also the preference of the timber industry which profits at both ends of the process. The College of Forestry has had a longstanding, undeclared, symbiotic relationship with the timber industry. It has manifest, for example, in numerous faculty positions having been funded by the industry as well as the deanship to the tune of 5 million dollars donated by the former CEO of Roseburg Forest Products, Allyn Ford.

It is discouraging to conservationists that neither the College of Forestry's preference for clearcutting, nor their cosy relationship with the timber industry, nor their past mismanagement and departure from their stated research forest values, disqualified them from consideration for management of the Elliott. In fact, the Land Board didn't overtly consider any other possible managers.

### The Man With The Plan

On their face, the goals the College of Forestry hopes to achieve in the Elliott State Research Forest are incompatible. As stated in the management proposal, the ESRF is to be managed for, "the best landscape-scale approach to providing society with sustainable wood resources without compromising biodiversity, ecosystem function, climate resistance and social benefits."

The problem is that mechanized logging penetrates forests with heavy bio-destructive and fossil fuel driven equipment and then proceeds to eliminate the trees which are the prima materia of ecosystem function, climate resistance and social benefits. "Without compromising"! None of the diverse goals in the plan could have gone forward in Elliott State Research Forest Advisory Committee without compromise.

### A NOTE TO READERS

Excerpted from a longer writing project, three articles have appeared in the HIPFiSH series, *Sawed and Gone*, *The Disappearance of the Great Pacific Northwest Rainforest*. The series was initially conceived to give readers a context for the passage of SB1546, which was approved by the Oregon legislature on March 4, 2022. That bill made history by transforming the Elliott State Forest, Oregon's first state forest, to the Elliott State Research Forest.

The new dispensation for the Elliott has large, diverse implications extending from the future of forest management in Oregon to the funding of our public schools. The HIPFiSH series was expanded into four parts because of the complex history of the Elliott, and logging in Oregon in general, and the need for readers to fully understand the politics and dynamics of how the state achieved the creation of a large old growth reserve while doing logging and research in the same forest.

The complete series is available online: [hipfishmonthly.com](http://hipfishmonthly.com), March - May Issues 2022, July 2022.

→ cont. p12



There is no hiding that the research emphasized in the management plan primarily tests the impact of logging on the environment. In the plan Dean Tom DeLuca writes that the college wants to proceed, “to test the relationship of management actions in different age classes to a variety of response variables.” For her part, Assistant Dean, Kathy Kavanaugh, said that managing the Elliott will be an opportunity to, “understand forests and understand the impact we have.”

Both administrator’s positions are reiterated in the plan’s tortured, bureaucratic, forester-speak language under the Summary of the Research Platform, principle #3; “An overarching research question, research design, and long term monitoring on the ESRF should leverage the unique opportunity to quantify the synergies and tradeoffs associated with different amounts and arrangements of treatments at a landscape scale through time.” (Breathe.)

OSU plans to achieve its research goal based on a “triad” approach that designates three distinct forest zones in the Elliott. Even though dividing a forest is not textbook ecology, the triad approach is said to be grounded on the idea that producing wood from intensely managed zones frees up more forest for conservation. It also conveniently allows for comparisons of several distinct treatments.

First and foremost, the largest zone vouchsafes a fulsome 34,000 contiguous acres of old growth as a permanent reserve. In addition, older trees (65 years and older) in the other two zones are mostly protected in permanent reserves bringing total protection of older trees to a whopping 90%, or 66% of the entire forest. Very good news!

The reserves, however, are balanced against the other two zones. One is described as approximately 15,000 acres of trees designated for “intensive treatment” (read clearcutting). These trees are in previously clearcut stands less than 65 years of age. They will be logged in 60 year rotation (20 years more than the current industry average). Replanting will be followed by limited aerial spraying if other means of brush removal are not applicable. Clearcutting? Bad news.

The remaining zone, comprising another 15,000 acres, will receive “extensive treatment” (read thinning). Spread out over 70 years this zone will yield 50% of the fiber (another current forester-speak euphemism. Read wood product) yielded by the intensive treatment zone.

To make matters more complicated, the extensive treatment zone is divided further into watersheds that range from 20% tree retention to 80% tree retention. By this formula more of the

designated yield will come from the areas of 20% retention, the total desired yield being spread throughout the entire zone.

The concept of spreading the harvest throughout the watersheds is not considered a good idea by ecologists who believe it is better for the forest if all of the harvest comes from as small of an area as possible. There are 3,200 acres of older trees (65-162 years old) spread throughout the extensive treatment zone which encompasses some Marbled Murrelet habitat. It is ecologically better to log intensively in one area than cause disturbance throughout that zone. Note that the planned logging in Murrelet habitat runs afoul of the ESA. Very bad news.

There are many other features of the ESRF management plan that are considered positive and helped gain its acceptance: The creation of a habitat conservation plan should help species across the board. Additionally, no rodenticides will be used to kill mountain beaver. The goal of increasing the Elliott’s percentage of mature forest from the current 50% to 70% in 50 years is also worthwhile though setting goals within that time-frame is perilous considering the rapid onset of climate change. The expressed devotion to public recreation and education in the plan certainly has merit but few specifics are offered.



## As Good As It Gets

Considering that just 5 years ago the entire Elliott Forest was on the chopping block, the saving of a relatively small parcel of the ancient Great Pacific Northwest Rainforest went a long way to getting virtually every environmental organization in the state to endorse passage of SB1546.

On one hand getting all of the diverse groups to endorse the plan seems like a victory. On the other it is pathetic that the creation of a single reserve for old growth, a class of trees which should have been taken off of the chopping block years ago, contributed to getting some organizations who oppose clearcutting to compromise their principles and support the legislation.

There will be clearcutting in the Elliott, aerial spraying too. Endangered species will lose habitat, especially the Marbled Murrelet because some cutting of old growth is planned to test the bird’s response to harvesting activity in their nesting areas.

Regardless of agreed upon water quality and quantity safeguards that are greater than the law currently requires, water resources will be diminished simply because of the inevitable impact of logging. The only saving grace written into the new dispensation for the Elliott is that these losses won’t be on the

scale typically perpetrated by industrial timber harvest and allowed under Oregon’s weak Forest Practices Act.

Conservationists from across the spectrum, including Audubon Conservation Policy Director, Bob Salinger, Policy Director at Wild Salmon Center, Bob VanDyk, and Andy Kerr, one of Oregon’s preeminent and most irrepressible conservationists, have all said publically that their preference would have been to leave the entirety of the Elliott Forest as a carbon sequestration forest; no research, no logging. Unfortunately Oregon is not ready for such an ecologically enlightened vision.

In spite of OSU College of Forestry’s less than stellar reputation with the conservation community, their selection to manage the Elliott Forest was a natural given the scale of their department, their years of graduating the majority of foresters in Oregon, and the generally strong reputation that OSU enjoys.

There is also another important factor. Without the logging component laid out in OSU’s proposal, it is doubtful that SB1546 would have ever gotten to the floor of the senate. The reason is the undeniable political power of the timber industry. The industry still controls the narrative in Salem through lobbying, campaign contributions and a successful PR campaign that has convinced politicians and the general public that Oregon is economically reliant on timber harvest.

Research from the Oregon Office for Economic Analysis in 2016, however, found that the timber and lumber industries combined account for less than 2% of the state’s gross domestic product. Beyond that, research done by Professor Beverley Law at OSU in collaboration with the University of Idaho has shown that the timber industry is the greatest producer of greenhouse gases in the state. Considering the economic losses from climate change now being incurred by the state these valuations render the timber industry’s contribution to Oregon’s overall economy virtually nil.

The mind set of senators to support the logging component of SB1546 is habitual thinking founded on the remedial policy in Oregon of providing revenue for county services from timber harvest on state land. This policy has produced the prevailing extraction for profit mindset in state government. Certainly timber extraction has been the history of the Elliott, a fate that is perpetuated by the current plan to use timber harvest there to cover the management costs in the forest.

In OSU’s management proposal the total revenue from timber management annually is estimated at 5.7 million dollars. The net revenue for management and operations cost (collected by OSU) is estimated at 2.3 million dollars leaving a net harvest



revenue of 3.4 million dollars. From that sum OSU still requires approximately 5.5 million dollars for “research management and operations” annually. That leaves the state on the hook for 2.1 million dollars every year in addition to the 100 million dollar bond measure and the 121 million the state needs to come up with to meet the 221 million dollar accessed value of the Elliott Forest.

These numbers underscore that OSU is on the verge of winning the proverbial lottery of a gratis research forest, touted as the world’s largest, that they will get paid to manage. Taxpayers will receive the consolation prize of the possible benefits of the research done in the ESRF, though they may have to wait years to receive those benefits. Meanwhile they’ll be left holding the familiar bag for all of the state money that will be spent on the project.

The Elliott State Research Forest Advisory Committee, convened by the Department of State Lands, negotiated across the chasm of the conservation/logging divide for three years before ultimately endorsing OSU’s management plan. In the end the conservationists on the committee settled for a solution that VanDyk said, “has something for everyone,” but admittedly is not entirely satisfying to any stake holder group represented on the committee.

From the outset Governor Brown wanted the Elliott decoupled from the Common School Fund and for it to remain in public hands. These two accomplishments are being touted in Salem as the big wins for the Elliott, and so they are. Whether they can hold up over time remains to be seen.

Decoupling only becomes a win when considering the earlier plan to continue ravaging the old growth trees in the Elliott for their value as lumber. The future still holds some hope that the value of the old growth for carbon credits may help change the state’s prevailing modus operandi of acquiring revenue from forests.

Finally, it sounds so democratic to trumpet that the Elliot will remain in public hands. But this win too only gains praise because of the possibility of the forest being sold off to the highest bidder or having to be slowly sacrificed for the benefit of the Common School Fund.

For years the Elliott has been open to the public for a variety of recreational and aesthetic uses. That usage continues according to statements in the plan. However, there is also a likelihood that public usage will be limited at least for periods of time. That possibility is written into the description of the ESRF Authority, a new state agency that will contract with OSU on implementation of forest management in the Elliott.

The director of the ESRF Authority will be able to “restrict or prohibit access to all or part of the forest subject to recommendation from the authority’s broad of directors.” The director also has the power to “propose to the State Land Board an expansion of lands in ESRF, or an exchange of lands in the forest, or timber on those

lands, that furthers the mission and management policies.”

Timber industry lobbyists are already pleading for placement of industry representatives on the powerful ESRF Authority’s board of directors. In spite of other checks and balances on management in the design, if a pro timber industry individual rises to the level of ESRF Authority Director only the Land Board will be able to reign them in. The Land board retains ultimate authority to approve or disapprove changes in the management plan.

The Land Board is currently comprised of three Democrats with fairly good green credentials, but that could change with the next election. A change of political control at the top of Oregon’s governance could make the management plan begin to wobble, leaving the door open to the possibility of more harvest of the forest’s old growth.

### Wooda-Shooda-Cooda

The hyperbolic celebration over the passage of SB1546 attains its most heroic coloring in the words of Tom DeLuca, OSU Dean of the College of Forestry:

“We stand at the edge of a new frontier with a choice to make. We can move forward into as yet uncharted territory and work together to place forestry at the forefront of a sustainable future , or accept the status quo.”

While the statement sounds as though a space voyage is about to be undertaken, the new plan for the Elliott is fundamentally business as usual. Notwithstanding the importance of research, the positive step of decoupling the forest from its obligation to fund education, or its remaining in public hands, the entirety of the project exists within the prevailing mindset of exploiting forests for revenue.

The approximate number of board feet of timber harvest under the new “research” plan is 16.6mbf annually, the same as under previous ODF management. Defenders of the ESRF plan ask how else would you raise money for managing the forest without some logging? The answer is to eliminate all of the logging and emphasize ecological research.

What if the research in the Elliott had been handed to the University of Oregon’s Institute of Ecology and Evolution? Not only would it substantially lower management costs but how different the Elliott would be for the trees, wildlife and the public.

With more imagination and less emphasis on cutting down trees research projects could be more far-ranging. Innovative projects by visual artists, writers and poets might be welcomed. Psychotherapists could do research exploring the efficacy of what is called “forest bathing” in Japan where health insurance companies have lowered premiums for those who regularly spend time in forests. Health research could also include auroma therapy, explored mostly in Japan where it has been demonstrated that airborne

**FREE ZOOM EVENT – WED. JULY 27**

# IT'S SPRAY SEASON

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TOXICOLOGIST & DIRECTOR OF ENVIRONMENTAL STUDIES AT PACIFIC UNIVERSITY

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chemicals given off by trees can boost the human immune system and help kill cancer cells.

Management of the Elliott is a given at this point but there is still time for fresh thinking about who the Elliott Forest’s actual stakeholders are. The righteous inclusion of ecology students in their 20s on the ESRF Authority should be considered. Their generation’s existential prospects in the time of climate change far outweigh the stakes of timber industry representatives pursuing their bottom line.

Lastly, DeLuca wrote in the management proposal about the condition of the ancient forest prior to the arrival of white men;

“The condition we often hold up as “natural” was actually a construct of indigenous human design, expert use of fire and conservative, yet broad scope utilization of forest resources. Importantly, it was managed for sustainability and as a part of their community identity.”

Without full recognition of their spiritual rapport with the land, comporting Native Americans’ relationship to forests with ours is cynical and demonstrates a failure of imagination revealing just how out of touch with na-

ture our culture has become. The hard nosed realists that champion science and technology over spiritual, philosophical and aesthetic values could take a lesson from Robin Wall Klemmerer, an elder of the Potanatomy Nation, professor of forest biology, poet and activist.

*“We need acts of restoration, not only for polluted waters and degraded lands, but also for our relationship to the world. We need to restore honor to the way we live, so that when we walk through the world we don’t have to avert our eyes with shame, so that we can hold our heads up high and receive the respectful acknowledgment of the rest of the earth’s beings.”*

— Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants



July 29-31  
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14

## COASTAL BOOK RELEASE • Author Ann Ornie

By Heather Hirschi

### Summoning Spruce

An Oregonian Honors the Forest with her First Novel

ANN ORNIE spent her youth fairly oblivious to nature. “I grew up in a logging family and hung out in malls,” says the Oregonian writer whose first novel, *Summoning Spruce*, was published Spring, 2022. “I watched Saturday morning cartoons next to sawdust-covered boots.” Ornie explains she understands the generational importance of the logging industry to many communities in the Pacific Northwest. “As a child,” she writes, “I eavesdropped on heated conversations regarding the spotted owl, environmentalists and loggers during the Timber Wars.”

A life changing event shifted her perspective when she began to find solace in long walks through the woods. Adulthood brought an understanding of the devastating effects of modern clearcutting practices on forest ecosystems. She realized the extensive harm caused by chemicals sprayed after a cut as they are released into waterways and absorbed into the soil. These practices, enacted by companies with no relationship to local landscape or communities, negatively impact both the coastal environment and the economy. Ornie explains that these “pivotal moments in Oregon history made a huge impression” on her and “greatly influence” her writing.

This history inspires *Summoning Spruce*, which takes place in an imagined coastal Oregon where the depressed logging town of Spruce co-exists with “The Row,” a supernatural community populated by spellcasting hippies. The Row’s inhabitants are called “Magicals” while non-magicals are “Ironhearts,” so named for the excess iron in their blood that keeps them unable to perform magic.

The novel’s main character and primary narrator is Josephine Swell, a coffee-fueled, M&M popping young Magical who directs The Row’s “Reconnoiter and Determination” department. The R&D department is commonly considered a low-level cleanup crew for “un-spelling.” But when a young Ironheart girl is found drained of blood in the forest, the R&D takes on a central role. Swell, as everyone calls her, unravels a mystery involving the desecration of the forest, “blood magic,” and her own childhood trauma.

As the story unfolds, we meet various characters in Swell’s life, including her brother, Finnegan, and her grandmother, Beatrice, who wears dangling bracelets and flowing skirts, sports long silver braids, bakes mad treats, and smokes joints she claims are “just herbs!”

Importantly, however, the Magicals of The Row and the Ironhearts who live in town are not in conflict. Ornie writes

with great respect for the traditions and losses of the fictional town of Spruce. Recognizable to most Oregonians is the impact of the logging industry’s transformation to toxic clearcutting practices. This reality is central to Ornie’s imagined forest communities, where the Ironhearts of Spruce maintain pride in their economically devitalized town.

Ornie doesn’t want to alienate the community of her roots in her novel, yet she emphasizes the impact of brutal clearcutting practices unmitigated by concern for nature, including humans. The real evil in *Summoning Spruce* is greed. Ornie reveals this evil in an entertainingly “spooky” tale, rich with descriptions of magic:

*Our minds perceived a benign forest in front of us but for all we knew, an army could have been just on the other side of a thin membrane of perception.*

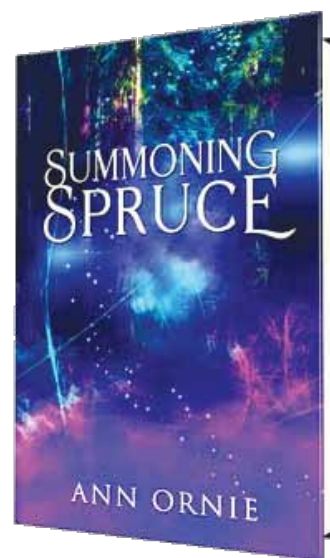
*I fought the instinct to run. Running would make me look like prey. It took a great effort to keep my face and jaw relaxed, my eyebrows loose...I leaned softly forward onto my hiking stick, pushing my will downward through it into the ground, sending an inquiry out through the soil. The energy moved like water, “All well?” I asked in my mind.*

*But the answer that came back was quick and dark, sticky. It clung to me, returning through the pathways my energy had used. It was metallic and burned the back of my mouth like a bloody nose. Dark. Tainted. Danger.*

Ornie’s Swell heals through the arc of her story, finding humor and comfort in her family and dog, as well as a little romance. The author’s own life has been influenced by the coziness of coastal living, warm socks and fires after long walks in the woods with a dog named Lucy, her husband and her son. She says prior to the pandemic, she rose early to write before work. Since she runs her business from home, she often wrote in coffee shops like Blue Scorchers and Three Cups. Similarly, a coffee shop, the Spruced Goose, provides Swell with the caffeine and gooey brownies she needs to face the blood magic threatening Spruce.

Perhaps the most important character in Ann Ornie’s *Summoning Spruce* is the forest itself. Through careful description, Ornie evokes the magic of Oregon’s landscape, from the mysterious network of mycelium to the majesty of the forest canopy. Ornie writes, she wrote the book for “those kindred spirits that seek the magic only nature can offer; the activist at heart, the tree-sitters, the environmentally conscious, those who endeavor to benefit their community through leadership or empathy, and for those who are a little witchy on the DL.”

*Summoning Spruce* is available in Astoria at Forager’s and at Beach Books in Seaside, and online. You can visit her website at: [www.annornie.com](http://www.annornie.com) or follow her on Instagram: @treesifyouplease.



# JULY 2022 LIVE MUSIC • THEATRE • PERFORMANCE in the Lower Columbia Pacific

## Wednesday 6

### MUSIC

Grampa Sheckie. Mike Metzner and the Ydstie Bros play all kinds of good music every Wednesday night at the Labor Temple in Astoria.

### THEATER/PERFORMANCE

Murder on the Orient Express. Mystery. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

## Thursday 7

### MUSIC

The Hackles. Original Astoria Folk. 5 - 7pm on the deck at the Bowline Hotel in Astoria.

### THEATER/PERFORMANCE

Shanghaied in Astoria. A Musical Melodrama. \$15 - \$20, 7pm at the ASOC Theater in Astoria.

## Friday 8

### MUSIC

Harvey Phillips Northwest "Big Brass" Bash. Lasts all day at the PAC in Astoria.

Garibaldi Jam. Old-Time Favorites & Country Western. Admission by donation, 6 - 8pm at the Garibaldi Community Hall.

Artist/Music Showcase. Free concert with local and visiting musicians. 7 - 9pm at the Tillamook Fairview Grange.

### THEATER/PERFORMANCE

Shanghaied in Astoria. A Musical Melodrama. \$15 - \$20, 7pm at the ASOC Theater in Astoria.

Letters to Anne of Green Gables. \$12.50 - \$19, 7pm at the Fort Columbia Theater (building #14), Chinook.

## Saturday 9

### MUSIC

Harvey Phillips Northwest "Big Brass" Bash. Lasts all day at the PAC in Astoria.

Emma Geiger, Monica, and Serious River Song Catalogue. Singer/Songwriter. No cover, 6 - 8pm in the Tap Room at Fort George in Astoria.

Music in the Gardens. Classical. \$20, 10am - 4pm at various locations on the Long Beach Peninsula. Get tickets at [brownpapertickets.com](http://brownpapertickets.com). Map of locations will be available after tickets are bought.

Kathryn Claire & Margot Merah. Singer/Songwriter. \$20, 4pm at the Peninsula Arts Center in Long Beach. Tickets at [peninsulaartscenter.org/concerts/](http://peninsulaartscenter.org/concerts/)

Noah Kite. 8 - 9:30pm at Sou'wester Arts in Seaview.

En Canto. Brazilian Forro music. Free, 7 - 8:30pm at the Waikiki Beach Amphitheater, Cape Disappointment, Ilwaco.

### THEATER/PERFORMANCE

Shanghaied in Astoria. A Musical Melodrama. \$15 - \$20, 7pm at the ASOC Theater in Astoria.

Letters to Anne of Green Gables. \$12.50 - \$19, 7pm at the Fort Columbia Theater (building #14), Chinook.

Live Poetry. 10:30am - 2pm along Laneda Avenue in Manzanita.

## Sunday 10

### MUSIC

Harvey Phillips Northwest "Big Brass" Bash. Lasts all day at the PAC in Astoria.

Alex Dunn. Folk/Americana. No cover, 6 - 8pm in the Tap Room at Fort George in Astoria.

Kathryn Claire & Margot Merah. \$25, 7 - 9:30pm at Wild Grocery & Café in Manzanita.

### THEATER/PERFORMANCE

Letters to Anne of Green Gables. \$12.50 - \$19, 2pm at the Fort Columbia Theater (building #14), Chinook.

## Wednesday 13

### MUSIC

Grampa Sheckie. Mike Metzner and the Ydstie Bros play all kinds of good music every Wednesday night at the Labor Temple in Astoria.

Dmitri Matheny Group. Jazz. Cascadia Record Release. \$35, 7 - 9pm at the Lincoln City Cultural Center.

### THEATER/PERFORMANCE

Murder on the Orient Express. Mystery. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

## Thursday 14

### MUSIC

Steve Wilkinson. Americana Roots Singer/Songwriter. 5 - 7pm on the deck at the Bowline Hotel in Astoria.



## Brazilian Rhythms at Waikiki Beach

LEAD BY Brazilian-born vocalist Adriana Giordano, who draws her inspiration from the deep well of Brazilian song, *En Canto* is Seattle's only Forró band. Forró music is a combination of multiple Brazilian rhythms including baião, xote and arrasta-pé. The word refers to both the musical genre and the accompanying partner dance where it is played. *En Canto* shows are exuberant sonic journeys with

swirling Brazilian rhythms. The sound is fueled by twin accordions and with jazz backgrounds. The group brings the Pacific Northwest a rare link between old and new Brazil.

**July 9, 7-8:30pm, Waikiki Beach Concert Series at Cape Disappointment State Park, Ilwaco, WA, FREE. Park pass may be required.**

### THEATER/PERFORMANCE

Shanghaied in Astoria. A Musical Melodrama. \$15 - \$20, 7pm at the ASOC Theater in Astoria. Letters to Anne of Green Gables. \$12.50 - \$19, 7pm at the Fort Columbia Theater (building #14), Chinook.

Murder on the Orient Express. Mystery. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

## Friday 15

### MUSIC

Segrid Coleman Trio. Singer/Songwriter Segrid Coleman performs original progressive pop. Joe Lev on Bass and Kyle Manship on drums. 8pm. \$15. KALA in Astoria.

Garibaldi Jam. Old-Time Favorites & Country Western. Admission by donation, 6 - 8pm at the Garibaldi Community Hall.

### THEATER/PERFORMANCE

Shanghaied in Astoria. A Musical Melodrama. \$15 - \$20, 7pm at the ASOC Theater in Astoria.

Performathon. A 24-hour fundraising session of performances. Starting at 7:30pm at the Ten Fifteen Theater in Astoria. \$15. Proof of vaccination required.

Letters to Anne of Green Gables. \$12.50 - \$19, 7pm at the Fort Columbia Theater (building #14), Chinook.

## Saturday 16

### MUSIC

Tony Furtado. Americana. \$20, 4pm at the Peninsula Arts Center in Long Beach. Tickets at [peninsulaartscenter.org/concerts/](http://peninsulaartscenter.org/concerts/)

Lyndsay Clark. 8pm at Sou'wester Arts, Seaview.

Karaoke From Hell. Live band karaoke. \$5, 9pm at the San Dune Pub in Manzanita.

### THEATER/PERFORMANCE

The Jungle Book. Missoula Children's Theater. \$5, 3pm & 5:30pm at the Liberty Theater in Astoria.

Performathon. A 24-hour fundraising session of performances. Ending at 7:30pm at the Ten Fifteen Theater in Astoria. \$15. Proof of vaccination required.

Shanghaied in Astoria. A Musical Melodrama. \$15 - \$20, 7pm at the ASOC Theater in Astoria.

Letters to Anne of Green Gables. \$12.50 - \$19, 7pm at the Fort Columbia Theater (building #14), Chinook.

Murder on the Orient Express. Mystery. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

### FESTIVES

Clamshell Railroad Days. \$5 admission for the weekend. 10am - 4pm at the Columbia Pacific Heritage Museum in Ilwaco.

Dory Days Festival. 8am - 7pm in Pacific City. [pcdorymen.com](http://pcdorymen.com)

## Sunday 17

### MUSIC

Chris Couch, Leah Heuser. Singer/Songwriter. No cover, 6 - 8pm in the Tap Room at Fort George in Astoria.

**HAVE A LIVE MUSIC EVENT?**

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## Tony Furtado

VIRTUOSO MULTI-INSTRUMENTALIST; banjo, cello-banjo, slide guitar and baritone ukulele, Tony Furtado first attracted national attention in 1987, when he won the National Bluegrass Banjo Championship in Winfield, Kansas. Not long after that, a second victory at Winfield, in 1991, bookended his first years as a professional musician.

He has his black-belt in voice and bottleneck guitar and his banjo playing scares the crap out of me." says David Lindley.

Catch a nice Saturday afternoon concert with Tony at P-Arts Center in the outdoor performance tent.

**Saturday, July 16, 4pm, \$20 at The Peninsula Arts Center. For reservations email: [events@peninsulaartscenter.org](mailto:events@peninsulaartscenter.org), or buy online at [peninsulaartscenter.org](http://peninsulaartscenter.org).**



## JESSICA Fichot

### French Chanson + Shanghai Jazz + Gypsy Swing at The Liberty

ACCOMPANIED BY HER ACCORDION, toy piano, and fiery band, singer/songwriter Jessica Fichot draws from her French, Chinese, and American heritage to create an intoxicating program of French chanson, 1940s Shanghai jazz, gypsy swing and international folk. With 3 acclaimed albums under her belt, Jessica has charmed audiences around the world – performing her lively songs at concert halls, festivals and clubs in China, Mexico, Canada and across the US and Western Europe.

Featuring scorching performances from her band-mates on clarinet/sax, upright bass and guitar, as well as her own beautiful, clear vocals in French, Mandarin Chinese, Spanish and English, Fichot's music is truly a dazzling trans-world journey.

Not Jessica's first trip to the Lower Columbia. She once played at a small bar in Ilwaco some 15 years ago. Maybe you were there...an enchanting night of song in a diminutive fishing port.

**Saturday, July 23, 7pm. Reserved Seating, \$15-\$35. Tickets at [libertyastoria.showare.com](http://libertyastoria.showare.com)**

#### THEATER/PERFORMANCE

Letters to Anne of Green Gables. \$12.50 - \$19, 2pm at the Fort Columbia Theater (building #14), Chinook.

#### FESTIVES

Clamshell Railroad Days. \$5 admission for the weekend. 10am – 4pm at the Columbia Pacific Heritage Museum in Ilwaco.

Dory Days Festival. 8am – 7pm in Pacific city. [pcdorymen.com](http://pcdorymen.com)

### Wednesday 20

#### MUSIC

Grampa Shek. Mike Metzner and the Ydstie Bros play all kinds of good music every Wednesday night at the Labor Temple in Astoria.

#### THEATER/PERFORMANCE

Murder on the Orient Express. Mystery. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

### Thursday 21

#### MUSIC

The Hugs. Portland Post-Punk Indie Rock. 5 – 7pm on the deck at the Bowline Hotel in Astoria.

#### THEATER/PERFORMANCE

Shanghai in Astoria. A Musical Melodrama. \$15 - \$20, 7pm at the ASOC Theater in Astoria.

Murder on the Orient Express. Mystery. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

### Friday 22

#### MUSIC

UNLEASHED. Coastal 90's cover band, Soundgarden, Nirvana, Alice in Chains, ya...8pm at the Manzanita Lighthouse Pub & Grub. No Cover.

Garibaldi Jam. Old-Time Favorites & Country Western. Admission by donation, 6 – 8pm at the Garibaldi Community Hall.

#### THEATER/PERFORMANCE

Shanghai in Astoria. A Musical Melodrama. \$15 - \$20, 7pm at the ASOC Theater in Astoria.

Letters to Anne of Green Gables. \$12.50 - \$19, 7pm at the Fort Columbia Theater (building #14), Chinook.

### Saturday 23

#### MUSIC

Jessica Fichot. \$15 - \$35, Vocalist and accordion player and her band. French chanson, 1940s Shanghai jazz, gypsy swing and international folk, 7pm at the Liberty Theater in Astoria.

The Brownsmead Flats. Crabgrass. Free, 7 – 8:30pm at the Waikiki

Beach Amphitheater, Cape Disappointment, Ilwaco.

Diesel Rabbit. With Tom Sandahl & Dr Kramer. \$25, 7 – 9:30pm at Wild Grocery & Café in Manzanita.

#### THEATER/PERFORMANCE

Shanghai in Astoria. A Musical Melodrama. \$15 - \$20, 7pm at the ASOC Theater in Astoria.

Murder on the Orient Express. Mystery. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

### Sunday 24

#### MUSIC

Rose Gerber & Sweet Relief. Alt Country Rock. No cover, 6 – 8pm in the Tap Room at Fort George in Astoria.

#### THEATER/PERFORMANCE

Shanghai in Astoria. A Musical Melodrama. \$15 - \$20, 2pm at the ASOC Theater in Astoria.

### Wednesday 27

#### MUSIC

Grampa Shek. Mike Metzner and the Ydstie Bros play all kinds of good music every Wednesday night at the Labor Temple in Astoria.

#### THEATER/PERFORMANCE

Murder on the Orient Express. Mystery. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

### Thursday 28

The Hackles. Original Astoria Folk. 5 – 7pm on the deck at the Bowline Hotel in Astoria.

#### THEATER/PERFORMANCE

Shanghai in Astoria. A Musical Melodrama. \$15 - \$20, 7pm at the ASOC Theater in Astoria.

Murder on the Orient Express. Mystery. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

### Friday 29

#### MUSIC

The Banshee. An Opera performed by Cascadia Chamber Opera. \$20, 7pm at the PAC in Astoria. Call 503-338-9132 for tickets.

Garibaldi Jam. Old-Time Favorites & Country Western. Admission by donation, 6 – 8pm at the Garibaldi Community Hall.

#### THEATER/PERFORMANCE

Shanghai in Astoria. A Musical Melodrama. \$15 - \$20, 7pm at the ASOC Theater in Astoria.

Letters to Anne of Green Gables. \$12.50 - \$19, 7pm at the Fort Columbia Theater (building #14), Chinook.

Broadway in Concert. TAPA presents excerpts from musicals, Adults \$15, Students \$10, 7pm, at the Barn Community Playhouse in Tillamook.

#### FESTIVES

Finnish-American Folk Festival. 10am – 9pm at the Naselle-Grays River Valley School in Naselle. [nasellefinnfest.com](http://nasellefinnfest.com)

### Saturday 30

#### MUSIC

The Musers. Multi-instrumental SF Bay Trio performs Free Range Folk, from stingband to gospel and swing + originals. \$15. At KALA in Astoria.

Peter Donovan. Indie Rock/Americana. 8pm at Sou'wester Arts in Seaview.

Waking Bear. Indie Rock. 6 – 9pm at the Columbia River Roadhouse, Chinook.

The Central Coast Chorale. Admission by donation at the door. 3pm at the Lincoln City Cultural Center.

#### THEATER/PERFORMANCE

Shanghai in Astoria. A Musical Melodrama. \$15 - \$20, 7pm at the ASOC Theater in Astoria.

Letters to Anne of Green Gables. \$12.50 - \$19, 7pm at the Fort Columbia Theater (building #14), Chinook.

Murder on the Orient Express. Mystery. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Broadway in Concert. TAPA presents excerpts from musicals, Adults \$15, Students \$10, 7pm, at the Barn Community Playhouse in Tillamook.

#### FESTIVES

Astoria Open Studios Tour. Open Artist studios in and around Astoria. 11am – 5pm. [astoriavisualarts.org/astoria-open-studios-tour](http://astoriavisualarts.org/astoria-open-studios-tour)

Finnish-American Folk Festival. 10am – 9pm at the Naselle-Grays River Valley School in Naselle. [nasellefinnfest.com](http://nasellefinnfest.com)

### Sunday 31

#### MUSIC

The Banshee. An Opera performed by Cascadia Chamber Opera. \$20, 4pm at the PAC in Astoria. Call 503-338-9132 for tickets.

Metzner Quartet. Alt Country Rock. No cover, 6 – 8pm in the Tap Room at Fort George in Astoria.



PORTLAND GARAGE POP band The Hugs, genesis 2007, are on their 7th full-length studio album, True To Your Own Spirit. Hugs have played Astoria, most likely the Voodoo Room, in days of yore... traversing the territory of guitar/electro pop over the ages, band founder/leader and front-being Danny Delegato produces. What a sweet treat...on the deck of The Bowline Hotel, as Thursday night music guests!

**Thursday, July 21, 5-7pm on the Bowline Hotel Deck, on the banks of the Columbia River, in Astoria.**

Known for the unique juxtaposition of her wry wit and ability to pen a heartbreaking ballad, Rose is the spark-wielding title character in Portland's homegrown alt/country rock band, Rose Gerber and Sweet Relief. The blue-ribbon twang of trio of guitars (pedal steel, acoustic, and electric), and Rose's smooth Americana alto—together, the five-piece band is a melting pot of essential American sounds, bringing a high lonesome rock vibe to the familiar down-home marriage of soaring harmonies and pedal steel whine.

**Sunday, July 24, 6pm, Fort George Tap Room in Astoria. No cover.**



**Rose Gerber and Sweet Relief**

#### THEATER/PERFORMANCE

Letters to Anne of Green Gables. \$12.50 - \$19, 2pm at the Fort Columbia Theater (building #14), Chinook.

**BROADWAY IN CONCERT.** TAPA presents excerpts from musicals, Adults \$15, Students \$10, 2pm, at the Barn Community Playhouse in Tillamook.

#### FESTIVES

Astoria Open Studios Tour. Open Artist studios in and around Astoria.



**Peter Donovan**

#### THEATER/PERFORMANCE

Murder on the Orient Express. Mystery. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

#### FESTIVES

Clatsop County Fair. 10am - 10pm at Clatsop County Fair & Expo, Astoria. clatsopcofair.com

### Thursday 4

#### MUSIC

Heather Christie. Original Folk

Earning plaudits from *Paste Magazine*, *Consequence of Sound*, *American Songwriter* and more, the Seattle singer-songwriter presents tunes from his latest solo release (2022) *This Better Be Good*. Sonically nostalgic, and modern at once, drawing from 70's song makers and the soul of indie rock . . . and the perfect name.

**Saturday, July 30 on the Sou' Wester outdoor stage. 8pm - 9:30pm. No Cover. Seaview, WA.**

ria. 11am - 5pm. astoriavisualarts.org/astoria-open-studios-tour

Finnish-American Folk Festival. 10am - Noon at the Naselle-Grays River Valley School in Naselle. nasellefinnfest.com

### Tuesday 2

#### FESTIVES

Clatsop County Fair. 10am - 10pm at Clatsop County Fair & Expo, Astoria. clatsopcofair.com

### Wednesday 3

#### MUSIC

Grampa Sheekie. Mike Metzner and the Ydstie Bros play all kinds of good music every Wednesday night at the Labor Temple in Astoria.

Rock. 5 - 7pm on the deck at the Bowline Hotel in Astoria.

#### THEATER/PERFORMANCE

Shanghai'd in Astoria. A Musical Melodrama. \$15 - \$20, 7pm at the ASOC Theater in Astoria.

Murder on the Orient Express. Mystery. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

#### FESTIVES

Clatsop County Fair. 10am - 10pm at Clatsop County Fair & Expo, Astoria. clatsopcofair.com

### Friday 5

#### MUSIC

Garibaldi Jam. Old-Time Favorites & Country Western. Admission by donation, 6 - 8pm at the Garibaldi Community Hall.

#### THEATER/PERFORMANCE

Shanghai'd in Astoria. A Musical Melodrama. \$15 - \$20, 7pm at the ASOC Theater in Astoria.

**Broadway in Concert.** TAPA presents excerpts from musicals, Adults \$15, Students \$10, 7pm, at the Barn Community Playhouse in Tillamook.

#### FESTIVES

Clatsop County Fair. 10am - 10pm at Clatsop County Fair & Expo, Astoria. clatsopcofair.com

Willapa Harbor Festival. Live music, parade, vendors, and more. Noon - 7pm at Riverfront Park in Raymond.

### Saturday 6

#### THEATER/PERFORMANCE

Circus Nonsense. Circus-themed Ensemble Show. \$5 - \$35. Shows at 2pm & 6pm at the Liberty Theater in Astoria.

Shanghai'd in Astoria. A Musical Melodrama. \$15 - \$20, 7pm at the ASOC Theater in Astoria.

Murder on the Orient Express. Mystery. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

**Broadway in Concert.** TAPA presents excerpts from musicals, Adults \$15, Students \$10, 7pm, at the Barn Community Playhouse in Tillamook.

#### FESTIVES

Clatsop County Fair. 10am - 10pm at Clatsop County Fair & Expo, Astoria. clatsopcofair.com

Tokeland Woodfest. At the Tokeland Hotel in Tokeland. tokeland-northcove.com/events

Willapa Harbor Festival. Live music, parade, vendors, and more. Noon - 9pm at Riverfront Park in Raymond.

# THEATER PERFORMANCE

## Murder On The Orient Express Steams onto the Coaster Stage This Summer



**John Hoff as Hercule Poirot, (center) Frank Jagodnik as Monsieur Bouc, and Margo McCellan as Countess Andrenyi on the Orient Express—stage design Mick Alderman**

**HOP ON BOARD** the Orient Express this summer for a thrilling mystery: Agatha Christie's *Murder on the Orient Express*.

The exotic Orient Express is about to go off the rails. The luxurious train is surprisingly full for the time of the year as it leaves the station in Istanbul. When the sun rises the next morning, an American tycoon lies dead in his compartment, stabbed eight times, his door locked from the inside. Isolated and with a killer in their midst, the passengers rely on detective Hercule Poirot to identify the murderer - in case he or she decides to strike again.

Murder on the Orient Express is directed by Jenni Tronier and features John Hoff as Hercule Poirot, Frank Jagodnik as Monsieur Bouc, Rhonda Wornack as Mary Debenham, Marcus Liotta as Hector McQueen, Leonard Hoge as Head Waiter/Michel The Conductor, Tita Montero as Princess Dragomiroff, Liz McCall as Greta Ohlsson, Margo McClellan as Countess Andrenyi, Heidi Hoffman as Helen Hubbard and David Sweeney as Colonel Arbuthnot/Samuel Ratchett. The production crew includes Heather Hoffman (Stage Manager), Judith Light (Costumer), Mick Alderman (Set Builder/Lighting Design), Slab Slabinski (Sound Design), Juan Lira (Set Painter), and Nancy McCarthy (Sound & Light Operator).

At this time, everyone must show proof of vaccination or a negative COVID test to enter the Coaster Theatre the day of the performance. Face masks are optional but encouraged. The Coaster Theatre recommends visiting coastertheatre.com or contacting the box office closer to the performance for possible changes to the theatre's COVID policy.

**PERFORMANCES: Opening July 13 running through Aug. 6, performances 7:30pm on Wed, Thurs and Saturdays at the Coaster Theatre Playhouse.** The play is adapted by Ken Ludwig.

Tickets are \$20 or \$25; they can be purchased at the theatre box office (503-436-1242) or online at coastertheatre.com. The box office is open Wed.-Sat. 12:30-4:30 p.m. and open until curtain on performance days.

**UPCOMING SHOWS AND EVENTS AT THE THEATRE:** Auditions for Gramercy Ghost, July 25 & 26, Clue: The Musical, Aug. 10 - Sept. 10, Coaster Theatre Kidz Summer Camp Aug. 15-19 Auditions for Scrooge: The Musical, Sept. 10, 13 & 14

## Broadway in Concert TAPA Theater

SIT BACK and relax at the Barn Community Playhouse for an evening or afternoon of Broadway musicals. Excerpts from shows like Les Miserables, Hair Spray, Movin' Out and more. A small cast of singers directed by Diane Nelson, present an eve of lively song.

**July 29-30, Aug 5-6 at 7pm. July 31 and Aug 7 at 2pm. Ticket info www.tillamooktheater.com, or call 503.812.0275. Masks required in the auditorium. At the Barn Community Playhouse, 12th & Ivy in Tillamook.**

## Letters To Anne of Green Gables PAPA at Fort Columbia Theater

PENINSULA Assoc. of Performing Arts stages Letters to Anne of Green Gables at the Fort Columbia Theatre. This new retelling of the beloved stories of Anne Shirley, an orphan girl sent to an elderly brother and sister by mistake, as she charms her new home and community with her fiery spirit and imagination. Adapted for the stage by Lydia Lonnquist and Benji Inniger.

**PERFORMANCES: July 8 - 31. Fri/Sat 7pm, Sun Mat. 2pm. Tickets are from \$12.50 to \$16. For tickets and info go to papatheatre.com. PAPA Theatre stage is located at Fort Columbia in Chinook, WA.**

## SHANGHAIED in Astoria



ASTORIA'S OWN favorite Broadway-style musical melodrama, *Shanghaied in Astoria*, is back for 2022!

Heroes and Heroines, Villians and Finnish Mamas! Fast chase scenes, and popcorn a flyin', the flavor of Astoria—a gritty port town at the turn of the century. The Astor St. Company Playhouse is home to this long-running community favorite, that engages a large cast of players, and has been responsible for numerous eventual marriages, of cast members, I kid you not!

Loads and buckets of fun, tourists and locals alike get mixed up in this iconic extravaganza featuring can-can gals, crooks and stinky fisher boys! You'll rally together

in good against evil. And the raffle prizes are over-flowing!

Tickets can be purchased on the Astor Street Opry Company website at [asocplay.com](http://asocplay.com), by calling 503-325-6104 (from 8-4 daily, except Sundays), or at the door ½ hour before performances. Tickets are \$15 and \$20 depending on seating.

**The 38th seasonal favorite opens Thursday, July 7 and will run every Thursday, Friday and Saturday through September 10, 2022 at 7pm. Also three Sunday matinees on July 24, August 21 and September 4, 2022.**



## THE BANSHEE a new opera Cascadia Chamber Opera

CASCADIA CHAMBER OPERA is presenting Daniel Daly's beautiful opera *The Banshee*, a new chamber opera in English inspired by the Irish legend.

The opera is the Eugene-based composer Daniel Daly's fanciful speculation on the origin of The Banshee, a character out of Irish legend. In three short scenes, the opera tells the story of a witch whose quest for power leads her from one depravity to the next, to her transformation into The Banshee, and to final understanding.

The opera features Soprano, Mezzo Soprano and Baritone.

**PERFORMANCES** July 29 at 7pm and July 31, at 4pm at the Charlene Larsen Center for the Performing Arts on the corner of 16th and Franklin in Astoria. Admission is \$20 at [partnersfortheopac.org](http://partnersfortheopac.org) or call 503-338-9132.

For more information about the opera visit [cascadiachamberopera.org](http://cascadiachamberopera.org) or call 503-468-0796. \$20 – Call 503-338-9132 to purchase tickets by phone or purchase online at [partnersfortheopac.org](http://partnersfortheopac.org) after July 1.

# THEATRE PERFORMANCE

## 24 HOURS at TEN FIFTEEN PERFORMANCE MARATHON

NEARLY A WHOLE YEAR has gone by since The Ten Fifteen Theater reincorporated. To celebrate, TFT is bringing back Performance on July 15th beginning at 7:15pm.

This fundraising event will feature TWENTY FOUR HOURS of performances, and TFT needs your help! Do you have a scene you've always wanted to play? A band that wants to jam? A basket weaving demonstration? Visit [www.thetenfifteentheater.com/auditions](http://www.thetenfifteentheater.com/auditions) for more information and to sign up for a performance time.

Please note there is no audition required, just sign up for your time slot and come join the fun!

**TICKETS:** Just \$15 bucks gains you 24 hours access to non-stop performance. **TICKETS:** [thetenfifteentheatre.com](http://thetenfifteentheatre.com)



You know not what you'll see, and come and go as you like. From 7:15 on Friday to 7:15 on Saturday.

**PLUS..TEN FIFTEEN AUDITION:** Friday, July 8 at 6:30pm. D & D: A Night of David & Durang: An Interview by David Mamet + The Actor's Nightmare by Christopher Durang. Directed by Ryan Hull. More info at [thetenfifteentheater.com](http://thetenfifteentheater.com). Performances Sept 16 - 24.



## THE MISSOULA CHILDREN'S THEATRE

the nation's largest touring children's theatre, has been touring extensively for more than 40 years from Montana to Japan and will visit nearly 1,200 communities this year with up to 44 teams of Tour Actor/Directors. A tour team arrives in a given town with a set, costumes, props and make-up, everything it takes to put on a play...except the cast.

## at The Liberty

The team holds an open audition and casts 50-60 local students to perform in the production. The show is rehearsed throughout the week and two public performances are presented on Saturday. All MCT shows are original adaptations of classic children's stories and fairytales . . . a twist on the classic stories that you know and love.

Also included in the residency are two workshops presented by the Tour Actor/Directors. MCT's mission is the development of life skills in children through participation in the performing arts.

**AUDITION DATE:** Monday, July 11 at 10am. Meet in the lobby. Cost of participating: Free! Please plan to bring lunches. Rehearsals: Mon-Fri 10am-12pm and 12:15pm-2pm. Performances Saturday, July 16: Tickets \$5

**CIRCUS NONSENSE** refer to themselves as a rag-tag group of Circus Professionals who have been performing since the beginning of time. Though they have been friends for a long time, not until Circus Nonsense have they graced the stage together.

Hardly rag-tag in their performance credentials, with a combined 157 years of professional performing, they've worked for such companies as Circus Bella, Zoppé Family Circus, Cirque du Soleil, El Circo Cheapo, Clowns Without Borders, Los Angeles Opera, NY Clown Festival, New Pickle Family Circus, the Gong Show, the Ellen DeGeneres Show... to name a few.

Their mission is to create an ensemble show that celebrates traditional and contemporary circus arts. They always look for the delight in performing and are excited to finally combine forces and create this new show, "Totally useless, yet somehow necessary! Not to miss!

**PERFORMANCE:** Aug 6 & 7. 2 Sat. shows, 2pm and 6pm. Sunday, 2pm. Tickets \$5-\$35. (18 and under \$5).



tickets:  
[libertyastoria.showare.com](http://libertyastoria.showare.com)

## Hoffman Center POETRY WALK LIVE on the street!

FROM JULY 1-30, the Hoffman Center for the Arts will delight the community with a Poetry Walk featuring fifteen poems. Each piece is a celebration of summer at the coast and are written by local poets.

Poems are displayed at the Manzanita Visitor's Center, sponsor businesses along Laneda, at the Hoffman Center for the Arts, and the Hoffman Wonder Garden.

A walking map will be available at the Visitor's Center and at the Hoffman Center starting July 2 through 31. Visitor Center Hours are 11 am to 3 pm Tuesdays through Saturdays. Gallery hours are Thursdays through Sundays, 1 pm to 5 pm.

**Poets will read July 9th from 10:30 until 2 along Laneda Avenue. Join in whenever you like and stroll Laneda to hear the poets in person.**

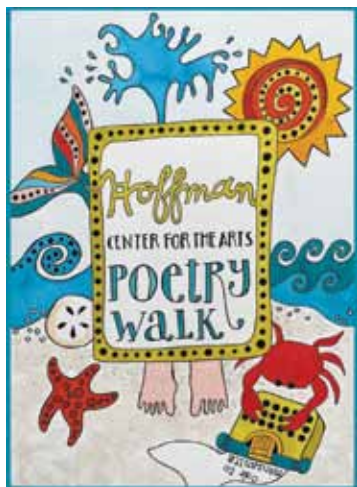
All of the 18 x 24 framed poems will be raffled for \$10 per ticket and winners selected August 1st.

Raffle tickets may be purchased at the Hoffman Center Art Gallery 1 pm to 5 pm, Thursdays through Sundays and at the poetry readings on July 9th.

This poetry walk is a fun and free event for all.

To learn more about the schedule, the raffle and to view a walking map visit: <https://hoffmanarts.org/events/poetry-walk/>

**Hoffman Center for the Arts is located at 594 and 595 Laneda Avenue in Manzanita.**



## 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 uncaded, 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](mailto:theanitabuilding@gmail.com)**

## Kathy Karbo At Trail's End • PULSE: Paper Play

THE TRAIL'S END Art Association (TEAA) opens a new show for July featuring member Kathy Karbo with Pulse: Paper Play. There will be a reception on July 2nd, during the Gearhart Art Walk, 2-5 pm, where Karbo will demonstrate her techniques. The show will be open Fridays- Sundays, 10am – 5 pm from July 1st to 23rd, 2022.

The theme of the show is the strength in numbers—making multiples: equal parts: obsession, meditation and discovery are created by artist Kathy Karbo. Each fish, fruit, or vegetable is beautiful, but it is the multiplication of these single pieces that gives weight and impact to the works. Kathy Karbo has worked as a performing and visual artist for over 35 years. She graduated from the National Shakespeare Conservatory and worked as an engineer for Public Broadcasting Service in New York City before study-

ing colonial crafts at Montclair Historical Society. Basketry was her gateway drug to the world of art and craft...

From there, her affinity for sculpture has led her to explore book arts, fiber arts, puppetry, mosaic, and metal arts. Her work has won awards and been exhibited both nationally and in Canada. Karbo will also be teaching Eye Candy: Paper Sculpture at TEAA in August.

Life at the Oregon coast has afforded her the opportunity to teach at Sitka Center for the Arts and Ecology, the Newport Paper, and Book Arts festival, TEAA in Gearhart and Astor Elementary School.

Pulse: Paper Play runs through July 23. Trail's End Art Gallery, the oldest non-profit art association on the coast, is open Fridays- Sundays, 10am -5pm. 656 A Street in Gearhart. It features an entry gallery of crafts, prints and greeting cards. TrailsEndArt.org. 503 717-9458 and email [trailsendartassocia-tion@gmail.com](mailto:trailsendartassocia-tion@gmail.com)

### CALL FOR ART

Trail's End Art Association calls all local artists to participate in the 71ST Annual Judged Show. The show takes place from August 5 - August 27, 2022. The Opening Reception is Saturday, August 6, from 2 to 5pm with the Award Ceremony starting at 3pm.

Submit artwork at Trail's End Art Gallery on Sunday, July 31, 11am to 3pm and Monday, August 1, 11am – 3pm. The show has had great success with providing exposure and sales for local artists. A full Call for Art can be found at [trailsendart.org](http://trailsendart.org)



## Quilts for Empowerment Presents: “Let Me Tell You About Fistula” LCCC Fiber Arts Studio Gallery

THE LINCOLN CITY CULTURAL CENTER is honored to announce an upcoming fiber arts exhibit, “Let Me Tell You About Fistula.” This poignant demonstration was designed and created by fistula survivors in Kenya. Fistula is a devastating injury that leaves women incontinent, socially stigmatized, and in great suffering. The exhibit's quilt panels vividly show the causes of fistula, the emotional and physical suffering it creates, and the joy of healing.

Using fabric collage, applique, and embroidery, these quilts tell a compelling story as fistula survivors have found a way to speak through the art of quilting. Women the world forgot are beckoning us to come closer so we may know them at last.

This Fistula Art Exhibition is a partnership between Fistula Foundation, an international nonprofit that treats obstetric fistula, and Quilts for Empowerment, a nonprofit that supports the reintegration of fistula survivors in Kenya. The goal of the exhibition is to raise awareness and educate the public about fistula. Survivors in Kenya identified the seven most important stories that they believe everyone should know about this devastating injury. The women collectively decided on the content and images for each of these stories, which became the exhibition's seven quilt panels. The women did all the appliqué and hand embroidery in Kenya. In the United States, the panels were machine quilted onto felt and mounted on canvas stretcher frames.

**This exhibit will be on display in the LCCC's Fiber Arts Studio Gallery from June 24th to August 21st, Thursday through Sunday, 10am – 4pm. Located at 540 NE Hwy 101 in Lincoln City.**

## Matthew Dennison and Laura Hamje IMOGEN

IMOGEN welcomes back Seattle based painter Laura Hamje, long know for her urban landscape paintings, including the iconic Megler Bridge. For her current series she takes us deep into the forest, bringing a new series of paintings and drawings focusing on the grand and magical forests of the Pacific Northwest. We are also pleased to welcome the work of Matthew Dennison for his first solo exhibition at Imogen as well the first exhibition within the newly expanded space. Dennison brings a new series of oil paintings focusing on wild animals; their power, drama and beauty as focal point while considering the delicate balance between wildlife and mankind. The two exhibitions open during Astoria's Second Saturday ArtWalk, July 9th 12 – 8 pm and remain on view through August 8th.

These two exhibitions dovetail beautifully as **Laura Hamje** takes us deep into the woods, specifically Tiger Mountain located in the western Cascades of Washington. Her paintings dance with lush greens and piercing shards of light breaking through limb and moss, perfectly capturing the essence of our majestic forests here in the Pacific Northwest. Hamje had the opportunity to live in the woods for an extended period of time during the pandemic. The experience made a profound impact on her and her art. Known for her gestural brushwork she depicts



*Fern Gully, 80x48, oil on canvas*



*Cougar 12x12, oil on panel*

dense undergrowth, tangled ferns fighting for light filtered through moss and lichen. She captures the crispness of clean air, shattered by verdant branch and limb. About the series and her experience working in her studio in the woods, she states:

Portland artist **Matthew Dennison's** latest series *Sovereignty of the Ancients*, new paintings depict the grandeur of the Pacific Northwest animal kingdom. He brings oil paintings on panel focusing on the wild and unseen, portraiture of the natural world. During the pandemic, Dennison like many of us turned towards the outdoors for solace. For most it provides space to recharge in order to gather the world to a place where it nurtures and makes sense. Dennison is careful to acknowledge the precarious balance necessary to maintain this. This series exemplifies the beauty, grace and untamed world while also considering man's place within it.

Dennison, a long-time contributor to the Northwest's art community has enjoyed a notable career, exhibiting his work extensively throughout the region as well as Chicago and the east coast. His work is included to the permanent collections of the Portland Art Museum and the Tacoma Art Museum as well as many corporate and private collections around the world.

**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**

## Cathie Joy Young • Katie Thurman at RiverSea Gallery

RIVERSEA GALLERY presents paintings by Cathie Joy Young and felted wool sculptures by Karen Thurman. Both shows open July 9, with a reception during Astoria's Second Saturday Artwalk. Meet the artists beginning at 5:00 and enjoy jazz guitar by John Orr. The artwork will remain on view through August 9.



*CJ Young, Steady As She Goes, Detail*

Cathie Joy Young offers expressive, loosely narrative paintings in a show titled, *Balance*. An observer doesn't so much gaze at one of her paintings as enter into it and become immersed in an enchanted world teeming with implied stories in vibrant, saturated colors. Intriguingly mysterious figures are laced together with meandering lines and patterns that lead the viewer to discover a seemingly endless series of relationships. Fantastical beasts, gremlins, and goblins cavort with vaguely medieval characters to form an intricate web of action across the entire surface.

Young looks to the past for her inspiration and is particularly enchanted by ancient myths, legends, and medieval history and culture. Working in acrylic on wood panel, her process involves finding random patterns while painting, and encouraging them to evolve into symbolic figures, relationships, and structure. She works inch by inch, using small brushes to create tiny marks, interconnecting and crowding out negative space with highly detailed shapes and figures. Due to this intense complexity, her paintings are especially time consuming to complete and she has worked on this current series for over two years.

A well-known artist whose work is easily recognizable throughout the Pacific Northwest, Young moved from Colorado to attend Pacific Northwest College of Art in Portland, Oregon where she received a BFA in Painting in 1989. She now lives and works in Vancouver, Washington. Since 2005, she has been exhibiting her artwork in galleries and juried art shows regionally and nationally.

**Showing in the Alcove is *Sprouts of Solace*,** fabulous, felted wool sculptures by Portland artist Karen Thurman. These contemporary organic forms are playfully abstract expressions of the natural world and gently suggest plant and animal forms that stretch the imagination. Their cheerful color combinations and whimsical shapes seem to exude optimism and bring a welcome dose of levity into the world. The artist hopes these works will inject a bit of calm and humor into these turbulent times.

Thurman is a longtime fiber artist who became an avid knitter as a teenager, later pursuing studies in textile design before finding her groove with felted wool. For many years she has exhibited her felted works in galleries and juried art shows around the Pacific Northwest. This is her second solo show at RiverSea.



*K.Thurman*

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

## Two feet tall and ½ mile wide: “For the Seventh Generation” pano-mural returns to Lincoln City



LINCOLN CITY – From July 13-17, you can take an amazing journey: start walking in Tijuana and end up on the Canadian border, all on the same day in Lincoln City. You can enjoy this experience – the Pacific Coast as seen through the eyes of hundreds of artists – through an outdoor art installation called “For the Seventh Generation.” This ½ mile long pano-mural will be on display outside at the Lincoln City Cultural Center, 540 NE Hwy. 101 in Lincoln City, starting on Wednesday, July 13. The residence will also feature concerts, workshops, music and more, ending on Sunday, July 17.

“For the Seventh Generation: A Community of Coastal Watchers” is a long-term project first envisioned two decades ago. The project's goal is to create a system of ocean observers, “so that any untoward action on the ocean or its accompanying landscape will not go unnoticed.” Painters in California, Oregon and Washington are invited to each choose a mile, to revisit and paint each year. These works

are added to the pano-mural, which grows and changes each year.

This is the second year that the Cultural Center has hosted the “For the Seventh Generation” mural, in partnership with John Daniel Teply Gallery & Atelier. Local painters who have joined the effort by contributing paintings of Oregon Coast landscapes include Jill Perry Townsend, Katia Kyte, Dee Vadnais, Jess Carlock and Laura Wilson.

**July 13-17** will be a busy, art-filled time at the Cultural Center. In addition to the “For the Seventh Generation” mural installation and events, visitors are invited to tour the current exhibits in the P.J. Chessman Gallery, the Fiber Arts Studio Gallery and the Hallway Gallery, all located within the center (aka the historic Delake School). You can even combine your trip to see the mural with one of two ticketed events: a jazz album release celebration with the Dmitri Matheny Group on Wednesday and the Cascade Head Biosphere Reserve art workshop on Sunday.

# FREE WILL ASTROLOGY

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h	r	♂	♂	☉	♂	♂	♂
11°	6'	27°	7'	15°	64'	0°	48'

## JULY 2022

**ARIES** (March 21-April 19): In her poem “Two Skins,” Bahamian writer Lynn Sweeting writes, “There is a moment in every snake’s life when she wears two skins: one you can see, about to be shed, one you cannot see, the skin under the skin, waiting.” I suspect you now have metaphorical resemblances to a snake on the verge of molting, Aries. Congratulations on your imminent rebirth! Here’s a tip: The snake’s old skin doesn’t always just fall away; she may need to take aggressive action to tear it open and strip it off, like by rubbing her head against a rock. Be ready to perform a comparable task.

**TAURUS** (April 20-May 20): “Imagine a world 300 years from now,” writes Japanese novelist Minae Mizumura, “a world in which not only the best-educated people but also the brightest minds and the deepest souls express themselves only in English. Imagine the world subjected to the tyranny of a singular ‘Logos.’ What a narrow, pitiful, and horrid world that would be!” Even though I am primarily an English speaker, I agree with her. I don’t want a world purged of diversity. Don’t want a monolithic culture. Don’t want everyone to think and speak the same. I hope you share my passion for multiplicity, Taurus—especially these days. In my astrological opinion, you’ll thrive if you immerse yourself in a celebratory riot of variety. I hope you will seek out influences you’re not usually exposed to.

**GEMINI** (May 21-June 20): Imagine you’re not a person, but a medley of four magical ingredients. What would they be? A Gemini baker named Jasmine says, “ripe persimmons, green hills after a rain, a sparkling new Viking Black Glass Oven, and a prize-winning show horse.” A Gemini social worker named Amarantha says she would be made of “Florence and the Machine’s song ‘Sky Full of Song,’ a grove of birch trees, a blue cashmere knee-length sweater, and three black cats sleeping in the sun.” A Gemini delivery driver named Altoona says, “freshly harvested cannabis buds, a bird-loving wetlands at twilight, Rebecca Solnit’s book *Hope in the Darkness*, and the Haleakalā shield volcano in Maui.” And now, Gemini, what about you? Identify your medley of four magical ingredients. The time is right to re-imagine the poetry of YOU.

**CANCER** (June 21-July 22): Filmmaker Jean-Luc Godard believes there’s only one way to find a sense of meaning, and that is to fill your life to the bursting point; to be in love with your experience; to celebrate the flow of events wherever it takes you. When you do that, Godard says, you have no need or urge to ask questions like “Why am I here?” or “What is my purpose?” The richness of your story is the ultimate response to every enigma. As I contemplate these ideas, I say: wow! That’s an intensely vibrant way to live. Personally, I’m not able to sustain it all the time. But I think most of us would benefit from such an approach for brief periods now and then. And I believe you have just entered one of those phases.

**LEO** (July 23-Aug. 22): I asked Leo readers to provide their insights about the topic “How to Be a Leo.” Here are responses that line up with your current astrological omens. 1. People should try to understand you’re only bossing them around for their benefit. —Harlow Hunt. 2. Be alert for the intense shadows you may cast with your intense brightness. Consider the possibility that even if they seem iffy or dicey, they have value and even blessings to offer. —Cannarius Kansan. 3. Never break your own heart. Never apologize for showering yourself with kindness and adoration. —Amy Clear. 4. At the moment of orgasm, scream out your own name. —Bethany Grace

**VIRGO** (Aug. 23-Sept. 22): It’s your birthright as a Virgo to become a master of capitalizing on difficulties. You have great potential to detect opportunities coalescing in the midst of trouble. You can develop a knack for spotting the order that’s hiding in the chaos. Now is a time when you should wield these

skills with artistry, my dear—both for your own benefit and for the betterment of everyone whose lives you touch.

**LIBRA** (Sept. 23-Oct. 22): One of my heroes died in 2021: the magnificent Libran author bell hooks (who didn’t capitalize her name). She was the most imaginative and independent-minded activist I knew. Till her last day, she articulated one-of-a-kind truths about social justice; she maintained her uncompromising originality. But it wasn’t easy. She wrote, “No insurgent intellectual, no dissenting critical voice in this society escapes the pressure to conform. We are all vulnerable. We can all be had, co-opted, bought. There is no special grace that rescues any of us. There is only a constant struggle.” I bring this to your attention, Libra, because I suspect the coming weeks will require your strenuous efforts to remain true to your high standards and unique vision of reality.

**SCORPIO** (Oct. 23-Nov. 21): You now have the power to make yourself even more beautiful than you already are. You are extraordinarily open to beautifying influences, and there will be an abundance of beautifying influences coming your way. I trust you understand I’m not referring to the kinds of beauty that are worshiped by conventional wisdom. Rather, I mean the elegance, allure, charm, and grace that you behold in old trees and gorgeous architecture and enchanting music and people with soulful idiosyncrasies. PS: The coming weeks will also be a favorable time to redefine the meaning of beauty for yourself.

**SAGITTARIUS** (Nov. 22-Dec. 21): It’s the Season for Expressing Your Love—and for expanding and deepening the ways you express your love. I invite you to speak the following quotes to the right person: 1. “Your head is a living forest full of songbirds.” —E. E. Cummings. 2. “Lovers continuously reach each other’s boundaries.” —Rainer Maria Rilke. 3. “You’re my favorite unfolding story.” —Ann Patchett. 4. “My lifetime listens to yours.” —Muriel Rukeyser.

**CAPRICORN** (Dec. 22-Jan. 19): In the coming weeks, make sure you do NOT fit this description articulated by Capricorn novelist Haruki Murakami: “You’re seeking something, but at the same time, you are running away for all you’re worth.” If there is any goal about which you feel conflicted like that, dear Capricorn, now is a good time to clear away your confusion. If you are in some sense undercutting yourself, perhaps unconsciously, now is the time to expose your inner saboteur and seek the necessary healing. July will be Self-Unification Month.

**AQUARIUS** (Jan. 20-Feb. 18): A Tweeter named Luxuryblkwomen articulates one of her ongoing goals: “bridging the gap between me and my ideal self, one day at a time.” I’d love it if you would adopt a similar aspiration in the coming months. You’re going to be exceptionally skilled at all types of bridge-building, including the kind that connects you to the hero you’ll be in the future. I mean, you are already a hero in my eyes, but I know you will ultimately become an even more fulfilled and refined version of your best self. Now is a favorable time to do the holy work of forging stronger links to that star-to-be.

**PISCES** (Feb. 19-March 20): A blogger named Lissar suggests that the cherry blossom is an apt symbol for you Pisceans. She describes you as “transient, lissome, blooming, lovely, fragile yet memorable and recurring, in tune with nature.” Lissar says you “mystify yet charm,” and that your “presence is a balm, yet awe-inspiring and moving.” Of course, like all of us, you also have your share of less graceful qualities. And that’s not a bad thing! We’re all here to learn the art of growing into our ripe selves. It’s part of the fun of being alive. But I suspect that in the coming weeks, you will be an extra close match for Lissar’s description. You are at the peak of your power to delight and beguile us.

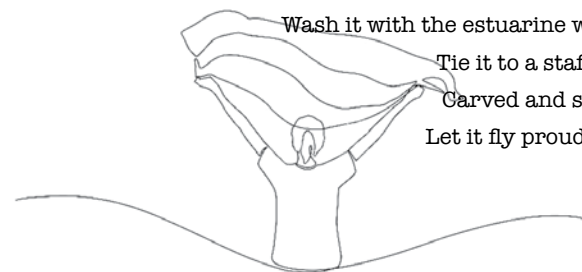
# Make Me a Flag

By Jennifer Nightengale

Make me a flag and give it a field  
Of ice blue lichen, speckled, irregular, curling  
Sew in a fat ribbon of silver, indigo and sky  
Stud that ribbon with iron ships pointed in both directions  
Empty silver threads into that undulated piece of fabric  
Edge each silver thread with riparian vegetation  
Keeping the waters cool for all the creatures that call it home

Let this flag trail with tears of rust  
Riveted with forgotten purpose  
Poke it with ghost piers strategically set to spark  
Memories of net sheds, ferry landings and lost causes  
Make it smell like a hissing beach fire  
Struggling and smoking under a soft rain  
And offering warmth for chilled hands

Fringe my flag with the tall grasses of tidal marshes  
Capture the first rose hued light of morning  
Fill it with wading birds and grazing mammals  
Wash it with the estuarine waters of the intertidal  
Tie it to a staff of notched driftwood  
Carved and shaped by beaver teeth  
Let it fly proudly by our water’s edge



## 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.

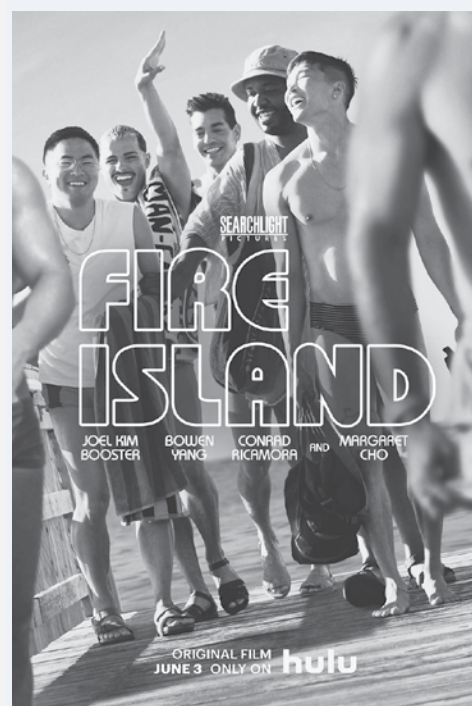
### THEATRICAL / STREAMING RELEASES

#### THE TERMINAL LIST (JULY 1 AMAZON)

Chris Pratt returns to television for the first time since Parks and Recreation with this 8 part series based on the Jack Carr novel. Pratt plays James Reece, a Navy Seal Platoon Leader who loses his entire unit to an ambush when they are set up. Returning back to base and his family with a concussion, Reece's recollections of the disastrous op do not jibe with the physical evidence. In conflict with official Navy records, Reece begins to doubt his own memory of what happened. But when the only other survivor of the mission turns up dead, Reece begins to suspect a conspiracy against him and his men. Pursued by assassins and aided by ex-Seal turned CIA operative Ben (Taylor Kitsch) and an investigative journalist (Constance Wu), Reece goes on the run to avenge his men's deaths while trying to discover the truth about why the government wants the truth covered up.



**LOOT (APPLE TV)** Maya Rudolph toplines this comedy series created by Parks and Recreation writers Alan Yank and Matt Hubbard. Rudolph plays Molly Novak, wife of tech mogul John Novak (Adam Scott). On Molly's 45th birthday, filthy rich John buys her a superyacht and throws the mother of all birthday parties at their Hollywood Hills mansion. When Molly catches Nick in an affair with his assistant, she walks away from the divorce settlement with 87 billion dollars. Molly turns her attention to her charitable foundation, which focuses on economic inequality



in Southern California. But Sofia, who runs Molly's foundation is appalled by Molly's new playgirl lifestyle. Essentially a workplace comedy, *Loot* focuses on the problem – if you can call it that – of how a rich person can best use their wealth to better things.

#### GOOD LUCK TO YOU, LEO GRANDE (HULU)

Emma Thompson plays Nancy Stokes, a prim, recently-widowed high school religious studies teacher seeking to find sexual fulfillment for the first time in her life. Nancy lost her husband two years ago – the only man she ever had sex with. While she loved her husband, she didn't love his bedroom skills. Nancy has never experienced an orgasm. To rectify the problem, Nancy books a hotel room and hires a sex worker named Leo Grande (Daryl McCormack) -- not, he makes clear, his real name. Leo plays the lover well. He's sensitive, honest and makes

Nancy feel desirable – on top of being a hunk and a demon in bed. The perfect fantasy. Over the course of their regular meetings they grow ever comfortable with each other, yet Nancy crosses a line when, with some sleuthing, she discovers Leo's real name. Leo is furious and leaves, but eventually he returns and the two reconcile.

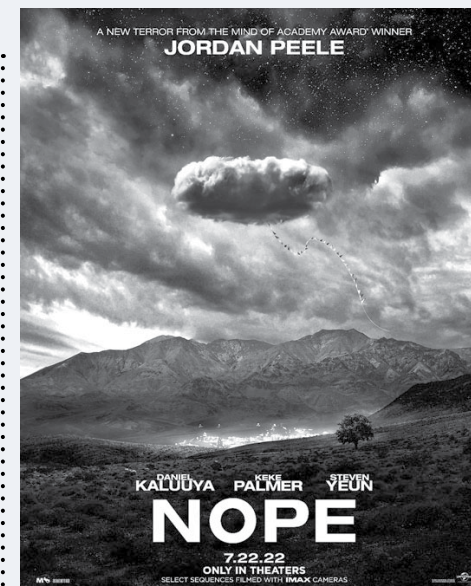
**FIRE ISLAND (HULU)** Gay Asian-American take on *Pride and Prejudice* written by and starring Joel Kim Booster. Pic simultaneously pays tribute to and trashes the Jane Austen book by an opening narration with the quote: "It is a truth universally acknowledged, that a single man in possession of a good fortune, must be in want of a wife" before that notion is instantly thrown away by Noah (Booster), the Elizabeth Bennet counterpart. Noah's sensible sister Jane counterpart is bestie Howie (Bowen Yang). The two are yin and yang. Noah is sex-crazed and dismissive of love while Howie is insecure and craves a relationship even as the two meet friends for their hedonistic annual visit to Fire Island. Noah and Howie and the group navigate racism, self-hatred and of course, pride and prejudice on the path to true love.

#### THOR: LOVE AND THUNDER (JULY 8)

Taika Waititi directs this followup to *Thor: Ragnarok* which focuses on Thor's journey to finding love and peace. Natalie Portman returns to the series when Thor encounters former girlfriend Jane Foster (Portman). Synopsis: Thor embarks on a journey unlike anything he's ever faced -- a quest for inner peace. However, his retirement gets interrupted by Gorr the God Butcher, a galactic killer who seeks the extinction of the gods. To combat the threat, Thor enlists the help of King Valkyrie, Korg and ex-girlfriend Jane Foster, who -- to his surprise -- inexplicably wields his magical hammer. Together, they set out on a harrowing cosmic adventure to uncover the mystery of the God Butcher's vengeance.

**NOPE (JULY 22)** Jordan Poole, who burst onto the scene in 2017 with his genre-defining social-themed horror *Get Out* returns with his third film which reunites him with *Get Out* star Daniel Kaluuya, adding Keke Palmer and Steven Yeun to the cast. Poole usually reveals little of his movie's stories before release, but *Nope* appears to about two siblings, OJ (Kaluuya) and Emerald (Palmer) Haywood who live on a ranch with their father Otis (Keith David). After Otis encounters something and dies as a result, OJ becomes convinced that a UFO is to blame, only occasionally appearing from the clouds. To get evidence of the UFO, OJ enlists the aid of documentary filmmaker Antlers Holst (Michael Wincott) and tech salesman Angel Torres (Brandon Perea).

**THE GRAY MAN (JULY 22 NETFLIX)** Ryan Gosling and Chris Evans topline this action thriller, which at \$200M is the most expensive Netflix movie ever. Based on the novel by Mark Greaney, with a hero described as



"Bourne for the new millennium." Gosling plays Court Gentry, a former government spy turned private assassin after he is betrayed. Gentry has a code: he only accepts contracts on people he believes deserve to die. After years of this underground work, Gentry has a nickname: The Gray Man. But after Gentry kills a member of the Nigerian cabinet, it's President wants him dead and hires a French company to put out a billion dollar contract on Gentry's head. Gentry finds himself hunted by his psychopathic former CIA colleague Lloyd Hansen (Evans). After Hansen takes Gentry's handler and family hostage, the Gray Man must fight his way across Europe against a 100 professional killers to rescue them.



## ABOUT JUSAN

By Kate Cooper • Animal Rescue Volunteer



MEET SWEET JUSAN! Originally from the streets of Korea, JuJu was rescued and spent time on a farm in Taiwan before coming to Washington. He is a special boy with some special needs. JuJu takes time to build trust, and is uncomfortable with his neck being touched. So it takes a while to build a bond to be able to leash him. This is likely to do with a past bad experi-

ence. It is however worth taking the time and energy to do this as JuJu loves to go for a walk!

Though partially sighted, he navigates the world well. He gets on with most other dogs. Once you get to know him, he's a real character! We believe JuJu would do better with a female foster/owner/s as he generally does better with women. We are unsure how he got the scar on his head, but it does not cause him discomfort. He is a sweet boy who has been at the shelter for nearly 500 days and deserves a second chance! Juju was recently almost adopted, but this fell through at the last minute through no fault of his. He did really well with his potential adopter, who he spent several hours with and allowed her to leash him, walk with him and hang out with him. All very encouraging signs!

We are looking for someone local or close by to the Peninsula to foster or adopt Juju. Someone who could spend time getting to know him and build a relationship with him. We have one volunteer in particular who has a great bond with Juju and would be willing to work with a potential

foster or adopter to help build this relationship, and offer support once Juju goes home. If you are interested in learning more about Jusan, please get in touch!

*If Jusan sounds like the boy for you, please go to [WWW.BEACHPETS.COM](http://WWW.BEACHPETS.COM) and follow the links to Adopt. Once an application form has been completed, the shelter will reach out to arrange a meet and greet with Jusan. More info: 360.642.1180.*

**South Pacific County Humane Society is having a 50% off sale on pups. We have some really beauties including puppies, big dogs, small dogs. Have a look at our website and grab yourself a cutie at a stunning price!**

By Tobi Nason

## wordwisdom

Summer Breeze!

LOTS TO DO this summer, now that fairs and parades are back. Things to do, places to be. We live in a summertime playground with lots of parks, river walks and fun food. It's time to visit other coastal towns and explore! Go, park and meander. Revisit. Take advantage of our proximity to beaches and quirky village-towns. What could be better than fresh crab, a slice of pizza or fish and chips and a glass of Chardonnay while viewing ships and otters?

Summer is often depicted in the media as the time to have fun. How many movies depict main characters driving scenic coastal roadways with the top down, laughing and expressing pure joy? And then the opposite is true. When the theme turns heavy, sad, traumatic, the fog rolls in, light rain falls, heavy clouds add gloom and doom. My point is this: there's some expectation that we are supposed to be having fun! We've been conditioned by

media, as well our societal structure. Summer break! Big plans! Yes, sunshine gives us that vitamin D that we need so technically we may feel



a bit more physically chipper. Fall, when leaves fall, there seems to be a quieting of spirit, a more serious time. Time to engage in serious stuff—school, for example.

Rainy season—truly a time of dampened spirits (pun intended). Again, the most dreary funeral scenes in film are those held in the rain. My belief is we can modulate our emo-

tions as opposed to being manipulated somewhat by generated hype. How do we do that? Be mindful. Be true to your own inner spirit. Don't feel odd if you feel down on a brilliant summer day and convertibles with giddy passengers zoom by. If rain matches your soul more, then savor that time with the books you love, the more serious soul searching that deepens you. Sometimes people start worrying because they are "supposed" to be happy at certain times, "supposed" to be more sad, again because of some imposed cultural expectations.... a lot of shoulds out there. Do your life the way you want. Do it your way. Honor your past and your feelings. If summer was a trauma time for you, respect that. As always, just do your best to make the most of your world.

*Tobi Nason is a Warrenton counselor (503)440-0587. Available for house calls: your time, your place.*



## 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  
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## Can You Be “Too Healthy”? Wellness as Labor and Vocation

LIKE EVERY HEALTHCARE PROVIDER, I’ve met folks who despise all vegetables except baby carrots, can’t stand physical activity (but have strong thumbs from texting and gaming), and hope that a well-placed acupuncture needle or well-chosen botanical medicine will “take care of” their symptoms without the need for lifestyle modifications. Then there are those folks whom you’d think are a practitioner’s dream: they diligently attend their CrossFit or yoga class every day, consume only fresh organic juices mixed with high-end protein powder, and banish negativity with all the intensity of that device that cleans out Porto-Potties at the end of the Seaside volleyball tournament. These individuals’ squeaky-clean health habits can end up draining their lives of joy and placing a strain on their relationships.

Orthorexia nervosa is a fixation on healthy eating that interferes with living one’s life. Some clinicians believe it’s become a more socially acceptable way to limit food intake than other eating disorders with which a person can be co-diagnosed, but people who have this condition are usually less concerned with being thin than with ingesting the “right” things. Phrases like “clean” or “pure foods” suggest not just an avoidance of pesticides or processed foods, but that the individual views eating in a moral light: “good for you” becomes just “good.”

An overwhelming focus on physical activity can accompany orthorexia. Undeniably, our sedentary society as a whole could stand to incorporate more movement into life. But if you’re dwelling on the “ideal” body you must work hard to develop, ignoring pain and/or fatigue, then the balance you’re looking for means incorporating more rest and reflection into your day. It’s one thing to feel stiff and sore the next day after you’ve worked out; increasing your water intake and stretching should help with that as your body grows stronger. But if you’re “pushing through” pain and getting weaker instead of stronger, it’s time to reevaluate your relationship to exercise.

As I’ve noted before, a strong strain of Puritanism still exerts an influence on the collective consciousness of the United States. The commitment to “hard work” and rejection of idleness (the devil’s workshop, as opposed to the boss’) that has served industrial capitalism so well has also crept into the culture of physical fitness. A well-sculpted body is a product to fashion through the factory-like repetitive movements fostered by gym equipment, each machine dedicated to churning out an improved version of specific muscle groups. That honed

body is also the reward for one’s hard work, but it requires constant maintenance—it’s never finished.

The Puritans might not have devised rules about food (without abundant food, that wouldn’t have been a priority), but you can witness their legacy in popular diets’ fearful avoidance of certain fats and oils in the 1980s, anything yeasty that could promote Candida in the 1990s, and carbs and/or gluten today. It’s one thing to recognize the deleterious effects of certain ingredients, but some folks strive not so much to avoid them as banish them, like demons.

H. L. Mencken identified Puritanism as the suspicion that someone, somewhere is enjoying themselves. If your daily lifestyle decisions have come to seem more like work and/or abiding by the rules than affirmations of self-love and joy, then consider it an opportunity to clarify your values about wellness. Are you hearing a small voice from the back seat of life asking plaintively, “Are we having fun yet?” If the answer is “No,” then I invite you to consider more play and less iron-pumping or ingredient-scanning. It does a person good.



## 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.

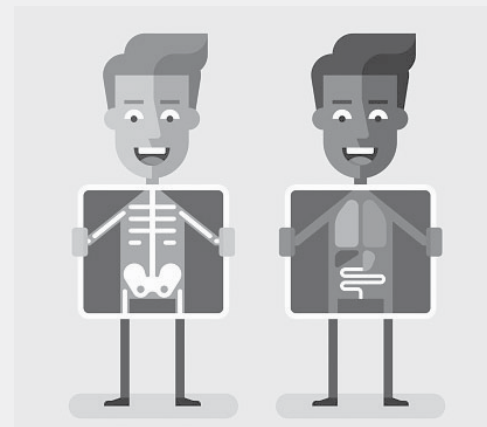
**Prostate exams:** The American Cancer Society recommends talking to your doctor about prostate cancer screening when you turn 50 years old. Black men should talk with their doctor about the pros and cons of screening at age 45.

**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 ORIGINALLY wrote this article about peaches in 2013. The only thing that has changed in the last 9 years is that we can now buy watermelons with seeds in them. That's a step back to a time when watermelon was delicious. I'm grateful.

Everything else is business as usual. War rages in several places around the globe. Of course, we get most upset about a war in Europe. It seems closer to home, to our way of life, to our way of thinking. But, war sucks wherever and whenever it rages. People in Algeria, Burkina Faso, Cameroon, Chad, Colombia, DR Congo, Iraq, Libya, Mali, Mozambique, Myanmar, Niger, Nigeria, South Sudan, Syria, Tanzania and Tunisia must have occasion to wonder what all fuss over Ukraine is about. They've all been at it a lot longer.

Yes, the world had a pandemic. Still does, to be accurate. But seriously? Been there, done that. Ditto the intolerance, religious fervor, refusal to believe irrefutable fact, the whole my-way-or-the-highway attitude. We've done it all everywhere at one time or another and repeatedly. We're a complicated specie and we complicate all other species in the process. Humans are by turns a hot mess and a warm heart, a grabby two year old and a wise elder, selfish and generous, evil and saintly. We suffer from civilization-wide attention deficit disorder, unable to pick something and stick with it until it actually works. And, definitely, irreversibly unable to play nice with others in any sustained way.

So, all things being pretty much the same, I say, "If it's July, it must be peaches. Summer is a continuum, a sultry slow dance of sunshine and heat and fierce flavor. Used to be, watermelon, sweet corn and peaches were the Holy Trinity of summer singing School's Out and Love is in the Air and Bite Me. Watermelon fell from grace the minute some agri-biz bottom line feeder decided we'd gratefully trade flavor and texture for seeds. Frankly, I don't remember being asked. The upshot is rubbery, tasteless stuff that in no way deserves the curvy, gorgeous name 'melon'. But, hey, no seeds.

However, PEACHES! Downy, juice-dripping-off-your-elbows peaches. We can still find them gracefully grown, dead ripe and well worth the wait. Botanically, stone fruits are so named because of their single pit or stone. It doesn't take much thought to realize what peaches really are is stone cold staggering. Rosy gold, dripping nectar, robed in velvet and harboring sunshine. They're intoxicating well before they're brandy.

So many ways to love peaches. They respond deliciously to grilling, broiling, baking, canning, freezing, poaching and drying. I recommend all of the above right after eating as many peaches as July will provide with as little tinkering as possible. But, if you must...



## CHEW ON THIS!

by Merianne Myers



## GINGER PEACHY ICE CREAM SANDWICHES

*Practically Perfect Peach Ice Cream - Makes 1 quart*

*8 RIPE peaches - no cheating, they have to be ripe*

*1 1/2 cups heavy cream*

*1/2 cup sugar*

Heat the cream and sugar in a saucepan over low heat until the sugar is dissolved. Set aside to cool completely. Put a large pot of water on high. When boiling, drop the peaches in and blanch for 2 minutes. Remove and let cool. When they're cool enough to handle, slip the skins off. Cut peeled peaches in half and remove the stones. Using a blender or food processor, process 6 of the peaches until smooth. Mix the puree with the cooled cream mixture. Cut the remaining 2 peaches into small dice and fold into the mix. If you don't like chunks in your ice cream, you can puree all the peaches and skip this step. Cover with plastic wrap placed directly on the custard and chill for at least an hour or two. Put the custard in an ice cream maker and freeze according to machine instructions. When done, scoop into a sealed container and pop into the freezer.

*Gingery Goodness Cookies - Makes up to 4 dozen depending on the size*

*1 1/2 cubes room temperature butter*

*1 cup packed brown sugar*

*1/4 cup molasses*

*1 egg*

*2 1/4 cups all-purpose flour*

*2 teaspoons ground ginger*

*2 teaspoons baking soda*

*1/2 teaspoon salt*

*1 1/2 Tablespoons minced crystallized ginger*

Cream the butter and brown sugar thoroughly. Beat in the molasses, then the egg. Sift the dry ingredients together. Stir into the wet ingredients just until blended then fold in the crystallized ginger. Cover and refrigerate for a couple of hours or overnight.

Preheat oven to 350. Grease cookie sheets. Shape dough into balls approximately 1 inch in diameter and place them a couple of inches apart on a sheet. Bake until brown, approximately 10 minutes. Remove to a wire rack and let cool completely. You can make these any size you choose, just allow enough room for them to expand and adjust the baking time.

Bring the ice cream out of the freezer a bit before you want to serve it. Put a healthy dollop on a ginger cookie, top it with another cookie, give it a gentle smoosh and surrender to bliss. Serve with a frosty glass of Prosecco or Cava.



## 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 date on NCLC's public events and sign up, visit [nclctrust.org/on-the-land/](http://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

The Tillicum House. Home of Coast Community Radio

By Eric Wheeler

MOST MONDAY mornings the Architect Hound takes a short walk up to Tillicum House located at the corner of Exchange Street and 14th street to volunteer at the front desk of KMUN Radio. This charming Victorian Era cottage was built in 1892 for Thaddeus Stevens Trullinger (1867-1944); son of pioneer businessman, inventor and public servant John C Trullinger (1828-1901). The elder Trullinger is best known in Astoria for building the first electric light plant in the city in 1885. Another of Trullinger's sons, John H Trullinger (1870-1960) was a widely recognized artist who was trained in Europe and came back to pursue a career in the Pacific Northwest. Thaddeus Stevens Trullinger; likely named after ardent New England abolitionist Thaddeus Stevens (1792-1868), went into his father's lumber business and lived in the Trullinger House until his death in 1944. After the Trullinger family moved out in 1946, the house had a number of owners including a local doctor who had his professional office in the building into the late 1980s.

KMUN Radio first went on the air as a community supported, non-commercial radio service in 1983, broadcasting out of

the Gunderson Building on Commercial Street in downtown Astoria. Thanks to a large donation by a generous listener/member, KMUN was able to purchase the Trullinger House and began broadcasting from the former residence/doctor's office in 1987. The floorplan and layout have been modified over the years to better serve the radio station's needs, but the Victorian Era decorative elements are still visible in the flooring, trim and window and door openings. The exterior, with a few modifications, is mostly intact and is an excellent, well-preserved example of the late Victorian Queen Anne architectural style. Key details of this style are an asymmetrical façade, multiple dormers and gables with decorative fish-scale shingles and 'gingerbread' in the gable ends. Multiple open porches with decorative scrollwork, and bay windows with leaded/colored glass are also indicators of the late Victorian penchant for a whimsical variety of massing and texture. Perhaps the most recognizable aspect of the Queen Anne aesthetic is the multi-colored, playful expression of the exterior painted surface.

Coast Community Radio now refers to their office and broadcast studio as Tillicum House, in reference to the Chinook Indian word 'tillicum'; meaning 'people' or 'friend'. The Architect Hound sends out a bark of approval to KMUN Radio for preserving and adaptively re-purposing this historic residential structure.

*Eric Wheeler is an architectural historian. He landed in the Pacific Northwest about twelve years ago. Since then, he's been exploring and teaching the history and architecture of Portland and surrounding communities as a walking tour guide and presenter on architectural history. A recent transplant to Astoria, Eric continues to be awed and inspired by the human and natural history of the North Coast. Take a Tour. MOre Info: [www.positivelypnw.com](http://www.positivelypnw.com)*



# 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](http://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](http://blackberrybogfarm.com)

**Saturday Market at the Port.** Saturdays, 10am - 4pm through September. Located along the waterfront in Ilwaco, WA. [facebook.com/IlwacoSaturdayMarket](http://facebook.com/IlwacoSaturdayMarket)

**Columbia-Pacific Farmer's Market.** Fridays, Noon - 5pm June - September. In downtown Long Beach, WA. [longbeachwa.gov/recreation/farmersmarket/](http://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/](http://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](http://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](http://ci.cannon-beach.or.us/farmersmarket)

**Manzanita Farmer's Market.** Fridays, 4-7pm, through October 7, at Underhill Plaza in Manzanita. [manzanitafarmersmarket.com](http://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](http://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. [tillamookchamber.org/Tillamook-Farmers-Market/clatskaniefarmersmarket.com](http://tillamookchamber.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](http://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](http://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](http://lincolncityfarmersmarket.org)  
eam, at: [allanmadeline@aol.com](mailto:allanmadeline@aol.com).



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