

September 2022 • vol 23 • issue 283

HIPFISH MONTHLY

alternative press serving the lower columbia pacific region

Theatre Theatre Theatre

- 2 dark comedy shorts at Ten Fifteen D&D
 - Naked at my Age, One-Woman Show at KALA
 - Rising Tide plays Albee's Seascape – NCRD PAC
- Catch the last weekend for:
CLUE The Musical and SHANGHAIED!

Astoria Music
Conservatory
is expanding




SafeNight app
Helps you house
a survivor in
need

Zoom-in
on the
economics
of logging

*THE GROWTH OF TELEMENTAL HEALTH WITH
ITS PROS AND CONS EXPANDS ACCESS TO
SERVICES IN THE LOWER COLUMBIA REGION*

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McVarish - detail

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THE TRUTH ABOUT THE ECONOMICS OF LOGGING

WHY WE MUST RETHINK THE ECONOMIC VALUE OF TREES IN OREGON

IT'S TIME TO PROTECT THE GREAT PNW'S TEMPERATE RAINFORESTS FROM BEING USED AS MONEYMAKERS FOR THE TIMBER INDUSTRY. ECONOMIST ERNIE NIEMI WILL SPEAK ON WHY LOGGING IS NO LONGER AN ECONOMIC DRIVER. AND HOW TIMBER INDUSTRY PRACTICES JEOPARDIZE TODAY'S REAL ECONOMIC DRIVERS: QUALITY OF LIFE AND RECREATION IN OUR BEAUTIFUL NATURAL SPACES. NIEMI'S TALK WILL ADDRESS THE NEED FOR ECONOMIC CONSIDERATIONS OF CLIMATE AND BIODIVERSITY CRISES, AND PROVIDE TIPS FOR SPEAKING UP ABOUT THE VALUE OF OUR FORESTS.

ATTEND ONLINE VIA ZOOM

TUES. SEPT 13, 2022
6:30 - 7:30 PM

FEATURING GUEST SPEAKER
ERNIE NIEMI

ERNIE NIEMI IS THE PRESIDENT OF NATURAL RESOURCES ECONOMICS IN EUGENE, OREGON. HE HAS DOCUMENTED THE EXTERNAL COSTS OF TIMBER PRODUCTION IN THE PACIFIC NORTHWEST FOR 40 YEARS, WITH A SPECIAL FOCUS ON THE IMPACTS TO TIMBER WORKERS, THEIR FAMILIES AND THEIR COMMUNITIES.

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Coming up at KALA Performance Space Cabaret in Astoria

SATURDAY, SEPT 24



KALA stage welcomes a natural pairing of two northwest guitar gems coming up. The coast's beloved Dave Drury and well-known to the coast Portland-based jazz guitarist John Stowell.

Dave Drury is a musical mainstay in the Columbia Pacific Region. He's been bringing jazz as a soloist, composer and collaborator for over 30 years. He's also been responsible for turning students on to theory and composition as a guitar teacher at Clatsop College for some 30 years, now retired.

Drury has been a regular at Bridgewater Bistro for many moon, a great spot to recognize and enjoy his fine playing. But to key into his original compositions, taking it all in "in concert" is a worthy musical adventure. Guitar, as piano, is capable of creating an entire soundscape, a harmonic story, an emotional and memorable journey. It's also the instrument that shapes the rhythm in a band or the lead that takes you higher. Drury can do all these things, but we can be thankful that he's chosen the instrument as a path of whole expression.

Drury's last album "Where do we go from Here" came out in 2019. Since then he's been working on new

tunes of which will be heard on this eve, when Drury and Stowell combine their guitar wizardry.

John Stowell has performed and taught in over 20 countries in his 45 year career. An intrepid interpreter on guitar, no standard goes unturned, or tangled in the magic fingerings of Stowell. If you're a guitar enthusiast you'll be getting into modern jazz theory that can take you to an other-worldly system. If you're a listener you can just catch a ride on a beautiful web—spun delicate, intricate, coaxing a deep and personal music spirit from within.

This will be a first billing for the two guitar masters as a duo. They'll be playing on each other's original compositions and standards. Guest vocalist Dinah Urell steps in for tune or two. (That's me). You're invited of course to add to the ingredients of what makes music so sublime, sharing it.

Saturday, Sept 24. 7:30pm. Doors open at 7. Tickets \$20. Online at www.brownpapertickets.com. Search under Drury and Stowell. At the door upon availability. KALA Performance Space is located at 1017 Marine Drive, Astoria 503.338.4878.



KALA PERFORMANCE SPACE presents the award-winning one-woman show, "Naked At My Age" by performance artist Charla Hathaway, Friday and Saturday, September 16th and 17th, at 8 p.m. Tickets are \$20, on www.brownpapertickets.com.

Charla Hathaway enlightens and seduces with her vulnerable stories and pioneering career as Erotic Muse/Healer, told with humor, passion and truth telling. A PhD. Clinical Sexologist, Certified Sexological Bodyworker, Surrogate Partner Therapist, Sacred Intimate, and founder of the BodyJoy Intimacy School, Austin, TX, Charla has engaged thousands of students, learning simple and profound ways to touch, talk and play together that feels safe and sensual.

Charla Hathaway found a fascinating career in sexual empowerment in Austin, TX, twenty years ago and now lives in Portland, Oregon, where she loves being a grandma and just an electric-bike-ride away from her son's house.

She taught sexual empowerment to thousands of students at her Austin BodyJoy Intimacy school. Students came from surrounding states for erotic massage classes, sessions and retreats to learn intimate ways to talk, touch and play.

Charla believes intimacy is more than the fancy things we do to each other, it is being able to express clear choice and consent when sharing your body—the heart and soul of personal empowerment and erotic joy.

"So much of sex is just kind of trying to take care of each other at the same time, and it all gets confused, and both

people are really giving and nobody's receiving," says Hathaway. "Intimacy isn't giving more; it's receiving. That's the true barometer of the degree of intimacy between two people."

"Naked at My Age" featuring short theatre vignettes with songs and soundtrack, is Charla's journey to personal empowerment. From early childhood sexual development, to teen angst to her eventual and courageous life-altering break at age 50—she leaves her violin teaching and recent divorce behind, answering a classified ad in the Austin Chronicle, "Be an amazing escort of Austin. Earn \$5,000 a week." The next dynamic chapter in her life ensues.

The Sexual Fairy Godmother normalizes sex work, continues to expand the definition of sex, and inspires you to trust and tell your own brave stories.

Now in her 70's a new passion takes hold, storytelling! She hopes her brave and sexy stories will inspire others to trust and tell their own. "Stories make us free, sharing them fortifies our humanity," says Charla.

September 16 – 17. \$20. 8pm. Doors open at 7:30pm. Tickets in advance at www.brownpapertickets.com. Full Bar. 21+ please. Show Time Run: 70 minutes. No intermission. KALA is located at 1017 Marine Dr. in Astoria. 503.338.4878.

—*"The most incredible shame-busting, heart-soul opening, masterful performance ever."* Annie Sprinkle, Ph.D, erotic educator



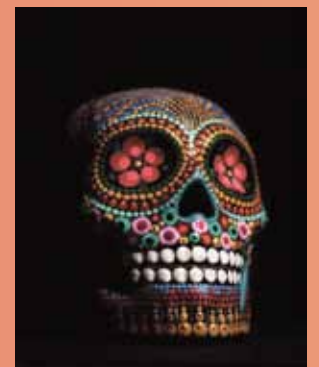
On The Cover: This month's cover features the work of artist Lezlie Amara Piper. Read more about the artist in Art Happens on page 15. KALA hosts the artist for Astoria September Art Walk.

BONECHILLERS! Storyteller Will Hornyak

Spine Tingling Stories for Dias De Los Muertos and Samhain (Halloween)

Join master storyteller William Kennedy Hornyak for Harrowing Tales, Poems and Lore from the Irish and Mexican Oral Traditions in Honor of the Celtic New Year of Samhain (Halloween) and the Mexican Festival of Day of the Dead. For mature audiences (14 and older) only.

Friday, October 14, 7:30pm, at KALA. Door opens 7pm. Tickets \$15. On sale September 15. Online at www.brownpapertickets.com Search Storyteller Will Hornyak.



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and the Oregon Cultural Trust.

one night—a world of difference

A new app can help you benefit survivors of domestic violence and sexual assault through THE HARBOR

THE HARBOR recently partnered with the SafeNight app, which connects donors to nonprofits to help pay for emergency housing.

"We're really excited about this app. It's such a great opportunity for people to see what the need actually is," said Terri Steenbergen, The Harbor's executive director.

When The Harbor's shelter is full, staff may house survivors in a hotel temporarily. When this happens, The Harbor will use the app to notify people that they can make a tax-deductible donation to help house someone that day.

"Our shelter is full basically all the time. People are waiting," Steenbergen said. "Sometimes hotels are what we need but that's an expensive option."

The Harbor is regularly housing people in hotels because the shelter is full, Steenbergen said. In 2021, The Harbor sheltered 58 people, 23 of whom stayed in hotels.

"Last year, we actually had to turn away 95 people. That's including hotel and shelter. We spent \$22,000 on hotels last year and \$33,000 the year before. It's not a decrease in need, it's a decrease in availability," Steenbergen said.

Those who stay in the shelter usually stay up to three months, Steenbergen said. People used to stay about a month.

"The need is so great right now. We fill up the shelter and it's full most of the time, even though more people are calling, requesting to get in. This app shows people what it's like," Steenbergen said. "You can see this immediate impact. You can see that there's a person who needs to go into a hotel right now."

Often, survivors will leave during weekends and need emergency housing then. If the shelter is full, this can mean that The Harbor needs to pay \$300-\$400 per night to house the survivor in a hotel.

"This is one of those things you know is happening but this app puts a different spin on it. People have been so generous in the past few years but often, you don't really think about the need in real-time," Steenbergen said.

The Harbor is the only Oregon-based shelter that's on the app.

"Everyone who signed up for the app gets a notification whenever we post something up there. People can open the app and see what the need is. If they would like to help in that moment, they can click 'donate now' and that's it," Steenbergen said. "It's very easy."

Obstacles

The Harbor works with survivors of all backgrounds and identities.

"So many people recognize The Harbor as a women's shelter but we're so much more than that. We work with sexual assault survivors, and people of all genders," Steenbergen said.

Though the nonprofit supports a diverse group of people, a common issue that comes up in Clatsop County is helping survivors find permanent housing and child care.

"We have this insane housing crisis in Clatsop County. In the last couple of years, because of the housing crisis, there's fewer safe housing options for people. People are staying a lot longer (in the shelter)," Steenbergen said.

By Alyssa Evans

Safe Night App

The Harbor

Chat Line: harbornw.org/chat
24/7 Support Line: 503-325-5735
Spanish Support Line:
1-855-938-0584

"If you feel like you're in an unhealthy relationship and need our services, please use the call or chat line."

— Terri Steenbergen

How to use the app

1) Download the SafeNight app at safenightapp.org

2) In your profile, select your state and agency (ex: Oregon and The Harbor)

3) You'll receive notifications when The Harbor has a donation request to house someone and can make a tax-deductible donation through the app



The lack of local permanent housing options is a year-round challenge but can especially be a problem when the shelter is full.

"When the shelter is full, a lot of people are faced with staying with their abusers. Living in a house with your abuser, especially if you have kids, still might feel safer than sleeping in your car," Steenbergen said.

Another important factor to consider is how long it can take to find permanent housing, Steenbergen said. It can be difficult or even impossible to find a permanent housing solution in the few months that a survivor is staying in the shelter.

"You have to remember, when people come into the shelter, they're not ready to start looking for housing. They need to decompress," Steenbergen said. "You can't expect people to jump in right away to look for housing because it might take six months."

Future opportunities to support

October is Domestic Violence Awareness Month. The Harbor is asking local businesses to put posters and purple lightbulbs in their windows to show support for survivors. Lightbulbs can be purchased through The Harbor's website.

"Lots of businesses participated last year and we are hoping for an even bigger turnout this year," Steenbergen said.



Exec. Dir. Terri Steenbergen



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Community Conversation In Conjunction with BorderXer Exhibit at The Anita Building

ARTIST and immigrant rights activist Patricia Vázquez Gómez is the creator of BorderXer, an installation exhibit at the Anita Building in downtown Astoria that documents the Sonora desert migrant journey in the Mexico-US borderlands.

The exhibit, which opened this past June, will continue through September 10, open for the Astoria Art Walk, from noon to 4pm.

To learn more, BorderXer is a feature story by writer Judith Altruda in the August issue of HIPFISH (available on hipfish-monthly.com).

Gómez made the exhibition to create awareness around the magnitude of the humanitarian crisis in the Sonora desert and to also expand the understanding of borders, "as not just geographical, but also emotional, psychological, sexual, social—and how we as humans must trespass the limits imposed on us."

On September 25, 3-5pm at the Anita Building, Gómez will moderate a conversation with a representative from No More Deaths.

No More Deaths is a humanitarian organization based in southern Arizona, begun in 2004 in the form of a coalition of community and faith groups, dedicated to stepping up efforts to stop the deaths of migrants in the desert and to achieving the enactment of a set of Faith-Based Principles for Immigration Reform.

No More Deaths as an organization focuses on:

- Direct aid that extends the right to provide humanitarian assistance
- Witnessing and responding
- Consciousness raising
- Global movement building
- Encouraging humane immigration policy

The Importance of Libraries Free Public Forum

THE AMERICAN Association of University Women (AAUW) Astoria Branch will host a panel discussion on **September 20th at 6pm** in the Astoria Public Library Flag room on "The Importance of Libraries in our Communities." The panel guests are Michelle Zilli, the Library Manager of the Naselle Timberland Library; Suzanne Harold, the Interim Director and Children's Librarian of the Astoria Public Library; Dan McClure, the Library Director of the Clatsop Community College, and Arline LaMear, a retired school librarian and archivist at Columbia River Maritime Museum.

Pacific County Transit Get a Free Ride

Pacific County Transit received a grant that allows Youth/Students under the age of 18 to ride free on their fixed routes, they were also able to extend this benefit to Veterans in the County. Cities in Pacific County include South Bend, Raymond, Ocean Park, Long Beach, Ilwaco and Willapa. For more info: (360) 875-9418 OR (360) 642-9418.



The Truth about the Economics of Logging A Zoom Forum with Economist Ernie Niemi

NORTH COAST COMMUNITIES FOR WATERSHED PROTECTION

(NCCWP), which advocates to protect local drinking watersheds, announces an upcoming talk with economist Ernie Niemi, "The Truth about the Economics of Logging" Online Event. The free event will take place online via Zoom on September 13 at 6:30pm PT.

Register at www.healthywatershed.org

For 40 years, Niemi has documented the external costs of timber production in the Pacific Northwest, with a special focus on timber workers, their families and their communities. He will speak with NCCWP about the realities of the economics of the logging industry as it currently stands, and realistic economic ways forward for our community that are not extractive and destructive. Niemi will explain why logging is no longer an economic growth factor for our communities—in fact it actually jeopardizes the real economic drivers on the coast, which are quality of life and recreation in our beautiful forests, beaches and rivers. Niemi's talk will address the need for economic considerations of climate change and the biodiversity crisis, and provide tips for speaking up about the value of our forests.

NCCWP is a grassroots group of concerned citizens advocating for no more logging, no more chemical spraying near our coastal drinking watersheds, regardless of land ownership (you can sign the petition (<https://petitions.sumofus.org/p/healthywatershed>)) This event helps dispel some of the common myths about logging and the local economy, and provide insight on why it's time to protect the great Pacific Northwest temperate rainforests and

the challenges it faces from the corporate timber industry.

For more information rockawaycitizen.water@gmail.com
healthywatershed.org | www.facebook.com/NCCWATERSHEDPROTECTION

NCCWP Petition Launch

North Coast Communities for Watershed Protection has just launched a petition, "*Stop Clearcutting, Slash Burns and Pesticide Sprays Near Drinking Water Sources on the Oregon Coast*" aimed at building momentum for protecting our forests and drinking watersheds. You can learn more and sign the petition and share it.

The link: <https://petitions.sumofus.org/p/healthywatershed>

It's mission: to build a network of support for this cause, and spread awareness, because many people throughout Oregon and around the nation are unaware of the impacts of current industrial forestry practices in Oregon. NCCWP calls for the eyes of the local communities, as well as the eyes of the world, to turn towards our forests and their watersheds.

NCCWP aims to gather 10,000 signatures or more, and present the petition to local and state elected officials, timber corporations, and relevant agencies.


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

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North Coast INCO NEWS INDIVISIBLE

"When nothing is sure, everything is possible."
-Margaret Drabble, novelist and biographer

Celebrating Policies And Purpose

Let's celebrate recent pro-democracy accomplishments, largely based on values of dignity and respect for people.

An outstanding example is that Congressional Democrats (with a few Republicans now and then) have passed significant legislation to benefit our country. These bills give us the tools and skills to better anticipate and manage the next crisis.

Here's a sample of what Democrats have done, despite GOP opposition and obstruction:

- 03/11/2021 American Rescue Plan Act of 2021, a sweeping \$1.9 trillion relief to address the continued impact of COVID-19 on the economy, public health, state and local governments, individuals, and businesses.
- 11/15/2021 Infrastructure Investment and Jobs Act, \$1.2 trillion investment in "hard infrastructure" including roads and bridges.
- 03/29/2022, Emmett Till Anti-lynching Act, 120 years after an anti-lynching bill was first introduced and after failing on nearly 200 prior occasions, Congress passed a bill designating lynching as a hate crime. Only three representatives—one each from Texas, Kentucky, and Georgia—voted against the bill.

• 06/25/22 Bipartisan Safer Communities Act, extended background checks for gun purchasers under 21, funding for state red flag laws and other crisis intervention programs, and partial closure of the "boyfriend" loophole.

• 07/29/2022 CHIPS and Science Act, the most significant research bill passed in a generation, including a \$56 billion investment in American semiconductor production to incentivize companies to move chip production back into the United States.

• 08/02/2022, Honoring our PACT Act of 2022, provides healthcare and other services related to veterans who were exposed to toxic substances during military service.

• 08/07/2022, Inflation Reduction Act of 2022, the largest climate investment in US history, lowers prescription drug prices by giving Medicare the power to negotiate the prices of certain prescription drugs and extends expiring health care subsidies for three years.

Dozens of other bills were enacted during the first twenty months of Biden's term. The above bills represent outstanding achievements. Thanks to Robert Hubbell's Substack newsletter for this overview.

Refusing to support these exciting measures, Republicans in their craving for power are now a party of authoritarianism and bigotry. Republicans even gave a standing ovation to Hungarian dictator Viktor Orban, their featured speaker at their CPAC national convention in Dallas in August.

GOP leaders and voters are backing anti-democracy candidates around the country. Key GOP candidates in five states believe Trump's Big Lie that he won re-election and were January 6th insurrectionists. If they win, they will oversee their state's elections and have promised to ensure a Trump victory.

How do we elect people who share our commitment to defend democracy? How do we keep anti-democracy Republicans from further undermining our country?

Help elect pro-democracy candidates by volunteering for and donating to their campaigns. Sign up to write to voters with Postcards to Voters and Vote Forward letters to voters. Check online for other effective ways to elect candidates who share your values and believe in the rule of law.

Connect with the Q Community LOWER COLUMBIA Q CENTER

www.lowercolumbiaqcenter.org
503-468-5155

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

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

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



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

Telemental Health in the Lower Columbia Pacific Region

By Katherine Lacaze

THE COVID-19 PANDEMIC has had a significant impact on the need for and delivery of mental health services in the Lower Columbia River region—as with much of the world.

With the rise in telemental health services, individuals have increasing accessibility to care, but they still have to traverse a veritable maze when it comes to finding a provider that is available, affordable and a good fit.

With the complexities surrounding the pursuit and delivery of mental health care, providers encourage individuals to be persistent and to reach out to any organization or professional as a place to start.

“It’s the ‘no wrong door’ concept,” said licensed clinical social worker and therapist Nancy Karacand.

The Rise of Telemental Health Care Services

Prior to the pandemic, most insurance providers did not cover telemental health, or did so with extreme limitations. Once COVID hit, however, the landscape of the industry changed. In-person services were limited for a variety of reasons, including health and safety.

Additionally, Karacand said, “Many clinicians chose to go with virtual sessions only, because the protocols and restrictions for seeing clients in person were too burdensome and costly for clinicians.”

The U.S. Department of Health and Human Services took a range of administrative steps to expedite the adoption and awareness of telehealth during the COVID-19 pandemic. One of those was permitting Medicare patients to receive telehealth services, including audio-only services, for mental/behavioral health care. The Oregon Health Authority also expanded coverage of telehealth and telephone services in light of the COVID-19 outbreak, and many other insurance providers—including Blue Cross Blue Shield and Moda Health, two of the big providers for the area—followed suit.

“It opened the whole field up, which was great,” Karacand said. “A lot of people who needed mental health wouldn’t have been able to obtain services at the height of the pandemic, if that hadn’t happened.”

Even Clatsop Behavioral Healthcare (CBH) moved 100 percent of their services to telehealth in two weeks when the pandemic broke out, executive director Amy Baker said. Now, they’re offering a combination, although a majority of their core services are delivered in-person.

As the pandemic subsides—and COVID-related restrictions and safety measures with it—several private practices in the area continue to offer only telemental health services. Whether they will transition back remains to be seen.



For example, Shoreline Counseling—a group practice based out of Astoria with roughly a dozen practitioners under its umbrella—offers only telehealth options as a result of COVID. Additionally, there’s been a growing presence of online mental health platforms, such as BetterHelp and Talkspace, that offer virtual counseling and therapy services to consumers through web-based interactions, as well as phone and text communication.

Both Karacand and Allison Whisenhunt, the director of behavioral health and care management at Columbia Memorial Hospital, spoke of how frequently they receive solicitations from these platforms to offer online counseling as a side gig.

“It definitely feels like it’s erupted,” Whisenhunt said.

There are both pros and cons to the virtual delivery of mental health services. On one hand, it increases accessibility for communities in general, and certain demographics in specific. People can look beyond Clatsop County and the Long Beach Peninsula to find suitable providers in Portland, Seattle or other parts of their state, if they are open to receiving services via telehealth. For homebound individuals or those with limited transportation, this is a benefit. Some form of counseling is available at virtually any time, anywhere.

“A lot of people wouldn’t get services if they couldn’t get telehealth,” Karacand said.

Baker agreed, adding, “In rural areas, it’s allowed for access to specialty care that may not otherwise be available.” CBH has also been able to add clinicians who can’t relocate to the area because of the housing crisis, but who can offer telehealth services.

On the other hand, both clients and providers question the quality of virtual care. Karacand estimates a majority of her patients prefer in-person care, and it allows for the implementation of a wider range of methods and modalities. Telehealth can’t be relied on in most crisis situations or by individuals with severe mental health challenges, Baker said.

Whisenhunt feels a videocall is preferable to a phone call or other form of contact, as “there’s so much that goes through that non-verbal communication.”

Wading Through Insurance, Availability Challenges

While online and virtual services have increased awareness and accessibility, several obstacles still obstruct the pathway for many people seeking mental health care. A few of the main ones include insurance coverage and clinician availability.

“No matter where you look, there’s a barrier of some sort,” Whisenhunt said.

A cursory examination of Psychology Today’s online “Find a Therapist” directory indicates there is a sufficient supply of providers in the area. However, there are multiple caveats.

First, providers can use a zip code in their online profile to extend their reach and attract prospective clients from a certain area, but it doesn’t always mean the professional is actually based there.

Secondly, there’s the question of availability. A significant number of local therapists are not currently accepting new clients or they have waitlists.

“The providers are there, but the people that are recognized as doing good work tend to fill up fast, and then you either have to get on their waitlist or you have to take a chance with someone who’s an unknown,” Karacand said.

Additionally, only a psychiatrist or psychiatric nurse practitioner (NP)—or a primary care provider—can prescribe psychiatric medication. There are currently no private psychiatrists in the area and only one private psychiatric NP.

Offering behavioral health services has become a kind of gold standard for primary care services over the past few years. Providence and Columbia Memorial both have behavioral health providers at their primary care locations, as does Coastal Family Health Center in Astoria, which is now a Yakima Valley Farm Workers Clinic.

However, an individual must be a primary care patient at the institution to have access to behavioral and mental health care services. Additionally, social workers embedded in these care systems tend to be focused primarily on short-term solutions and interventions related to physical health, rather than long-term counseling.

Once someone has secured a spot with a therapist, whether virtually or in-person, the next hurdle is how to pay for it. Some of the clinicians listed for the area are not licensed and, unless working under a supervisor’s license, cannot accept health insurance payments. Some private practitioners choose not to accept insurance anyway, and more and more therapists are migrating to a private pay system.

“We have an insurance-driven healthcare system and it’s one of the ways in which it doesn’t serve the constituent very well,” Baker said.

cont. p8

ASTORIA SUNDAY MARKET 2022



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TELEMENTAL HEALTH

Other COVID-related Trends in the Mental Health Field

A few other ripple effects caused by the pandemic are an increased need among adolescents and a rise in substance use, which is intertwined with both physical and mental health.

"Adolescents are taking such a big hit with the pandemic," Karacand said, adding it's been particularly tough on middle and high school-aged kids.

Additionally, she's witnessed a heightened struggle among parents and guardians dealing with adolescent-related challenges, such as helping their kids through remote learning or the transition back to traditional school.

Clatsop Behavioral Healthcare also has witnessed an uptick in requests for services during the pandemic, and there hasn't been "really one thing that brought folks in for care," Baker said.

"It was a combination of stress related to COVID, fear around the health and safety risks, the economic factors, the isolation," she said. "A lot of folks who lived by themselves really struggled with the isolation. Kids struggled."

Another trend that coincides with the pandemic is the increase in substance abuse, which is a sign of self-medicating, over the past few years, according to Whisenhunt. Baker said CBH also experienced many sobriety patients relapsing during the pandemic.

Whisenhunt observed that the issue correlates with a "huge uptick in depression and anxiety, across all ages, across the board," and it's not isolated to Clatsop County. As the pandemic persisted, their social work team noticed that "no one wanted to talk about their health behaviors, they wanted to talk about their feelings."

"I've never seen as many people struggling," she added.

Yet, all these things—mental health, physical health and substance intake—interact and can potentially compound one another.

"It's all connected," she said.

For care providers attempting to provide holistic care, it becomes a complex situation. What co-occurring issue do you address first?

"Ideally, you get the substance out of the system before you treat the mental health problem," Whisenhunt said, but in practice, "that's often not realistic."

Instead, they emphasize harm reduction—the concept that "it doesn't have to be all or nothing," she said—to start moving in the right direction and meeting people where they're at.

"When we realized people didn't want to talk about their insomnia," for example, Whisenhunt said, "and they only wanted to talk about their anxiety and their depression, we switched our model. We're actually able to help people in the way they're showing up and asking for help."

They are utilizing their social workers' schedules to see fewer patients but pro-



vide more focused behavioral health care and exploring the possibility of adding more therapists.

"Mental health is not a money-making business," she said. "At CMH, we have other sources of revenue and income we can use to offset any money loss by trying to offer these services."

Also, while one must be a patient at CMH to access therapy, Whisenhunt said their social work team is happy to help people navigate other resources, and they will make referrals to external counseling services. They have a crisis line and people should use it when they need to.

During the pandemic, CBH also took strides to expand services in the community, seeking one-time state and federal funding where they could.

They set up their Rapid Access Clinic on W. Bond Street that offers walk-in services from 9 a.m. to 3 p.m. five days per week. They opened a recovery home in Warrenton that can shelter four men and three women. They hired two full-time bilingual and bicultural clinicians. They plan to open a transitional housing program in Seaside in November. And they've collaborated with Clatsop Community Action (CCA) and other partners whose services address social determinants of mental health.

"We can't do everything, so when we can rely on and partner with folks who can contribute to adding to that continuum of care, it makes our lives easier."

'You are Not Alone'

While the pandemic has impacted the delivery of mental health services and augmented some of the pressing needs identified in the region, there is a silver lining, Whisenhunt believes.

"[COVID] has somewhat normalized that seeking help is okay," she said, adding the stigma is reduced as people realize they're not the only ones struggling and as institutions provide integrated care for both physical and behavioral health instead of trying to address a problem in a vacuum. Baker agreed, adding, "Mental wellness and mental health are something all of us have to take care of. It's not this thing that happens to some people. It's something we all experience."

"The pandemic drove home the message and the point, we're social beings, we're herd animals," Baker said. "We need to be around people. There are all sorts

of ways in which we get our needs met by others that are hard to quantify. ... But when it's not there, we've seen the impact of that."

While there are various barriers to receiving mental health services, Karacand encourages people "not to give up," and "to be persistent in looking got someone to work with in the way they want to work."

Speaking from personal experience, although she advertises that she's not taking new clients, she still gets referrals.

"If I have any leeway in my schedule, I'll often say, 'Okay, we'll figure this out,'" she said. "We all have our soft spots for taking people, even if we say we're full."

Whisenhunt encourages people to also approach their employers about what resources they offer or support. Some have employee assistance programs and can help connect people to services.

"If you are struggling, we see you," she said. "You are not alone. And if you are looking at getting help in whatever capacity, please don't stop looking for help. And kudos to you. That's a hard thing to do."

AUTHORS READ at Winecraft

The Writer's Guild presents three Oregon authors in celebration of their new book releases. Authors will read from their new book publications and sign copies afterwards. Drinks available for purchase. Winecraft Wine Bar is located on the water at 80 10th Street, Astoria, Oregon. This event is free and open to the public.

***Humanity's Grace* by Dede Montgomery was released January 2022.** It is primarily set in Astoria with a few backstories based in Portland. Reviewer Mikko Azul summed up this book: "Humanity's Grace is a collection of slice-of-life vignettes that eloquently demonstrate the interconnection between us all. Pure genius." www.dedemontgomery.com

***The Drowning House* by John Sibley Williams is the winner of the 2022 Elixir Press Annual Poetry Award.** Contest judge, John A. Nieves, had this to say about it: "The poems that populate this doomed architecture reach out in every direction to try to find purchase on truths that often shift as quickly as tides." www.johnsibleywilliams.com

The Opera Sisters

THE OPERA SISTERS Marianne Monson, author of *Frontier Grit*, *Women of the Blue and Gray*, and *Her Quiet Revolution*, releases a new historical fiction novel based on the true story of the Cook sisters, who ran a daring, secret operation to help Jews escape from Nazi Germany in the days before World War 2. The Opera Sisters will be in bookstores in September 6, 2022, from Shadow Mountain Publishing.

British sisters Ida and Louise Cook enjoy their quiet, unassuming lives in south London. Ida writes romance novels, and Louise works as a secretary. In the evenings, the sisters indulge in their shared love for opera, saving their money to buy records and attend performances throughout England and Europe, becoming well-known by both performers and fellow opera lovers.

But when Hitler seizes power in 1933, he begins targeting and persecuting German Jews, passing laws that restrict their rights and their lives. The sisters continue their trips to the German opera houses, but soon, Jewish members of the opera community covertly approach the sisters, worried that they will be stripped of their wealth and forced to leave

their homes and the country.

Danger looms on the horizon, threatening to spill across all of Europe's borders.

Together with their beloved opera community, the sisters devise a plan to personally escort Jewish refugees from Germany to England. The success of the plan hinges on Ida and Louise's ability to smuggle contraband jewelry and furs beneath the watchful eyes of the SS soldiers guarding various checkpoints. But how many trips can they make before someone blows a whistle? Or before the final curtain falls on Germany's borders?

The Opera Sisters is a riveting and inspiring novel of two unlikely heroines whose courage and compassion gave hope to many Jews desperate to escape Nazi persecution.

Marianne Monson teaches English at Clatsop Community College and is President of The Writer's Guild, a literary nonprofit. She writes on topics related to women's history and splits her time between San Marcos, Texas and her 100-year-old house in Astoria, Oregon.



How to Haiku with Sam Blair

WHAT IS HAIKU? What does it mean to have a haiku mind, and to experience and convey those peak moments of the human experience, called haiku moments? Why does haiku have the power to change lives? This basic, introductory course will answer those questions, and show you the way toward reading, reflecting upon, and ultimately writing haiku.

Sam Blair holds a B.A. degree in English from the University of Denver, and a J.D. degree from Lewis and Clark College of Law.

Saturday, Sept 17, 10am to 1pm. Register in advance at www.thewritersguild.org. Cost is \$25.00 for Guild members, \$35.00 for non-members. Needs based scholarships are always available. Please email: info@thewritersguild.org

Ric's Poetry Night

Ric's Poetry Mic is back in person, with 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.



UNSHELTERED

By Teresa Barnes

Trauma, Homelessness, Healing and Measure 109

THIS MONTH several different issues pointed me in the direction of discussing trauma. There is a growing cultural awareness around just how much our lives are affected by it. Traumatic events, especially when experienced by developing brains, shape them, and alter the way the body processes information for the rest of a person's life. Since it is also both a cause and an effect of homelessness, it seems worth exploring in greater depth here: how it affects sufferers and society at large, and what we can do to mitigate its damage.

The process of trauma moving from a personal to a social issue has been slowly taking place over the last quarter of a century. In 1998, a landmark study showed how Adverse Childhood Experiences (ACEs) affect not only the brains of those who experience them, but also their long-term health and behavioral outcomes. People with ACE scores of 4 or higher are 2-5 times as likely to develop clinical depression, substance use disorders, suicidality, and numerous chronic health conditions. ACEs are also, in the words of one study, "nearly universal" amongst the unhoused population. Over 50% of unhoused participants had scores of 4 or higher, as compared with 3-5% amongst the housed population. A study done by the National Center on Family Homelessness showed that 93% of the mothers had a history of trauma. As the Center's Director Carmel DeCandia said, "If we are to address long-term residential instability for homeless families, we must address trauma, otherwise they likely won't stabilize."

In *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma* (an essential read for anyone interested in this topic) author Bessel van der Kolk uses his many decades of experience to discuss how important this stabilization is for survivors, and how they might be able to achieve it. He is a psychologist who began working with Vietnam veterans after graduating from Harvard, many of whom suffered from what is now known as post traumatic stress disorder (PTSD.) He has tried for years to create a similar but distinct diagnosis for childhood developmental trauma; because the long-range effects are so detrimental and so vast, he has declared child abuse to be United States' gravest and most costly public health issue.

One highly effective treatment for trauma is psychedelics. The Netflix series *How to Change Your Mind*, based on the book by Michael Pollan, explores the fascinating history of drugs like LSD, psilocybin and MDMA being used to treat anxiety, depression and PTSD. Shortly after viewing it I read an article in the Astorian about Clatsop County wanting to enact a moratorium on Measure 109, the bill voters passed in 2020 to legalize psilocybin. In particular, the statement from Sheriff Matt Phillips struck me as incongruous- he talked about the necessity of the moratorium and the dangers of substance abuse, despite psilocybin having little potential for abuse or addiction. Considering the widespread acknowledgment of how devastating trauma is to society, it's disappointing that Phillips would paint a treatment for it as equivalent to dangerous street drugs. (It seems ironic for a member of law enforcement to talk about the dangers posed by a fungus, especially since there is no known lethal dose for psilocybin and it is said to be one of the safest drugs in the world.) When considering the moratorium I'd remind local voters that the Oregon Health Authority is already working on safely regulating the sale of psilocybin. What exactly is threatened by allowing adults to purchase something that grows out of the ground here every fall (and has certainly caused less harm than alcohol, a mainstay of our local economy)? As a PTSD survivor from *How to Change Your Mind* puts it: the good drugs gave us the opioid epidemic and the bad drugs can heal us, so maybe it's our ideas about them that need to change.

Realizing how widespread and damaging trauma is can help us interact with our fellow humans more, well... humanely. As a doctor who does MDMA therapy for addiction treatment remarks in the series, our society tends to have so much empathy for abused children, but by the time they've grown up and become addicts and alcoholics we've forgotten the developmental roots of these behaviors and turned off our empathy switch. As we look for ways to reconnect with others, and ourselves, expanding our minds might be the way to expanding our hearts.

Teresa Baarnes is an activist, housing advocate and community organizer at the Astoria Warming Center

Introducing ...

The Astoria Conservatory

By Alyssa Evans

A local organization rebrands, and expands!

ASTORIA has a new point of interest. The Astoria Conservatory is adding new classes to its roster, including dance and musical theater. The business has also rebranded itself to be dubbed The Astoria Conservatory rather than the Astoria Conservatory of Music. The change was made to reflect the variety of courses that are available.

Classes begin Sept. 12. Those who are interested in the classes should contact the conservatory asap. Participants will be sorted into classes based on their skill level.

"A lot of the classes, once they begin, because they're advanced classes, you will have to show where you are," said Lisa Nelson, the conservatory's founder.

Nelson decided to add dance and musical theater classes after the Astoria School of Ballet closed in May. The ballet's founder, Maggie Wall, and her family closed the school because they moved to the east coast.

"The Astoria School of Ballet was a wonderful asset to our community," Nelson said. "There are a lot of other dance studios around here but there's nothing here in Astoria. So for the kids and the adults that studied there, I felt they really needed a place to go."

The ballet's closure also hit close to home, literally – Nelson's daughter was one of the ballet's students.

Nelson hired Sarah Cohen to be the conservatory's dance instructor. Cohen has taught dance for over 30 years.

"I thought, 'I know this wonderful dance instructor who was raised in the dance world and has studied it all her life.' I asked her, 'Sarah what are you doing for the next 10 years? Would you like to come teach dance for me?' And she went 'Huh?' And then she said 'Yes,'" Nelson said.

Cohen has worked as a choreographer and been featured at DanceArts, Hawaii State Ballet and North Atlantic Ballet, among others. She founded Oakridge Ballet in Oakridge, Oregon. Since living on the North Coast, she has danced and choreographed with Sparrow Dance Company.

Cohen and Nelson have been working all summer to plan the conservatory's dance classes.

"(Preparing for the dance classes) has been surprisingly fun. There's a million details to figure out between just the two of us," Nelson said. "But both of us are driven in the same direction for our vision. We've been planning and implementing, and we're ready to go. It's just wonderful. I am really excited."

The new dance classes will create opportunities for dance students to perform alongside live music, and for music students to create compositions intended for the dance students, Nelson said.

"There are some really cool aspects about combining dance and music," Nelson said. "Sarah is very excited about creating choreography to go alongside original music. And her dancers get to dance to live music. That's unusual in this day and age."

The conservatory will host a recital in December at the Liberty Theater, which will feature music students. In January, dance students will participate in a student showcase.

"We won't quite be ready for a recital with our new dance program but the student showcase in January will be a lot of fun," Nelson said.

The conservatory will also bring back its children's choir, which was put on hold during COVID-19 restrictions, this fall. The new musical theater courses will also begin in the fall and will be open to all skill levels.



"Not only are we going to be offering dance and modern ballet, we're also going to go into musical theater, which is a love of mine," Nelson said. "If you're not a ballet or modern dancer but you love musical theater, you should sign up."

The conservatory is also going to be collaborating with the Cascadia Chamber Opera and the North Coast Chorale.

"I was just reading something to the effect of when you find your true passion for something, the universe will bend to that. I just really think that this was the time that we needed to add performing arts. It needed to happen. Everything just bended in to that goal," Nelson said.

A new stage

Nelson opened the conservatory in 2002 as a small business operating out of her second bedroom.

"It began as an idea that I had while living in an apartment on Bond Street," Nelson said. "Kids and adults would actually come to my house and take either piano or voice lessons."

Nelson connected with The First Presbyterian Church in 2003 and became the church's choir director. The conservatory has since operated out of some extra rooms that the church wasn't using.

"They said 'We have all this space, what a neat thing. Oh, by the way, we need a choir director,'" Nelson said. "We began offering guitar and bass studies, as well as piano and vocals."

Nelson is grateful for the collaboration between the conservatory and the church.

"The First Presbyterian Church has been so welcoming to our endeavors. I just want to send a large thank you to them and to Pastor Bill Van Nostran and the entire session board. This has been our home for almost 20 years," Nelson said. "They have just been a wonderful

family and have allowed us to really stretch and grow here."

The conservatory offers classes for everything except banjo and harp, Nelson said.

Until COVID-19 restrictions began, the conservatory held at least two recitals a year, as well as other performances. About 36 recitals were held before 2019, Nelson said.

"The pandemic has been interesting. When we had to shut down to in-person lessons, we went to virtual lessons. That worked really well as a new area of teaching for us. We were thrilled to get back to in-person lessons when it was safe enough to do so. And now we have two avenues of teaching," Nelson said.

The conservatory still offers virtual class options to those who are interested.

Over the years, many of the conservatory's students have gone on to enjoy careers in the arts, Nelson said. Some highlights include coaching the 2016 Miss Oregon winner, Alexis Mather; creating a scholarship fund for the conservatory as a student's senior project; and seeing two of her students get married.

"Everyone, no matter what their insecurities may tell them, is musical. It's part of being human. We are all musical. To wake up that part of you is our job. Whether you go on to sing more effectively in the shower or play violin for the Portland Philharmonic, it doesn't really matter," Nelson said.

No matter a student's goal or skill level, Nelson is grateful anytime they come to study at the conservatory.

"When I see a student walk out of a lesson with a smile on their face or I see them finish a recital that they're terrified to do and they're happy about it; when I see them go back and correct a mistake and not beat themselves up over it, I think we're successful. That's really the goal, to light that fire and keep it stoked."



Director Lisa Nelson

Photo: Dinah Urell

Clatsop County Cultural Grants Available for 2023

THE CLATSOP COUNTY CULTURAL COALITION'S grant cycle for the fiscal year 2023 has kicked off, with approximately \$16,000 in funding available for projects that support, maintain, preserve and protect cultural programs in the arts, heritage and humanities in Clatsop County.

Organizations with 501(c)3 nonprofit status are eligible to apply for grants through the cultural coalition. Individuals may apply when sponsored by a nonprofit fiscal agent. Applications are due by 5 p.m. Oct. 31.

Grant awards will be announced in January 2023 for activities occurring between Jan. 1, 2023, and Dec. 31, 2023. Grant funds of up to \$2,500 are available per project.

Funding priorities include:

- Raising awareness of culture in the visual and performing arts, heritage, and/ or humanities.
- Supporting the preservation, functionality, and/or sustained usage of physical facilities for visual and performing arts, heritage, and/or humanities in Clatsop County.

- Strengthening the overall health of existing nonprofit organizations, schools, individuals, or businesses related to visual and performing arts, heritage, and/or humanities in Clatsop County.

This year, there will be an additional \$5,000 in grant awards from the Oregon Community Foundation, with an emphasis on projects that engage and impact the LGBTQIA+ community.

Applicants are encouraged to read the Clatsop County Cultural Coalition Plan and FAQs, which are online at:

www.clatsopculturalcoalition.org.

The coalition also recommends that applicants attend a workshop or schedule a review session to check their application before submission to avoid common mistakes that lead to disqualification. More details:

- Online workshop: 6:30 p.m., Wednesday, Oct. 5. Register via email (information@clatsopculturalcoalition.org).

- In-person workshop: 6:30 p.m., Friday, Oct. 7, at the Art Loft on Marine Drive in Astoria.

- By appointment: email kpaino2060@gmail.com or call 503-741-1914.

"Our 15-member Cultural Coalition is eager to read a wide variety of proposals from the community and encourages all to apply," coalition co-chair Janet Bowler says.

"Attending a workshop is the best way to get insight and assistance to write a successful application."

Doug Kenck-Crispin of Kick Ass Oregon History podcast fame enjoys finding quirky, under-represented and not oft-told tales from Oregon's past. He's travelled the extreme four corners of Oregon, and many of the roads in between, seeking authentic and weird stories of the Beaver State. He'll share his stories of Oregon's Beaver Money and tales of legendary treasures from actual archival maps. Audience members will receive copies of these maps. Doug Kenck-Crispin, his name a result of his "hippie parents", says this "may be the only history lecture where an audience member could end up stinking, filthy rich". The filthy rich part depends, of course, on using the maps to find the elusive treasures.



While there is no guarantee of riches, the **Garden Tea and Lecture** promises to be informative and delicious featuring teas donated by North Fork 53 Communita Wellness, sweet treats donated by Cannon Beach Bakery and savory tea sandwiches creations. Join fellow history buffs at the **Chamber Hall on Sunday, September 11 at 11:00am**. The lecture and tea are part of a larger weekend of festivities including the Opening Night Benefit Bash at the museum on Friday evening featuring a Silent Auction and the Cottage & Garden Tour itself. The tour this year, which features the most cottages ever, takes place amidst the Presidential Streets of Cannon Beach on Saturday, September 10 from 12noon to 5pm.

The Cannon Beach Cottage & Garden Tour tickets, which are \$40.00 will not sell out and are available the day of the tour. The tickets for the Garden Tea & Lecture have historically sold out, so buy early. Tickets for the lecture and tea are \$25.00 and the proceeds from the entire weekend go to benefit the Cannon Beach History Center & Museum.

Fall Festival Fundraiser Cannon Beach Library

AFTER A TWO-YEAR, pandemic-caused hiatus, visitors to the Cannon Beach Library can once again win gift certificates and hotel stays as part of the library's Fall Festival scheduled from **10 a.m. to 5 p.m. on Saturday, October 1, at the library, 131 N. Hemlock in downtown Cannon Beach**.

The festival includes drawings for lavish gift certificates, a silent auction for stays at premium local hotels, a sale of handmade crafts and a book sale of cookbooks and how-to titles.

Drawings for six bundles of gift certificates will take place the day of the festival. Included in the bundles are gift certificates to restaurants, galleries, grocery stores, clothing stores and much more, all donated by 59 generous local merchants and restaurant owners.

Tickets are available at the library from Sept 1 until the drawings at 4 p.m. on Oct. 1.

Bids for the silent auction will be accepted from September 1 until the afternoon of the festival.

FMI: about the Fall Festival, email info@cannonbeachlibrary.org, or call 503-436-1391, or check the library website at www.cannonbeachlibrary.org.

Join the Board

Lower Columbia Q Center Seeks Board Members

The Lower Columbia Q Center is seeking candidates for the following positions within the Board of Directors: Chair, Co-chair, Secretary, Treasurer, and one at-large. The Lower Columbia Q Center currently has three interim board members, as the organization is transitioning from one board to the next: Brett Estes, Tom Ank, and Marcus Runkle. The interim board has been tasked to form a new board of directors for the Lower Columbia Q Center and applications are now being accepted.

The Lower Columbia Q Center is open Mon, Wed, and Fri, from 10am to 1pm. Current services and programs can be found on the Q Center website. 503.468.5155

The LCQC is a 501(c)(3) non-profit resource center formed providing outreach, education, and charity for the LGBTQ-2SIA+ community and allies in the Lower Columbia Region of Oregon and Washington.

The LCQC strives to be a safe, welcoming environment to provide peer support service. This includes promoting human care, educational opportunities, and community-building activities directed at furthering the well-being and development of the lesbian, gay, bisexual, transgender, questioning, and ally community of the Lower Columbia Region.



Access the application at: Lowercolumbiaqcenter.org





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SEPT 2022

LIVE MUSIC • THEATRE/PERFORMANCE in the Lower Columbia Pacific



PIGS ON THE WING'S 2022-2023 tour will showcase a full performance of the 1973 classic *The Dark Side of the Moon* in honor of the 50th anniversary of that album's release. Concert-goers can expect a full second set of Pink Floyd classics performed with all of the intensity and dedication to the music of Pink Floyd fans have come to expect from Pigs on the Wing - along with an immersive visual experience.

Tracing its roots to a one-off performance in Portland in 2006, Pigs on the Wing has steadily developed a devoted regional fanbase and a reputation for delivering a high quality, high energy take on Pink Floyd's music, steeped in the NW's own musical heritage. All members of the band are seasoned veterans of the original NW rock scene and balance a decidedly un-tribute like attitude towards the music with a deep understanding of the precision and importance of Pink Floyd's music in many fans' lives.

Saturday, Sept 17, 7:30pm. Gen \$25. On;ine at libertyastoria.showare.com.

Tuesday 6

MUSIC
Siletz Bay Music Festival. A Musical Feast. Classical. Free, 7:30pm at Lincoln City Congregational Church.

Wednesday 7

MUSIC
Siletz Bay Music Festival. Music on the Bay. Classical. \$25, 7:30pm at Pacific Maritime Heritage Center in Newport.

THEATER/PERFORMANCE
Clue the Musical. Play the game, pick the ending! \$25 - \$30, 7:30pm at the Coaster Theater in Cannon Beach.

Thursday 8

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

Clue the Musical. Play the game, pick the ending! \$25 - \$30, 7:30pm at the Coaster Theater in Cannon Beach.

Epic Proportions. Comedy. \$, 7:30pm at Theatre West in Lincoln City. Tickets at theatrewest.com

Friday 9

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

Artist/Music Showcase. Local and visiting musicians perform a free concert. 7 - 9pm at the Tillamook Fairview Grange.

Siletz Bay Music Festival. Benefit Dinner. Classical. \$125, 6pm at the Lincoln City Cultural Center.

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

Clue the Musical. Play the game, pick the ending! \$25 - \$30, 7:30pm at the Coaster Theater in Cannon Beach.

Seascape. 7pm at the NCRD Performing Arts Center in Nehalem.

Epic Proportions. Comedy. \$, 7:30pm at Theatre West in Lincoln City. Tickets at theatrewest.com

FESTIVES
Annual Ilwaco Slow Drag. 3 - 6pm at the Port of Ilwaco.

Seaside Sandfest. Sand sculptures on the beach near 1st and the Prom in Seaside.

Saturday 10

MUSIC
DJ Papi Fimbres. No cover, 8 - 9:30pm at the Sou'wester Lodge in Seaview.

Siletz Bay Music Festival. Beethoven - A Double Bill. Classical. \$40, 7:30pm at B'nai B'rith Camp in Otis.

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

North Coast Comedy Night. With Susan Rice, Jamal Coleman, and Drew Wilson-McGrath. \$10, 8pm at the Liberty Theater in Astoria.

Seascape. 7pm at the NCRD Performing Arts Center in Nehalem.

Epic Proportions. Comedy. \$, 7:30pm at Theatre West in Lincoln City. Tickets at theatrewest.com

LITERARY/LECTURE
Library After Dark. With author Marianne Worth Rudd. Free, at the Warrenton Library.

FESTIVES
Rod Run to the End of the World. At Wilson Field in Ocean Park. beach-barons.com

Library After Dark. With author Marianne Worth Rudd. Free, at the Warrenton Library.

Seaside Sandfest. Sand sculptures on the beach near 1st and the Prom in Seaside.

Lewis and Clark Salt Makers. Historical reenactment. 9am - 6pm on the beach west of the intersection of Ave U and the Prom in Seaside.

Cannon Beach Cottage Tour. \$40, Noon - 5pm, starting at the Cannon Beach History Center and Museum.

Sunday 11

MUSIC
Generifus. Indie Americana. No cover, 6 - 8pm in the Tap Room at Fort George in Astoria.

Talla Rouge. Free, 2 - 4pm at the Raymond Theater in Raymond.

Siletz Bay Music Festival. Sounds of America. Hip-hop/Jazz/Cabaret/Musical Theatre. \$40, 4pm at B'nai B'rith Camp in Otis.

THEATER/PERFORMANCE
Seascape. 2pm at the NCRD Performing Arts Center in Nehalem.

FESTIVES
Lewis and Clark Salt Makers. Historical reenactment. 9am - 3pm on the beach west of the intersection of Ave U and the Prom in Seaside.

Seaside Sandfest. Sand sculptures on the beach near 1st and the Prom in Seaside.

Wednesday 14

MUSIC
Jon Lee. Singer/Storyteller. \$15, 4pm at the Peninsula Arts Center in Long Beach.

Friday 16

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

THEATER/PERFORMANCE
Naked At My Age. Erotic Muse\ Healer Charla Hathaway performs her one-woman show, Tickets \$20. brownpapertickets.com. 8pm at KALA in Astoria. 21+

D & D. A Night of David & Durang. An Interview by David Mamet and The Actor's Nightmare by Christopher Durang. \$20, 7:30pm at Ten Fifteen Theater in Astoria.

FESTIVES
Hampton Lumber Sip and Stroll. Live music, food, drink, and presentations. Time TBA, at the Big Creek Tree Farm, 42235 Old Hwy 30, Knappa.

Wheels and Waves Car Show. in Downtown Seaside. seasidecarshows.com/wheels-and-waves/

46th Annual Kite Festival. At Ocean's Edge in Rockaway Beach.

Cape Kiwanda Longboard Classic. 5 - 9pm in Pacific City. capekiwandalongboardclassic.com/the-classic/



GRAMMY-AWARD WINNER and 2006 winner of the prestigious Winfield International Fingerstyle Guitar Competition, spend a late September afternoon with Doug Smith. Combining folk, classical and jazz Doug has been called "a cross between Chet Atkins, Leo Kottke and Michael Hedges." Doug's original compositions are heard everywhere from NPR to Good Morning America and Martha Stewart and right here on the upper left edge.

Saturday, September 17, 4pm at the Peninsula Arts Center. \$20. Reserve a seat as tickets go fast. Email: events@peninsulaartscenter.org or call 360.901.0962.



Jay Si Proof is a music collective founded in 2019 by trombonist/singer Jeff Chilton. Gettin' back to the arranged brass rock n' soul days of the 70's with the likes of Blood, Sweat and Tears, Chilton is known for his charismatic and energetic live performances. He's made the scene at many a top Portland venue and festivals like the Pickathon and performed with a long list of bands, Broken Social Scene, The Diamonds, The Platters. Check this out.

Sunday, Sept 25, 6-8pm , ring in the fall season in the Lovell Tap Room at Fort George.

Saturday 17

MUSIC
Pigs on the Wing. A Pink Floyd tribute band. \$25, 7:30pm at the Liberty Theater in Astoria.

Doug Smith. Folk/Classical/Jazz guitar. \$20, 4pm at the Peninsula Arts Center in Long Beach.

Sunbathe. Fuzzed-out Pop. No cover, 8 - 9:30pm at the Sou'wester Lodge in Seaview.

Patrick Lamb. Portland's Billboard topper, Fusion Jazz Saxophonist and Vocalist. \$25, 7:30pm at the Coaster Theater in Cannon Beach.

THEATER/PERFORMANCE
Naked At My Age. Erotic Muse\ Healer Charla Hathaway performs her one-woman show, Tickets \$20. brownpapertickets.com. 8pm at KALA in Astoria. 21+

D & D. A Night of David & Durang. An Interview by David Mamet and The Actor's Nightmare by Christopher Durang. \$20, 7:30pm at Ten Fifteen Theater in Astoria.

FESTIVES
Northwest Garlic Festival. At Port of Peninsula in Ocean Park.

Wheels and Waves Car Show. in Downtown Seaside. seasidecarshows.com/wheels-and-waves/

JAY SI PROOF (AKA EARTH JAZZ ALCHEMISTS)

46th Annual Kite Festival. At Ocean's Edge in Rockaway Beach.

Cape Kiwanda Longboard Classic. 7:20am - 6pm in Pacific City. capekiwandalongboardclassic.com/the-classic/

Sunday 18

MUSIC
Joe Kaplow, Laith. Country. No cover, 6 - 8pm in the Tap Room at Fort George in Astoria.

Iona Fyfe. Celtic. \$30, 7pm at the Lincoln City Cultural Center.

THEATER/PERFORMANCE
D & D. A Night of David & Durang. An Interview by David Mamet and The Actor's Nightmare by Christopher Durang. \$20, 3:30pm at Ten Fifteen Theater in Astoria.

FESTIVES
Northwest Garlic Festival. At Port of Peninsula in Ocean Park.

Wheels and Waves Car Show. in Downtown Seaside. seasidecarshows.com/wheels-and-waves/

46th Annual Kite Festival. At Ocean's Edge in Rockaway Beach.

Cape Kiwanda Longboard Classic.
8am – 5pm in Pacific City. capekiwandalongboardclassic.com/the-classic/

Thursday 22

MUSIC

Desperate Electric. 9pm at the Merry Time in Astoria.

THEATER/PERFORMANCE

D & D. A Night of David & Durang. An Interview by David Mamet and The Actor's Nightmare by Christopher Durang. \$20, 7:30pm at Ten Fifteen Theater in Astoria.

FESTIVES

Wings Over Willapa Festival. Birding and nature themed events at various locations in the Willapa National Wildlife Refuge and around the Long Beach Peninsula. \$5 and up. friendsofwillaparefuge.org/Wings-Over-Willapa

Friday 23

MUSIC

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

THEATER/PERFORMANCE

D & D. A Night of David & Durang. An Interview by David Mamet and The Actor's Nightmare by Christopher Durang. \$20, 7:30pm at Ten Fifteen Theater in Astoria.

Seascape. 7pm at the NCRD Performing Arts Center in Nehalem.

FESTIVES

Oktoberfest. Hosted by Buoy Beer Co. Noon – 8pm at the Astoria Food Hub.

Wings Over Willapa Festival. Birding and nature themed events at various locations in the Willapa National Wildlife Refuge and around the Long Beach Peninsula. \$5 and up. friendsofwillaparefuge.org/Wings-Over-Willapa

Saturday 24

MUSIC

Drury and Stowell. Jazz guitarists John Stowell and Dave Drury team up as a duo, complimenting each of their original compositions. Doors open 7pm. Show at 7:30pm. Ticket \$20. Brownpapertickets.com. and at the door. At KALA in Astoria.

Darrell Grant and DG3. Jazz, African, and Soul. Music & Dinner \$65, 7pm at the McTavish Room at the Liberty Theater in Astoria.

David Jacobs-Strain and Christopher Worth. Singer/Songwriters Roots & Blues. \$20, 4pm at the Peninsula Arts Center in Long Beach.

THEATER/PERFORMANCE

D & D. A Night of David & Durang. An Interview by David Mamet and The Actor's Nightmare by Christopher Durang. \$20, 7:30pm at Ten Fifteen Theater in Astoria.

Seascape. 7pm at the NCRD Performing Arts Center in Nehalem.

LITERARY /LECTURE

Evening Author Readings. With John Sibley Williams, Dede Montgomery, and Marianne Monson. 7pm at Winekraft in Astoria. No Cover.

FESTIVES

Oktoberfest. Hosted by Buoy Beer Co. Noon – 8pm at the Astoria Food Hub.

Evening Author Readings. With John Sibley Williams, Dede Montgomery, and Marianne Monson. 7pm at Winekraft in Astoria. No Cover.

Wings Over Willapa Festival. Birding and nature themed events at various locations in the Willapa National Wildlife Refuge and around the Long Beach Peninsula. \$5 and up. friendsofwillaparefuge.org/Wings-Over-Willapa

Sunday 25

MUSIC

Jay Si Proof. Indie Americana. No cover, 6 – 8pm in the Tap Room at Fort George in Astoria.

The Small Glories. Folk. \$25, 2 – 4pm at the Raymond Theater in Raymond.

THEATER/PERFORMANCE

Seascape. 2pm at the NCRD Performing Arts Center in Nehalem.

FESTIVES

Oktoberfest. Hosted by Buoy Beer Co. Noon – 8pm at the Astoria Food Hub.

Wings Over Willapa Festival. Birding and nature themed events at various locations in the Willapa National Wildlife Refuge and around the Long Beach Peninsula. \$5 and up. friendsofwillaparefuge.org/Wings-Over-Willapa

Tuesday 27

MUSIC

John Calvin Abney. 7pm at the Haunt, 143 9th St, in Astoria.

Wednesday 28

MUSIC

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

FESTIVES

Circus Funtastic. A Superhero Adventure. Free - \$20. 4:30pm at the Clatsop County Fairgrounds, Astoria. Discount tickets available at circusfuntastic.com

Friday 30

MUSIC

Chasing Ebenezer. World Folk-Rock. 5pm at Buoy Beer at the Food Hub in Astoria.

LARRY YES

WHEELS OF POSSIBILITIES at Cargo Opening Sept 10



SEPTEMBER'S Second Saturday ArtWalk brings Portland artist Larry Peace-Love Yes to Cargo. A long-time collaborator with Cargo co-owner Bridgid Blackburn, Larry Yes is "super excited" to bring his colorful and radically positive art to Astoria. Yes, whose work seeks to foster social bonds through creativity loves to paint words, primarily on repurposed fence boards and birch plywood. His "Wall of Positivity" at *Hello, Good Morning!* in Portland's Cargo offers large format words such as "enthusiasm", "light", "full", "funny" and "yay."

Recent work features the word "love" and 3D rainbows in 9 colors—the traditional spectrum with pink, gold and black—that fade from dark to light. This exhibit will be on display at the Portland Airport through February 2023.

Yes' work also has appeared in the PDX Contemporary Art Window Project and the Portland Building, and he has collaborated with the Portland Museum of Modern Art.

Yes has a mission: to create songs and art that focus "on the positive, the joyful and the connection we share as people, animals and plants." Committed to spreading joy, the artist, musician and songwriter has been active in the Portland music scene for over 30 years.

Music has been central to his path as the "son of a free spirited single mother blues singer/artist." Yes has collaborated with musicians from Elliott Smith to Mirah to Astoria legend Michael Hurley. As a young musician, he was active in the Portland punk scene, recording his first song, "I Hate

School" at the wee age of 13. With help from his mother's band, Brendan O'Brien (Pearl Jam's producer) recorded and played on three tracks. At 17, inspired by older musicians with "fun names like Steve Spirit", he changed his name to Larry Yes and decided he was sick of singing about "bummer trips."

Tragedy struck at 27 when bicycling with friends. "A drunk driver swerved to miss me and killed two of my friends and critically injured a third. When I saw these beautiful, amazing people die right in front of my eyes, I was like, 'oh God! This is it, you gotta live here for the now.'"

The experience took Yes from Portland to Taos, New Mexico, where he met his wife, Sara, and inspired his movement into visual art. His radically positive sensibility has since been the guiding spirit of his work. Family life, including fatherhood, further solidified his passion for turning "strangers into friends" through art.

Yes' social engagement projects include *Art in the Park*, a public party/art therapy session, and *Positive Words*, a community-sourced installation of uplifting language. Now Yes brings his love and whimsy to Astoria with inventions like "love spinners" and the "Wheel of Positivity", a 20' by 8' spinning wheel that moves on skateboard bearings.

Larry's installation invites people to touch the art, with sitting space to gather and make friends. The native Oregonian's show, "Wheels of Possibilities," runs through September at Cargo. At 11th and Marine Dr in Astoria.

- Heather Hirschi



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

THEATER/PERFORMANCE

Gramercy Ghost. A ghostly romantic comedy. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

FESTIVES

125 Years of Dracula from Novel to Stage to Screen. With Dacre Stoker. Free, 7pm at the Liberty Theater in Astoria.

Columbia Flyway Wildlife Show. Wildlife carving competition, sale, and more. Free admission, noon – 6pm at the Clatsop County Fairgrounds, Astoria. columbiaflywaywildlifeshow.com/

Saturday 1

MUSIC

Forest Grove Outlaws. 9pm at the San Dune Pub in Manzanita.

THEATER/PERFORMANCE

Gramercy Ghost. A ghostly romantic comedy. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Dacre Stoker. An author, presenter, lecturer, and also the great grand-nephew of Bram Stoker "125 Years of Dracula from Novel to Stage to Screen". 7pm. FREE at the Liberty.

FESTIVES

Columbia Flyway Wildlife Show. Wildlife carving competition, sale, and more. Free admission, 9am – 6pm at the

Clatsop County Fairgrounds, Astoria. columbiaflywaywildlifeshow.com/

Fall Festival. Raffles, silent auction, and more. 10am – 5pm at the Cannon Beach Library.

Sunday 2

MUSIC

Live Music. No cover, 6 – 8pm in the Tap Room at Fort George in Astoria.

FESTIVES

Columbia Flyway Wildlife Show. Wildlife carving competition, sale, and more. Free admission, 9am – 4pm at the Clatsop County Fairgrounds, Astoria. columbiaflywaywildlifeshow.com/



THE BORDER BAND Jarabe Mexicano invites audiences on a joyride through a versatile songbook of Mexican Folk as well as Rock & Roll, Tex-Mex, Latin Rock, and Reggae-Cumbia. Performing on stringed folk instruments accompanied by lively percussion, Jarabe's dramatic vocals in Spanish and English have gained them the admiration from audiences across the country.

For Jarabe, every performance is an opportunity to create a deeper and more inclusive sense of family and community.

Friday, Oct 7, 7pm. Tickets \$15 - \$35 at the Liberty Theatre.

THEATRE PERFORMANCE

TEN FIFTEEN THEATER

prepares for its September run, **D & D: A Night of David and Durang**. The two one acts directed by Ryan Hull, by playwrights David Mamet and Christopher Durang share a similar theme, one individual is caught in a twilight zone, or perhaps an uncomfortable spotlight. In Mamet's *An Interview*, a sleazy lawyer is forced to answer difficult questions and to admit the truth about his life and career. In Durang's *The Actor's Nightmare*, a stranger is suddenly pushed on stage to replace an ailing actor.

Two comedies ensue—one a bit more dark, and one a bit more ridiculously funny, on the Ten Fifteen stage. Dark and ridiculous seem to go hand and hand these days. Enjoy a dedicated cast of seasoned players.

Sept 16-17, 22-24 at 7:30pm, Sept 18 at 3:30pm. Tickets \$20. Purchase online at tenfifteentheater.com. Located at 1015 Commercial in Astoria. 503.298.5255.



D & D: A Night of David and Durang
CAST: Danyelle Tinker as Sarah Siddons, Ann Bronson as Ellen Terry, Slab Slabin-ski as Henry Irving, and Gigi Chadwick as Meg all surrounding Mick Alderman as George Spelvin, the reluctant understudy in *The Actor's Nightmare*



Cathey Ryan as Mrs. White and David Sweeney as Mr. Boddy get to the meat of the murder in **CLUE The Musical**

Coaster Theatre Playhouse

Catch the last performances of CLUE: The Musical at The Coaster, Sept 7,8,10 at 7:30pm. Who killed Mr. Boddy? Where and with what? Deduce the solution from clues given throughout the evening. Patrick Lathrop directs.

Tickets at the box office open 12:30 to 4:30 p.m. Wed - Saturday and open until curtain on performance days. Online at coastertheatre.org

Audition: Scrooge The Musical

Auditions for the Coaster's holiday production of *Scrooge! The Musical* will be Sept. 13 - 14 in the theatre. Kids under 12 years - 5:30-6:30 p.m. Auditions for everyone ages 12 years and up will begin at 6:30pm both nights.

Actors, singers and nonsingers of all ages are needed to fill the roles in this classic holiday musical, directed by Cathey Ryan with musical direction by Jeff Swanson.

Rehearsals begin mid to late September. The show runs weekends Nov. 18 through Dec. 18 for 12 performances. FMI: about the show and auditions is at coastertheatre.com.

At this time the Coaster requires all volunteers and staff to be fully vaccinated against COVID-19. Please bring proof of vaccination (original vaccination card, legible photocopy, or legible digital copy) to the auditions.



Multi-talented saxophonist and vocalist Patrick Lamb returns to the Coaster Theatre Playhouse for an evening of soulful and magnetic music.

Since scoring his first touring gig out of college with Grammy winning singer Diane Schuur, Portland-based Patrick Lamb has impacted literally hundreds of thousands of lives while enjoying a whirlwind dual career as an artist and sideman. 3 singles on the Billboard top 5 and one of the youngest musicians to be inducted into the Oregon Music Hall of Fame, expect an energized evening of contemporary pop, soul and jazz fusion.

Saturday, Sept 17 at 7:30pm. Tickets \$25. can be purchased at the theatre box office (503-436-1242) or online at coastertheatre.com.

Shanghaied in Astoria

Astoria's own Broadway-style musical melodrama comes to the end of its 38th season. Popcorn and the affable Captain Jack await your attendance, and you better get there or Crook n' Sneek ("not snake") are gonna get you. Sept 8-10 at 7pm. Tickets \$15-\$20 at asoc-play.com At the ASOC Playhouse in Uniontown, 129 W. Bond in Astoria.



RISING TIDE

Productions presents Edward Albee's thought-provoking drama, *Seascape* this September. Professional actor/director George Dzundza who resides in Netarts is at the helm of this production company, begun in 2016. Its mission: "To develop the acting and stagecraft skills of participants, bringing entertaining, enlightening, and thought-provoking works to the public."

Thus far the company has produced *I'm My Own Wife*, dealing with issues facing transgender people, and *Doubt*, examining pedophilia.

Seascape won the Pulitzer Prize for Drama in 1975. *Seascape* is not strictly a drama but, according to various critics, has elements of comedy, fantasy, satire and absurdism.

In *Seascape*, Nancy and Charlie, an American couple on the verge of the major life change of retirement, are having problems in their relationship. They're discussing these matters on the beach when another couple appears, two human-sized lizards named Leslie and Sarah who speak and act like people. The lizards have evolved to such a degree that they no longer feel at home in the sea and are compelled to seek life on the land. What ensues is a fascinating dialogue between the humans and the lizards.

Clive Barnes of the New York Times wrote, "What Mr. Albee has given us here is a play of great density, with many interesting emotional and intellectual reverberations."

Margaret Page directs, George Dzundza is artistic director. The show opened Sept 2, and runs Sept 9-10, 23-24, at 7pm, Sept 11, 25 at 2pm, at the NCRD Performing Arts Center in Nehalem. Tickets are \$20, available at the door.



Seascape at NCRD Performing Arts Center
Sans lizard suits, the cast of *Seascape* rehearse: L to R - Ryan Reyes as Leslie, Mark Johnson as Charlie, Pia Shepherd as Nancy and Kenia Goodman as Sarah.



Cascadia Chamber Opera Chorus Debuts

WITH ITS MISSION to bring opera to the people, Cascadia Chamber Opera debuts "The Chorus," performing choruses from celebrated operas as well as numbers from the musical stage, and comprised of your next door neighbors from the coastal region, and directed by Dr. Vincent Centeno.

First, introduce yourself to this new ensemble at Pint-sized Opera—that's opera in the bars, an initiative to make sure opera is happening wherever people want to relax and have fun. It's a very informal FREE event

with good singing and you can treat yourself to a drink and some food. **Sunday, September 18 at 3pm at the Labor Temple in Astoria (donations happily accepted.)**

Sunday October 2, at 4pm, Opera Chorus performs a full concert at the PAC, including soloists. Tickets \$10. Purchase tickets online at charlenelarsencenter.org or call 503.338.9132. FMI: visit cascadiachamberopera.org.



NORTH COAST COMEDY NIGHT

The Liberty Theatre continues its foray into comedy with great success in audience numbers. The price is right cause laughter is you no what, cheaper than a doctor.

Headliner Susan Rice has been on the circuit for 30 years – starting later in life, and now 70, she has no plans of stopping. Voted "Portland's Funniest Person" in 2015, she's a charmer!

Saturday, Sept 10 at 8pm. \$10 at the door. Liberty Theatre in Astoria.

INDIGO brings International Artists together 20 Artists from 3 Countries exhibit at AVA

INDIGO is unique among the historic dyes and has a global footprint reaching back thousands of years. The captivating and magical hue is currently experiencing a passionate resurgence, which is inspiring artists the world over. **Indigo Matrix at Astoria Visual Arts** is part exhibit, part installation, and part interactive experience. Twenty artists from three countries are featured who have all made work using this historic and alluring natural dye.

An onsite installation includes artwork created by many local youth, ages 7 to 13, who participated in a workshop in August. Large ceramic vats built by Astorian ceramist Colin Meston will be onsite with living natural indigo for those interested in learning about the process.

The brainchild of Indigo Matrix is **local fiber and installation artist Iris Sullivan Daire**, a natural teacher and passionate advocate for natural dyes. Sullivan Daire's craft and enthusiasm is well known by many in the area. Founder of Dream Bird Studio and co-founder of the Indigo Fest, she often participates in local fiber art exhibits, and mentors regional and national students in work-

shops focused on the alchemy of natural dyeing.

Local artists in the show: Iris Sullivan Daire - Astoria, Kyla Sjogren - Wheeler, Constance Waisanen of Knappa, Brittany Boles - Gearhart, and Scott C. Johnson - Cannon Beach. Potter, Colin Meston of Astoria, has created two large hand-built ceramic pots to hold living indigo vats made with locally grown pigment.

Artist Talk & Discussion: Saturday, September 17 at 4pm at AVA. The Devil's Dye - Stories of the obsessive and complicated love of humanity for plant based blues. An obsession which has spurred kidnapping, murder and revolts, while simultaneously fueling economies, and playing pivotal roles in ceremonies for birth, death and marriage.

Exhibit: Indigo Matrix Invitational: 20 artists, 3 countries, 1 pigment. Show dates: September 10 - October 2. Opening: September 10, 12- 8pm. See the show: Fri/Sat 12-4pm, Sun 12-3pm or by appt. AVA Gallery: 1000 Duane Street, Astoria



ABOUT INDIGO

Ancient civilizations in Egypt, Mesopotamia, Mesoamerica, and Peru have been extracting the precious color from the indigo plant for many millennia. The oldest known indigo dyed fabric dates back 6,000 years ago, found in Peru. Populations in China, Japan, and India have been cultivating the indigo plant for centuries. During the Renaissance, Europeans first imported the tropical plant from India, which was made widely accessible with the surge in textile production during the Industrial Revolution. For hundreds of years, indigo dyed all blue fabric from silks to uniforms to the iconic color of the first blue jeans. In the late nineteenth century, the first synthetic indigo dye was created in a laboratory, which currently dominates the blue hues found adorning the vast majority of our wardrobes. That is, unless you've recently become enchanted and captivated by the allure of the natural indigo dye.

SYNESTHESIA:

Lezlie Amara Piper at KALA



Lezlie Amara Piper, *Secret Code of The Orchid*, Acrylic on canvas, 4' x 3'

WHEN YOU HEAR MUSIC, but you see shapes, or you hear a word or name and instantly see color—this is the perceptual phenomenon called synesthesia—stimulation of one sensory or cognitive pathway leads to involuntary experiences in a second sensory or cognitive pathway.

For artist Lezlie Amara Piper, as a synesthetes (nomenclature for those with such experiences) it is color, in particular when she is painting, that evokes various waves of synchronistic body response, 'I feel the colors inside of me'. To simplify what any artist of any medium is "feeling" in the process of their work is certainly undefinable.

A lifelong creative, painter and multi-media maker of art, Piper's experience of synesthesia came to her after a traumatic brain injury in 2019. This is when painting color took on new and substantive sensations. She dedicates her series of new paintings to what she would describe as fascinating, pleasurable and a measurably different experience called synesthesia.

The exhibit brings large format abstract acrylic paintings, as well small format paintings and mixed assemblage. In her words Piper says, "As an artist growing up in the sage lands of Eastern Idaho, then residing in the Pacific Northwest most of my life, I am most influenced by untamed nature and its systems, colors, nuances, and the natural realm that is our body, tides, water, sky, moss, stars, mycelium, the micro and the macro."



SPIRITS of the Garden, 4' x 4'

Piper moved to Astoria a year ago from the Portland area and resides as artist in the 14th St. Studio building, home to many notable Astorian artists come and gone.

There she showed me a 20 piece painting series on paper, specific to painting as a healing modality from the complex brain injury that influenced her 'ability to read, walk, exercise, communicate, be in a noisy place, drive, use a computer, be in the sun, etc.'

It is the practice of art that has been instrumental in her healing process. Being in the present of right brain as opposed to left-brain linear thinking—of sensing, feeling, and a realm where the magic of regeneration and re-patterning is real. As she describes, 'a



oneness similar to meditation.'

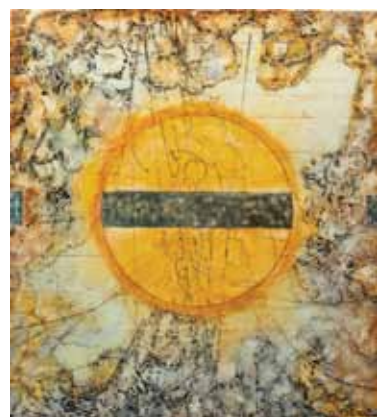
"The act of making art very concretely soothes my nervous system and increases my ability to perform tasks. It quite literally creates new neural pathways that heal the damage caused by head trauma. It helps not to "find me" but to remind me I am already found, despite the loss of parts of me that may never return."

As a painter, Piper says, she makes art to explore and revel in, and to share and invite the viewer/experiencer to be opened into a deeper sensing of their own internal, complex, and sacred, selves—if not to be transformed, then to be delighted.

In this series of paintings Piper is informed by the orchid—tracing family origins to Madagascar, home of a 1000 species. Expect to dive into her current of color.

View the art from 12noon to 8pm. The artist will be available from 4pm to 8pm. KALA is located at 1017 Marine Dr. in Astoria. KALA is open for performances and by appt. 503.338.4878

- D. Urell



Astral Legend, encaustic and oil on panel 51 x 46



Terra Europa, encaustic and oil on panel 30 x 40

ELISE WAGNER MARKING TIME IMOGEN

IMOGEN brings Portland-based artist, Elise Wagner with a collection of work titled **Marking Time**. This series includes her encaustic work while also combining print making processes expressing the unseen and the inevitable passage of time. This is Wagner's first solo exhibition in Oregon in five years and her first with Imogen Gallery, made possible by an Oregon Arts Commission Career Opportunity and Ford Family Foundation Grant. Wagner was also the recipient of a second grant, the Artist resilience Award, from the Oregon Arts Commission. **Marking**

her passion for science and art has become the perfect vehicle to create dialogue; a bridge between cartography use within ancient history to the uncharted galaxies beyond that we see with our own eyes today, using new imaging technology.

"Science and technology have made it so that we can see the world and beyond from entirely new perspectives. As a visual artist, this is the greatest platform from which to observe, interpret and respond to our world. My work marks time from keen observations and the constant tracking of technological progress, climate change and the rapid advancement of scientific discovery. The works in *Marking Time* reflect the speed in which progress is being made in our contemporary world while taking a pause to notice the evident impact that humans have on our ever-changing environment. This paradox from the fusing of two age old and analog mediums; printmaking and encaustic come together to mark our present time while also harkening to a nostalgia for the past."

Wagner is known as a prolific, hands-on artist, never to sit idle with a decades long career that is nothing short of inspiring through her commitment and drive. She is recipient of a Pollack Krasner Foundation Award as well receiving grants from the Oregon Arts Commission with work found in both private and corporate collections across the US, Canada, and Mexico. As an educator she has been invited to teach and present encaustic painting and printmaking at conferences and institutions internationally. She currently teaches virtual and private workshops. In 2022-23 Wagner will be teaching in Mexico, Ireland, and London.

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

Time opens during Astoria's Second Saturday Artwalk, September 10, 12 - 8 pm on view through October 3. Meet Elise Wagner at Imogen from 5 - 7:30 pm.

ENCAUSTIC IS ITSELF an ancient art form, with origins from the ancient Greeks and Egyptians. Through encaustic,

Brimming in playful absurdity Two exhibitions at Riversea Gallery

BEGINNING Saturday, September 10, the gallery presents paintings by Jill McVarish and assemblage sculptures by Stephanie Brockway in a collaborative exhibition. In the Alcove is a solo show of paintings by Tom Giesler. An opening reception will be held during Astoria's Art Walk from 12 – 8 pm on September 10. Meet the artists during the evening from 5 – 8 pm. Work in both shows will be on view through October 4, 2022.



S. Brockway, *Blackbird Singing*



T. Giesler, *Old Fashioned Water*

Forbidden Fruit combines the engaging creativity of two artists, **Jill McVarish** and **Stephanie Brockway**, who offer an imaginative show loosely based on the title. McVarish portrays "little rascals," children and pets up to no good, painted in her signature, old-world style. Brockway carves her bevy of delightfully odd characters from collected wood objects and combines them with vintage elements into assemblage sculptures.

McVarish brings to her painting an avid interest in art history, as well as an astute grasp of contemporary culture, from retro TV series and video games, to fashion, music, and iconic cartoons. As she plays with these juxtapositions, the artist renders her vision in a style that harkens back to painting techniques of the 17th century masters, evidence of her post-graduate studies in Amsterdam.

McVarish owned and curated The Secret Gallery in Astoria for four years. Her work is in both private and corporate collections throughout the United States.

Brockway is noted for her folk-art carvings on wood assemblages, usually incorporating parts of vintage furniture, household implements and other discards from the past century as a base for her artwork. Brockway has exhibited throughout the Pacific Northwest for many years. She has a national following among folk art collectors and her work has been published in national art doll magazines.

In the Alcove, Mocktails is an exhibition of inventive oil paintings by **Tom Giesler** from Berkeley, California. A master at depth and reflection combined with edgy subject matter, he playfully celebrates imagined cocktails and their accompaniments in this series, from the refreshing to the delectable to the improbable.

Giesler originally worked as a patent illustrator and moved to a long career illustrating products for Silicon Valley companies in the high-tech and medical fields. He is self-taught as a painter and credits his illustration work as giving him an eye for detail. His artwork is collected worldwide, and he is the author of *Unventional*, an illustrated volume of humorous, fake patent drawings.

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



J. McVarish, *Lawn Care Bear*

Daniel Gerth at Trail's End

The Trail's End Art Association Gallery opens a new show in September featuring the exciting and skillful photographs by Daniel Gerth. There will be a reception for the artist on September 3, during the Gearhart Art Walk, 2-5 pm. The show will be open September 2 – 25.

This exhibit reflects Gerth's last 20 years of work. It includes some of his favorite landscape photographs, both grand and intimate, still life compositions made by a unique technique called light sculpting, and street scenes in both black and white and color. Gerth has used both film and digital cameras in a variety of formats, and the prints are archival quality pigment prints. There are also three carbon transfer prints, which are contact prints from large format negatives. Dan was a recent winner in the Association's 71st Annual Judged Show.

Trail's End is located at 656 A Street in Gearhart. See this month show, plus gallery members work, Fri - Sun, 11am to 3pm. Visit TrailsEndArt.org. Phone 503 717-9458.



Astoria Art Loft Artist Call: Butterflies and Moths!



Mark K Adams

ASTORIA ART LOFT calls on artists to submit to the annual endangered species exhibit—this year the theme is Butterflies & Moths in Washington and Oregon, the banks of the Columbia to the Idaho boarder. 2 and 3 dimensional work is welcome, as well adult and child artists are invited to participate.

Artists should bring work Sept 28 – Oct 1, from 11am to 3:30pm, to 106 Third St. above Dots n' Doodles in Astoria. The show opens Oct 8 during Astoria Art Walk, 1pm – 4pm, with a reception for artists and the public. Modest awards will be given in various categories including Most Creative, Best of Theme, People's Choice, etc. A guest speaker will present at 2pm followed by awards.

Each artist may submit 1 – 2 pieces of art in any medium, ready to hang or display. (Please, NO SAW-TOOTH hangers will be accepted.) Limit size of each piece to 500 Sq. in. or less. The fee for each piece is \$10.00.

Contact the Art Loft for more info: 503.325.4442, or 503.791.5717, also email the Art Loft: astoriaartloft@gmail.com

LightBox Historical photographic processes in fine art photography

LIGHTBOX Photographic Gallery celebrates this month with historical photographic processes and their use in fine art photography. Three photographic artists who use the alternative processes in their photographic art are featured with the opening of exhibits on Saturday, Sept 10 – Oct 6.

"Visions" an exhibit of photographs by Julie Moore, opens in the upper gallery and features both Poly-Photogravure and Enhanced Lumen prints. Julie Moore will be in the gallery for an artist reception from 4 - 7pm.



Julie Moore, *Angel Wing*



Michael Puff, *Teardrop*

Also opening this day is **"Looking Back,"** an exhibit of Platinum Palladium prints by Michael Puff, with some of his favorite figurative images from the past 10+ years printing in the historic platinum/palladium process.

The Platinum/Palladium process is defined by hand-coating cotton rag artist's paper with a mixture of photosensitive platinum/palladium metals, the result renders a print with extended tonal range, warm color, and permanence.



Chris Villiers, *Indian Graveyard*

And lastly opening on September 10 is **"They Named our City for Him,"** an Exhibit by Chris Villiers. This series of photographs from Chief Sealth's gravesite behind the white clapboard church of St. Peter Catholic Mission, is printed in the historic Kallitype process.

An Artist Reception will be held for Chris Villiers two weeks after the exhibit opening on Saturday, September 24, from 1 - 3pm.

Join LightBox from 12noon – 7pm on Sept 10 for the opening, located at 1045 Marine Dr. in Astoria. Gallery Hrs: Wed – Sat 12-5pm and by appt. More info: lightbox-photographic.com/shows/

SEPTEMBER AT THE HOFFMAN CENTER

HOFFMAN CENTER for the Arts Gallery features painters Jeff Gunn and Martha Bergman with sculptor Bill Atwood through September. Plein air painter Jef Gunn, who has titled his show "The Coast," will exhibit a selection of oil landscapes painted from observation, en plein air. Subjects include the Oregon coast and Puget Sound.

ALSO: Jeff will teach Beginning Plein Air Landscape Painting September 9-12 from 9:30am-5:30pm. People may register for his class through hoffmanarts.org. Artist Martha Bergman features oil paintings called "Pasticcio" meaning a pastiche of paintings inspired by Italian Renaissance painting techniques like Botticelli's chiaroscuro—high light, strong lines and muted colors, and Leonardo's technique of blending colors to form lines.

These painting titles are based on "The Divine Comedy," which was illustrated by Botticelli circa 1485. Bill Atwood's metal sculptures incorporate found objects in delightful ways. He begins each piece by keeping an open mind about materials, laying out various collected pieces on a clean table and allowing for relationships to develop between objects. Through an intuitive process, figures often emerge.

View the exhibit September 1 through 25, Thurs - Sun from 1-5pm. Hoffman Center for the Arts is located at 594 Laneda Avenue, Manzanita, Oregon. The gallery is free and open to the public. Learn more at hoffmanarts.org.



Art works: J. Gunn, *Secret Beach*; B. Atwood, *sitting on a Hammer*; Martha Bergman, *There stands a mountain once known by a name*.

ABOUT SQUIRT

By Kate Cooper • Animal Rescue Volunteer



Meet handsome Squirt! Squirt is a year old. According to his previous owner he is a Rottweiler/

Australian Cattle Dog/ Labrador/ Hound/ Terrier mix. This combination gives you a pup who is friendly and playful! Squirt is affectionate and likes to be petted. He really loves to be with his human/s, and will often just lean in for a hug.

Squirt is a real gentle giant! He has lived with other dogs and with children. However, he is not a fan of cats. Squirt would make a great family dog, or could be a wonderful companion for an individual or couple. He would love a fenced backyard to play in. Squirt is a good walker, but to be honest could use a little leash training!

Once you meet this guy, he will steal your heart! If Squirt sounds like the pup for you, please get in touch.

If Squirt sounds like the boy for you, please go to WWW.BEACH-PETS.COM and follow the links to Adopt. Once an application form has been completed, the shelter will reach out to arrange a meet and greet with Squirt. More info: 360.642.1180.

Fall. Are you ready? wordwisdom

By Tobin Nason

I am. I love the cooler breezes, the need for a sweater. I remember the excitement of buying new school clothes, a once a year event in my family. Then there were new people, new teacher, new notebooks, pristine writing utensils. It was a most expectant time, high hopes, a sliver of social anxiety. A new start! And one that automatically occurred in early fall.

Jump ahead to many grown-up years later. The gentle change in weather is enough to spur my memories and emotions. Visceral memory. I want to buy legal pads and nice pens, a new book! I really want a change...of something.

With that spirit, I'm going to make my list of desired changes, more to get an idea of what's in my head and heart than anything else.

There's a certain nostalgia that lingers in me. A longing for a simpler time and maybe for the person I was. I was an earnest and naive kid, sort of abandoned

from day one. Years of sporadic therapy at key times—a cheating boyfriend. An abusive narcissistic family member, alcoholic parents. I was still able to succeed along the way. I knew in my heart that I would eventually grow up and live the life I deserved.

But in the meantime...every once in a while an odor; a cologne, a whiff of flower, suntan lotion, brings me back to another time. Colors, sounds, kid laughter... safe to say my body has not forgotten anything.

Neither has yours. You, like everyone else, have sort of a "black box" that records everything. Things that traumatize, and yes, the flowers of our lives. We survive by learning and adapting. Some do it in a healthier fashion than others. Eventually, as an adult, you get to reconstruct (to an extent) your visceral reactions. Your responses may be lessened, controlled.

I could still be the kid I was—shy, scared, intimidated, voiceless.

But by the time I was 20, I had grand ideas of being respected, heard, acknowledged. That might be everyone's end goal—being known for who you are. So please, like yourself. Be who you want to be. Be kind to yourself. Honor your journey.

I'm no longer that incredibly shy kid. I speak, write, and often to the dismay of others. One boss I had called me "the mouse that roared." Yes, I do roar occasionally.

Are you the same kid you were years ago? Have you evolved into a voice that's heard? If not, why not? I want to remind everyone—life is not a popularity contest. It's one big lesson. Pay attention and you'll grow a bit wiser. You'll most likely bear the cooler winds that come every fall with an appreciation for change.

Tobi Nason is a counselor who does house calls. (503 440-0587)



A Special Request from the Dogs & Cats at the

CLATSOP COUNTY SHELTER

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

Dog Food – Nature's Domain (Costco)

Cat Food – Nature's Domain (Costco)

Wet Dog Food & Pate style Cat Food

High Quality Kitten Food

50 Gallon Garbage Bags

13 Gallon Tall Kitchen Bags

Paper Towels

Dawn

Bleach

Cat Toys (No Catnip)

Dog Kongs (Black only please)

Feline Pine Cat Litter

Laundry Detergent (HE)

Also - We take Cash Donations!

Clatsop County
Animal Shelter

1315 SE 19th Street
Warrenton, OR 97146

503-861-7387

Tuesday thru Saturday
Noon to 4pm



AstoriaArtLoft.com

Hrs: 10am to 4pm, Tue - Sat

We offer weekly classes
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THEATRICAL / STREAMING RELEASES

FLORENCE HARRY OLIVIA GEMMA KIKI NICK CHRIS
PUGH STYLES WILDE CHAN LAYNE KROLL and PINE



Don't Worry Darling

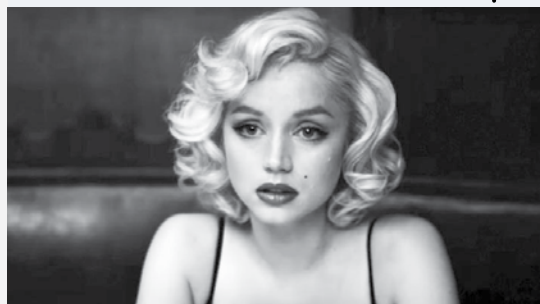
only in theaters
SEPTEMBER 23

DON'T WORRY DARLING (SEPT 23)

Actor-director Olivia Wilde made a splashy directorial debut with her the well-received teen comedy Booksmart. For her sophomore effort, Wilde returns with this psychological thriller. Part domestic drama, part sci-fi, film attempts to do for women what Get Out did for African-Americans. In the 1950s, Alice (Florence Pugh) and Jack (Harry Styles) live in the company town of Victory, California. Victory is the perfect planned Southern California community, each house with a swimming pool, manicured lawn and great-looking couples. Life is good – for the men. Alice and all the wives in Victory live suffocating lives tending to their husbands' needs living sheltered lives, whiling away their time with dance and tennis lessons. Suspecting Jack of infidelity, Alice makes a startling discovery, prompting her to investigate Jack's mysterious employer – the "Victory Project" run by the enigmatic Frank (Chris Pine). What she discovers makes her question her marriage, her friends, her community – even her own existence. Movie's release has been upstaged by the departure of star Shia LaBeouf prior to production -- fired or quit depending on whom you ask – and Wilde's on set romance with Styles.

BLONDE (SEPT. 28 NETFLIX) After more than ten years of trying, director Andrew Dominick's screen adaptation of Joyce Carol

Oates's novel arrives in theaters. A fictional telling of the Marilyn Monroe story, pic stars Anna de Armas as the screen icon who burned brightly before flaming out. Blonde tells the story of Monroe by examining the split between Norma Jeane and Marilyn, a fictional person who only existed on and for the screen. "Marilyn doesn't exist. When I come out of my dressing room, 'I'm Norma Jeane. I'm still here when the camera is rolling. Marilyn Monroe only exists on the screen,'" de Armas says in the film. After a difficult



childhood that included foster parents and a mentally-ill mother, Norma Jeane Mortensen becomes an actress and rises to Hollywood stardom in the 1950s. She is world famous as "Marilyn Monroe", but her personal life is disastrous with a short-lived marriage to Joe DiMaggio (Bobby Cannavale), and a failed relationship with playwright Arthur Miller (Adrien Brody).

THE IMPERFECTS (SEPT. 8 NETFLIX) Scifi LGBTQ series about three young people who undergo an experiment that gives them monstrous side effects. Synopsis: The drama revolves around three twenty-somethings who, following an experimental gene therapy, are



turned into monsters who band together to hunt down the scientist responsible and force him to make them human again. Dr. Sydney Burke, a brilliant scientist looking to fix her past mistakes, both professional and ethical, allies with Abbi, Juan and Tilda to track down the scientist responsible for their grim fates. Meanwhile, Dr. Alex Sarkov, a former child prodigy, refuses to let anyone or anything interfere with his goal of rewriting the human genome and ushering in the next stage of human evolution.

GOODNIGHT MOMMY (SEPT.

16 AMAZON PRIME) Naomi Watts stars in this psychological horror. After their mother undergoes cosmetic facial surgery, twins Elias and Lukas travel to see her. When the two boys arrive at Mother's remote house, they find her head completely covered in a mask. Spooked by their mother's appearance, they become increasingly

nervous about her behavior. Mother pointedly ignores Lukas and only addresses Elias. Mother keeps the blinds closed and orders the twins to be silent in the house to aid in her recovery. She lashes out at Elias whenever he misbehaves, abusing him verbally and physically. Slowly, the boys begin to suspect the woman in the mask is not their real mother. When the twins find an old photograph of their mother with another woman of the same size wearing identical clothes, their suspicion is confirmed. After voicing their concerns to authorities leads nowhere, the twins decide to take matters into their own hands.

THE LORD OF THE RINGS: THE RINGS OF POWER (SEPT. 2 AMAZON PRIME)

Amazon debuts its hugely-ambitious Lord of the Rings series. Amazon paid the J.R.R. Tolkien estate \$250M for the rights. With a five season commitment, the budget for the series was estimated to exceed \$1B, which would make it the most expensive TV series ever. Not a sequel to the Lord of the Rings and The Hobbit film series, series is set thousands of years before the events of those films, during the Second Age of Middle-earth. The creation of the Rings of Power, the rise of the Dark Lord Sauron and last alliance between Elves and Men are covered. Synopsis: Beginning in a time of relative peace, we follow an ensemble cast of characters as they confront the emergence of evil to Middle-earth. From the darkest depths of the Misty Mountains to



the majestic forests of Lindon, to the breathtaking island kingdom of Numenor, to the furthest reaches of the map, these kingdoms and characters will carve out legacies that live on long after they are gone.



HOCUS POCUS 2 (SEPT 30 DISNEY+)

After a fan campaign elicited interest from original stars Bette Midler, Sarah Jessica Parker, Kathy Najimy and Doug Jones, Disney commenced plans for a sequel to the 1993 film. Although on release not a box office success, Hocus Pocus grew an audience through annual October screenings, developing a large fan base and becoming a success on home video. In *Hocus Pocus*, three teenagers exploring an abandoned house accidentally free a coven of evil witches. With the help of a magical cat, the teenagers must steal the witches' book of spells to stop them from becoming immortal. Sequel leans heavily on the original film. In *Hocus Pocus 2*, aspiring witch Becca (Whitney Peak) finds a dark candle at a magic shop – formerly the home of the sisters. When Becca lights the Black Flame Candle she resurrects the 17th century Sanderson Sisters again. Aided by classmates Cassie (Lilia Buckingham) and Izzy (Belissa Escobedo), Becca must stop the child-hungry witches from wreaking havoc on Salem before dawn on All Hallow's Eve. Doug Jones, who played a resurrected man in the first film returns to reprise his role as Billy Butcherson.

FREE WILL ASTROLOGY

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♈	♉	♊	♋	♌	♍	♎	♏
11°	6'	27°	7'	15°	54'	0°	48'

SEPT 2022

ARIES (March 21-April 19): In his poem “Autobiographia Literaria,” Aries-born Frank O’Hara wrote, “When I was a child, I played in a corner of the schoolyard all alone. If anyone was looking for me, I hid behind a tree and cried out, ‘I am an orphan.’” Over the years, though, O’Hara underwent a marvelous transformation. This is how his poem ends: “And here I am, the center of all beauty! Writing these poems! Imagine!” In the coming months, Aries, I suspect that you, too, will have the potency to outgrow and transcend a sadness or awkwardness from your own past. The shadow of an old source of suffering may not disappear completely, but I bet it will lose much of its power to diminish you.

TAURUS (April 20-May 20): In his poem “Auguries of Innocence,” William Blake (1757–1827) championed the ability “to see a World in a Grain of Sand. And a Heaven in a Wild Flower. Hold Infinity in the palm of your hand.” According to my reading of the astrological omens, Taurus, you are primed to do just that in the coming days. You have the power to discern the sacred in the midst of mundane events. The magic and mystery of life will shine from every little thing you encounter. So I will love it if you deliver the following message to a person you care for: “Now I see that the beauty I had not been able to find in the world is in you.”

GEMINI (May 21-June 20): “The time you enjoy wasting is not wasted time,” said philosopher Bertrand Russell. I will add that the time you enjoy wasting is often essential to your well-being. For the sake of your sanity and health, you periodically need to temporarily shed your ambitions and avoid as many of your responsibilities as you safely can. During these interludes of refreshing emptiness, you recharge your precious life energy. You become like a fallow field allowing fertile nutrients to regenerate. In my astrological opinion, now is one of these revitalizing phases for you.

CANCER (June 21-July 22): “My own curiosity and interest are insatiable,” wrote Cancerian author Emma Lazarus (1849–1887). Inspired by the wealth of influences she absorbed, she created an array of poetry, plays, novels, essays, and translations—including the famous poem that graces the pedestal of America’s Statue of Liberty. I recommend her as a role model for you in the coming weeks, Cancerian. I think you’re ripe for an expansion and deepening of your curiosity. You will benefit from cultivating an enthusiastic quest for new information and fresh influences. Here’s a mantra for you: “I am wildly innocent as I vivify my soul’s education.”

LEO (July 23-Aug. 22): Blogger Scott Williams writes, “There are two kinds of magic. One comes from the heroic leap, the upward surge of energy, the explosive arc that burns bright across the sky. The other kind is the slow accretion of effort: the water-on-stone method, the soft root of the plant that splits the sidewalk, the constant wind that scours the mountain clean.” Can you guess which type of magic will be your specialty in the coming weeks, Leo? It will be the laborious, slow accretion of effort. And that is precisely what will work best for the tasks that are most important for you to accomplish.

VIRGO (Aug. 23-Sept. 22): “Now that I’m free to be myself, who am I?” Virgo-born Mary Oliver asks that question to start one of her poems. She spends the rest of the poem speculating on possible answers. At the end, she concludes she mostly longs to be an “empty, waiting, pure, speechless receptacle.” Such a state of being might work well for a poet with lots of time on her hands, but I don’t recommend it for you in the coming weeks. Instead, I hope you’ll be profuse, active, busy, experimental, and expressive. That’s the best way to celebrate the fact that you are now freer to be yourself than you have been in a while.

LIBRA (Sept. 23-Oct. 22): In her book *Tales From Earthsea*, Libra-born Ursula K. Le Guin wrote, “What goes too long unchanged destroys itself. The forest is forever because it dies and dies and so lives.” I trust you’re embodying those truths right now. You’re in a phase of your cycle when you can’t afford to remain unchanged. You need to enthusiastically and purposefully engage in dissolutions that will prepare the way for your rebirth in the weeks after your birthday. The process might sometimes feel strenuous, but it should ultimately be great fun.

SCORPIO (Oct. 23-Nov. 21): As a Scorpio, novelist Fyodor Dostoyevsky was rarely guilty of oversimplification. Like any intelligent person, he could hold contradictory ideas in his mind without feeling compelled to seek more superficial truths. He wrote, “The causes of human actions are usually immeasurably more complex and varied than our subsequent explanations of them.” I hope you will draw inspiration from his example in the coming weeks, dear Scorpio. I trust you will resist the temptation to reduce colorful mysteries to straightforward explanations. There will always be at least three sides to every story. I invite you to relish glorious paradoxes and fertile enigmas.

SAGITTARIUS (Nov. 22-Dec. 21): Author Zadie Smith praised Sagittarian writer Joan Didion. She says, “I remain grateful for the day I picked up Joan Didion’s *Slouching Towards Bethlehem* and realized that a woman could speak without hedging her bets, without hemming and hawing, without making nice, without sounding pleasant or sweet, without deference, and even without doubt.” I encourage Sagittarians of every gender to be inspired by Didion in the coming weeks. It’s a favorable time to claim more of the authority you have earned. Speak your kaleidoscopic wisdom without apology or dilution. More fiercely than ever before, embody your high ideals and show how well they work in the rhythms of daily life.

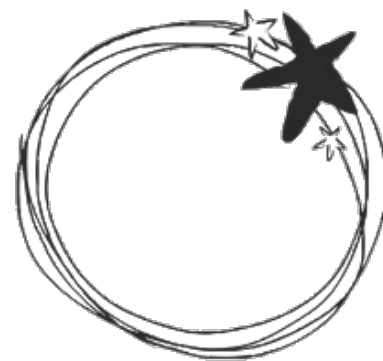
CAPRICORN (Dec. 22-Jan. 19): Capricorn novelist Marcia Douglas writes books about the history of her people in Jamaica. In one passage, she writes, “My grandmother used to tell stories about women that change into birds and lizards. One day, a church-going man dared to laugh at her; he said it was too much for him to swallow. My grandmother looked at him and said, ‘I bet you believe Jesus turned water into wine.’” My purpose in telling you this, Capricorn, is to encourage you to nurture and celebrate your own fantastic tales. Life isn’t all about reasonableness and pragmatism. You need myth and magic to thrive. You require the gifts of imagination and art and lyrical flights of fancy. This is especially true now. To paraphrase David Byrne, now is a perfect time to refrain from making too much sense.

AQUARIUS (Jan. 20-Feb. 18): To be the best Aquarius you can be in the coming weeks, I suggest the following: 1. Zig when others zag. Zag when others zig. 2. Play with the fantasy that you’re an extraterrestrial who’s engaged in an experiment on planet Earth. 3. Be a hopeful cynic and a cheerful skeptic. 4. Do things that inspire people to tell you, “Just when I thought I had you figured out, you do something unexpected to confound me.” 5. Just for fun, walk backward every now and then. 6. Fall in love with everything and everyone: a D-List celebrity, an oak tree, a neon sign, a feral cat.

PISCES (Feb. 19-March 20): A blogger who calls herself HellFresh writes, “Open and raw communication with your partners and allies may be uncomfortable and feel awkward and vulnerable, but it solves so many problems that can’t be solved any other way.” Having spent years studying the demanding arts of intimate relationship, I agree with her. She adds, “The idea that was sold to us is ‘love is effortless and you should communicate telepathically with your partner.’ That’s false.” I propose, Pisces,

Bracelet

By Reba Owen



In a drawer the bracelet of sea grass
you made for me
is silken with time,
as is the memory of that summer day
between the hummocks in the dunes,
the breeze sailing the sea grass,
their tips making
repetitive arcs
on the sand.

The sun was rich on our skin.
The sea clouds were spinning images
of nymphs and serpents and dragoons
in the cumulus thunderheads.
The bracelet still has specks of silicate,
small flashes of light,
a microcosm of sunlight sunlight sunlight
scattered on salt water.

POETRY VENUE

Florence
Sage

ABOUT THE POEM: It’s what we do, isn’t it, to buffer loss – or to wallow in it. We save tokens that bring happy memories back, and in private moments, we hold them fast. This poet, over her writing career, has shown an eye for the nearby natural world: virga on the lawn, violet green swallows feeding their young on the last insect swarms of the day, smart crows who try to figure out how to turn the town hall lawn sprinklers on in the heat. So it seems right that the bracelet the speaker saves here is made of local sea grass, impermanent like love but beautiful with texture and light – “silken” the way love and memory can be. That bracelet evokes just what she wants to remember: the urgent “sunlight sunlight sunlight” over salt that lingers. The lover has one spare mention, “our”: “The sun was rich on our skin.” The rest is context to evoke him. A brief, focused and pictorial poem, here and then gone, like memory itself.

ABOUT THE POET: Reba Owen is a North Coast poet living in Warrenton with, she says, five spoiled cats. She is an artist, ukulele player, bird watcher (her brother thinks of her as a raven), and boogie boarder. Look for her outdoors. In her two volumes of poetry, “Quarter Past Moon” and “The Alchemy of Scallops,” and lots of poems in regional publications, she shows sustained wonder at the outdoor world and at humans and their foibles. She’s as likely to bring her ukulele as her many poems to Ric’s Mic in Astoria, and raise the merriment.

HOMEWORK: WHAT BOLD DREAM MAY NOT BE BEYOND YOUR POWER TO ACHIEVE?
NEWSLETTER.FREEWILLASTROLOGY.COM

Listening To Your Body Isn't Always Easy

THE HEALING ARTS have come a long way from the medieval European view of the body as a secondhand vehicle for the soul (or its Cartesian remake, with the body subordinate to the divinely rational Mind). In embracing the partnership of the body-mind that Indigenous societies have never abandoned, we acknowledge psychological factors in apparently physical disease processes and vice versa. The directive to "listen to your body" has gone from a woo-woo recipe for wellness to a mainstream principle. As essential as this guideline is, I've encountered situations where people need more information or exploration to put it into practice.

At least intellectually, we know that regular physical activity is a cornerstone of healthy living, but chronic pain complicates matters. We all overdo things, and that's a problem with chronic pain. If you recommend a walking program and don't specify to start with modest goals (like walking around the block), someone might get excited, walk a brisk half-mile, and then report that their pain was so much worse the next day.

Pain comes in different types and means different things, but when you're in pain most of the time, you tend to treat all pain as the same and avoid activities that elicit it. Stopping what you're doing is sound advice when you experience sudden, sharp pain right

when you're moving a certain way. This type of pain is associated with imminent injury (or reinjury). On the other hand, dull, achy pain and stiffness that occurred a few hours to a day after an activity is called delayed-onset muscle

soreness. The person has overused muscles that haven't worked so hard in a while, and the solution is to use their favorite home anti-inflammatory treatments and to try again with decreased effort, intensity, and duration.

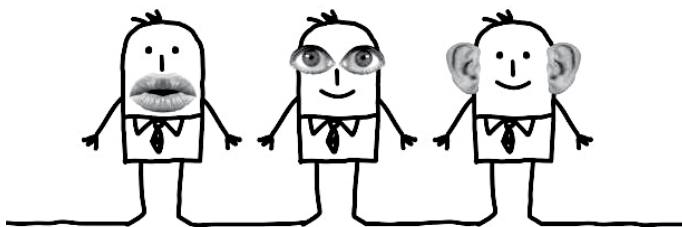
Some people with chronic pain have a combination of overuse of some muscles from repetitive activities at work and disuse of other muscles. The disused muscles shrink and contract, causing secondary pain. It's hard to motivate yourself to move more when you're in this state; listening to your body might prompt you to sack out on the couch instead. This is where finessed listening comes in: to strike that balance between restorative rest and gentle activity that will improve fitness levels and, eventually, pain.

Some conditions make it difficult to sort out whether their body or their illness is talking. Prolonged physical inactivity, depression, and conditions like diabetes that alter sensation can distort our ability to perceive when to start...or stop. It takes time and attentiveness to recognize when it's the disease talking rather than one's inner wisdom.

As a teenager, I was exposed to a simplistic version of body listening, where every symptom had an exact correspondence to a psychological state; knee pain meant you were an unbending person, while recurrent urinary tract infections meant you were "pissed off"

and didn't acknowledge your anger. While these ideas can stimulate insight into the body-mind relationship, my concern is that they blame people for not only their physical state, but the spiritual shortcomings that supposedly underlie the symptoms. I encourage caution, especially when taking time to ferret out the spiritual deficit might discourage someone from seeking care for an undiagnosed illness or injury.

Listening to our own bodies, like listening to other people, is a skill that requires cultivating friendship. We don't ignore our friends; why ignore yourself? Learning how to listen is a long-term, in-depth process and, in Angela Davis' words, an act of radical self-care. Listening to our bodies—and our limits—implies that we are essential, not subordinate or disposable.



It's Time For Back-to-School Checkups

Here's To Your Health

IT'S ALMOST TIME for children to head back to school. If you haven't already done so, this is a good time to make an appointment with your child's doctor for a back-to-school health exam.

Here are three reasons why this doctor visit is a good idea:

1) A checkup is a good time to get vaccinations. Kids need vaccines regularly from kindergarten to college. Your doctor can tell you what immunizations your child needs.

2) An exam is a good choice if your child wants to play any kind of sport. A sports physical may be required for playing on a team or another type of extracurricular activity. But a sports-related exam is a good idea for all kids — even if they aren't joining an organized team. The exam is the perfect time to talk about exercise-related topics, like injuries, nutrition, training and how your child may feel about participating in sports.

3) A checkup is a good time to ask questions. An annual physical gives you and your child's doctor a chance to discuss any developmental, emotional and social concerns.

Get to know pediatricians

Pediatricians specialize in the physical, emotional and social development of children — from birth through adolescence to adulthood. As your child's primary care provider, a pediatrician can:

- 1) Treat acute illnesses (such as asthma).
- 2) Give your child all the necessary immunizations that can help protect them from serious diseases.
- 3) Offer advice on how to help keep your child healthy.
- 4) Guide you in anticipating your child's needs through the years.
- 5) Refer you to a specialist if needed.

Learn more about recommended pediatric appointments at columbiamemorial.org/services/pediatrics/ or by calling the CMH-OHSU Health Pediatric Clinic at 503-325-7337 (Astoria) or 503-738-3002 (Seaside).

Here's To Your Health is sponsored by Columbia Memorial Hospital

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FOOD GROOVE

SEPTEMBER is a split personality month — first part summer, last part autumn. Nighttime is the early warning system. All summer Tom and I have awakened to find the comforter we have each kicked off for being too warm, squished into a giant baguette separating us like something out of a traveling salesman/farmer's daughter joke. Come September, I wake up shivering in the wee hours to rummage around for the trailing edge of the very thing I wanted nothing to do with just weeks before. I'm not fickle. I'm flexible.

Another thing about fall is oven love. Where August left me resentful of baking, September finds me grateful to preheat to 425 degrees. I'm not impossible to please. I'm open to change.

Along with cooler days and nights, September brings with it APPLES! Apples are the luscious consolation prize for having to bid farewell to melons, berries and stone fruits. They are Nature's way of making sure we don't dwell in the past. I'm not food obsessed. I'm.....okay, I'm food obsessed. Apples will do that to you.

Apples are couched in some serious mythology. According to legend, they are the stuff of dreams, the irresistible seduction, the point at which Happily Ever After went south and stayed there. I'm not sure if THE FALL happened in the fall, but a certain popular religion would have us believe that succumbing to temptation was the faux pas that resulted in us having to deal with a whole lot of formerly unnecessary worries, like clothes for instance. Apples were the culprit so they say. Apples and a serpent with a good sales pitch.

As far as I can tell, temptation is just a suggestion in a sexy outfit. In this case, there was no reason under Heaven for anyone to go to all that trouble to tempt us with an apple. Apples don't need our help. They defy resistance by being gorgeous. By surrounding themselves in a tiny cloud of sweet, musty scent. By being juicy AND crispy AND sweet - a trifecta of scrumptious. Apples exist to remind us not to dismiss temptation out of hand and if I were us, I'd listen.

Here is a recipe I last shared in 2013. Since then have passed it out to many of you individually. I repeat it here because it's so flippin' good, you'll want to make it again and again. And because it's apple season. And because I'm five days past deadline and I need to make an Apple Cake of Apology for my beloved publisher, Dinah.



CHEW ON THIS!

by Merianne Myers



FALL FROM GRACE APPLE CAKE

How many this serves is between you and your sweet tooth

- 2 cups granulated sugar
- 2 cups unbleached flour
- 1 teaspoon salt
- Pinch of nutmeg
- 4 teaspoons cinnamon
- 2 teaspoons baking soda
- 2 eggs
- 1 cup vegetable oil
- 1/4 cup apple juice
- 4 cups apples, peeled cored and cut into large dice. A mix of several kinds of baking apples is ideal. If you like nuts in your cake add 1 cup chopped walnuts, pecans or hazelnuts
- Optional, but fabulous - 2 Tablespoons Calvados or Brandy. If you go this route, and I hope you do, reduce the juice to by a Tablespoon.
- Preheat oven to 325. Butter and flour a 10" cake pan. Sift the dry ingredients together. In a separate bowl, beat the eggs then add oil, juice and booze and stir together. Add dry ingredients and gently mix until just incorporated. Try not to overmix. Cakes don't like that. Fold in apples and nuts if using. Pour into pan and smooth to level.
- Bake for an hour or until a toothpick comes out clean. Cool in pan for a few minutes then turn onto a rack to cool completely.

LIME CREAM CHEESE FROSTING

This cake is lovely without a topping and over-the-top with a drizzle of caramel sauce, a scoop of vanilla or butter pecan ice cream, a dollop of creme fraiche or a smear of this simple but luxurious frosting.

- 1/4 cup apple jelly
- 1 Tablespoon fresh squeezed lime juice
- 4 or 5 ounces of cream cheese at room temperature

Mix everything to a creamy consistency and ice the cake or serve on the side.



Dr. Aaron Brown, a Primary Care physician with the CMH-OHSU Health Primary Care Clinic – Astoria, will complete a 180-mile bike ride across England in September, raising money for local hospice care as he goes

Going The Distance For Lower Columbia Hospice

A bike ride for a cause

FOR ASTORIA PHYSICIAN Dr. Aaron Brown, it's a race against time in more ways than one. From September 21-22, he'll join a friend across the pond for a 180-mile bike ride across England. They plan to complete the distance in just 24 hours, each raising money for hospice care as they go.

Dr. Brown is a primary care physician with the CMH-OHSU Health Primary Care Clinic - Astoria. When he heard about his friend's goal, he knew he had to come along for the ride. He has chosen to raise funds for CMH's Lower Columbia Hospice with his effort.

Hospice, which usually cares for patients in their last days or weeks of life, holds special meaning for Dr. Brown. He is riding in memory of his father and sister, who have passed away.

"The pain of biking 180 miles doesn't compare to the loss of a loved one, whether it comes as a surprise or happens gradually," Dr. Brown says. "I have seen firsthand how Lower Columbia Hospice offers families meaningful care and support as they say goodbye to their loved ones. It's an honor to support them with this ride."

Dr. Brown and his friend will ride from Liverpool to Mablethorpe, England, with a stop halfway at Leeds. Dr. Brown has been training for two hours a day, riding up to 40 miles. To be fully prepared, he aims to go up to 80 miles a day at home. Although he hasn't completed a 180-mile ride before, he is up for the challenge and excited to spend time with his friend while supporting local hospice care.

How can you assist? Help Dr. Brown and area hospice patients as he races to the finish. Donate any amount per mile that Dr. Brown completes for Lower Columbia Hospice at www.columbiamemorial.org/bike-for-hospice.

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

The Architect Hound

Alexandre Gilbert Eminent Seaside Citizen

THE ARCHITECT HOUND TROTTED down to Seaside for this month's architectural profile of the Gilbert House (1892); now operating as an elegant bed and breakfast at 341 Beach Drive in Seaside. Alexandre Gilbert (1845-1935) was born and educated in the French coastal city La Rochelle. He served in the Franco-Prussian War in 1871 and later that year emigrated to San Francisco via Quebec.

In San Francisco he honed his carpentry and management skills building and operating a hotel/tavern. Hearing of more opportunities in the booming North Coast, he arrived in Astoria in 1881, where he expanded his business ventures into real estate development, hotel management and public service. Ambitious and visionary, Gilbert built at least six residences in Astoria that reflect the elegant styles of turn-of-the-century design. Gilbert purchased a modest, two-bedroom beach cottage in Seaside in the 1880s as a coastal retreat from bustling Astoria.

The extension of the "Daddy Train" from Astoria to Seaside in the late 1890s provided a key transit link to that small beach community. Sensing more business opportunities in Seaside; in 1892 Gilbert expanded and made-over the beach cottage into the elegant Queen Anne mansion that became his home for the rest of his life. With the permanent move to Seaside, Gilbert took a deep dive into Seaside business and civic life. A catastrophic fire in 1912 destroyed much of the business district that lay to the east of the Necanicum River.

As the insurance agent for many of the downtown businesses lost in the fire, Gilbert played a key role in providing funding and moral support for the rebuilding of downtown Seaside. He served as mayor of Seaside from 1912 to 1916, a critical time in Seaside's recovery from the fire. He also contributed to the streetscape of rebuilt downtown Seaside with the erection of the Gilbert Block (1914), a pivotal commercial building in the his-



The Gilbert House - Seaside Oregon

By Eric Wheeler



toric downtown district. One of his greatest achievements was the 1.5 mile Seaside Promenade. Gilbert wanted the beach to remain open to the public, so he acquired the property and then donated it to the city. At the end of his very active and productive 90 years, he was described as Seaside's premier citizen, a man of "affluence and influence."

Perhaps one of the most historically and architecturally significant buildings in Seaside; The Gilbert House (1892) displays several of the key elements that are typical of the late Victorian Queen Anne architectural style. The tall, asymmetrical, hipped roof mass with the distinctive two-story tower are hallmarks of this style. The complexity of window and door openings, wrap-around porch, and decorative shingle cladding all add to the 'wow factor' of this popular late 19th century style. An addition to the north in 1990 provided several more guest rooms for the newly refurbished bed and breakfast business still operating as the Gilbert Inn. Watch for a look at some Gilbert-built buildings in Astoria in a future edition of the Architect Hound.

Eric Wheeler is an architectural historian, specializing in walking tours. Learn more at www.positivelypnw.com

Local Master Gardeners Present Gardening Into Winter

Educational programs on Mushrooms, Composting, Beekeeping, Tools, + Cold-resistant Plants on Sale

THE CLATSOP County Master Gardener Association (CCMGA) will be holding a public event offering tips on how to extend the growing season into and beyond the fall.

The one-day event, "**Gardening into Winter,**" will be held **September 17 10am to 2pm at the Barbey Maritime Center**, which is located at 1792 Marine Drive in Astoria. Attendance is free, and all are welcome.

The educational program includes presentations on local mushrooms, composting, beekeeping, tool maintenance, and cold-weather plantings. "Gardening into Winter" will also include a plant sale, silent auction, and raffle, along with offerings for purchase from select local artists and specialty growers.

Funds from the plant sale, silent auction, and raffle will be used to support the ongoing activities of the Master Gardeners, which include programs such as a Demonstration Garden at the Fair Grounds where a number of flowers and trees are on display; a Learning Garden at 45th and Marine exhibiting methods for vegetable and herb gardening particularly suited to our unique Pacific Northwest climate and soil, and whose yield last year ended up in more than 1,200 pounds of fresh produce donated



to the Regional Food Bank; the Grow a Row for the Community Program, through which individual Master Gardeners donate produce from their home gardens to local food pantries; educational scholarships for graduating high-school seniors residing in Clatsop County; and informational plant clinics throughout the year, including regular presence on alternating Sundays at the Sunday Market in Astoria and on alternate Wednesday afternoons at the Seaside Farmers Market.

For more information, please call the OSU Extension Office (503) 325-8573, or visit our website www.clatsopmastergardeners.org.

Take a Tea Tour At North Fork 53

GINGER AND BRIGHAM EDWARDS of North Fork 53 Communita Wellness are now offering farm to teacup garden tours and tea tasting experiences at their river side tea and wellness center in Nehalem.

North Fork 53 Communita Wellness is four acres of trees, herbs, flowers and tea plants nestled between the North Fork of the Nehalem river and Hwy 53 (thus their name). Situated about 9 miles from Manzanita Beach and Hwy 101, the vibe here is all about slowing down and relaxing in an organic way.

"So many more people have gotten into tea since the pandemic started" observes Ginger Edwards, owner and tea maker. "Since there are lots of new tea lovers out there I thought it would be a fun experience for them to see how we grow our plants and let them taste the tea right in our gardens".



Artwork by Debbie Harmon



For art lovers, North Fork 53's tea tasting room also features a gallery of original work by Manzanita painter Debbie Harmon, owner of Amanita Gallery in Manzanita. Harmon does all the art work for Communita Wellness, featuring her intricate plants, knomes and all things north coast magical + you'll find Harmon's painted furniture pieces.

"I hope people driving the coast and exploring the North Coast Food Trail make a stop to try out the tea. You can find our teas in local shops and on our website but it's way more fun to come and taste it in person," says Edwards.

The 90 minute Garden tour and Tea Tasting experience is offered every Saturday at 10am and requires a \$20 per person ticket be purchased in advance on their website northfork53.com

North Fork also offers drop in tea tasting experiences for visitors every Thursday from 10am-2pm and every Saturday following tours from noon-2pm.

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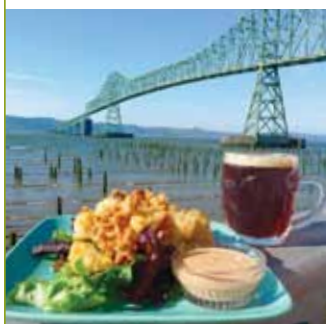
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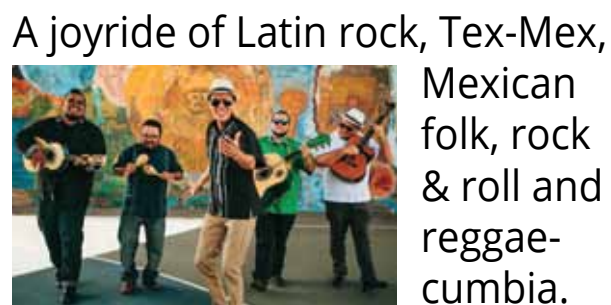
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