

HIPFISH MONTHLY

alternative press serving the lower columbia pacific region

★ *INSIDE* ★ STAND

AN ELECTION GUIDE BY AND
FOR RURAL OREGONIANS

FILM

The Astoria International Film Festival focus on documentary • Cuckoo's Nest with special guest: Liberty • Apple Pie independent super 16mm art film: Anita Building

Wilder Grief

Author Timothy Flynn on fathering through loss

Seasonal Haps

Bonechillers with storyteller Will Hornyak at KALA • Spooky Theatre + more in calendar



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Coming up at KALA Performance Space

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Stories, Songs, Poems and Lore
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the Celtic New Year of Samhain.

From Irish and Scottish myths to Mexican and Brazilian folktales join us for a festive and harrowing romp through oral traditions to honor these two great festivals of the season.

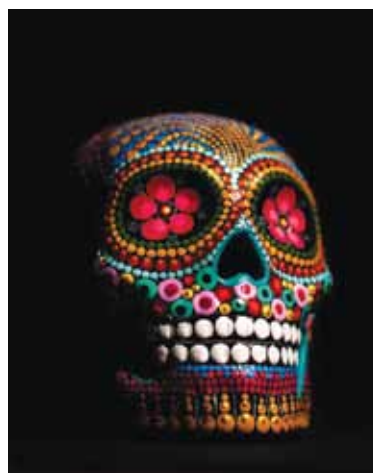
MASTER STORYTELLER

WILLIAM KENNEDY HORNYAK

FRIDAY, OCTOBER 14, 7:30PM

TICKETS: \$15

ONLINE WWW.BROWNPAPERTICKETS.COM



THE ETHEREAL CURTAIN thins just as the days begin to get shorter, and nights stretch longer. That liminal space between the physical world and the spirit world, also known as the time of the thinning of the veils. The Celtic New Year Samhain (Sow-wain) signified the last harvest, the space in time between summer and winter. And even though now we celebrate Halloween and Samhain the days between October and November, you can feel the veil thinning as early as September. It might be a subtle hue of light, felt more gentle, and golden, and here in our coastal communities, the fog has added a splendid touch of mystique.

It's a great time to tell stories, as is a tradition with Halloween spooky tales. And a great time to experience one of Oregon's gems, Will Hornyak, who with his masterful craft can open your imagination, as strong as if you were having a dream. It is the opening of imagination that puts us in touch with our own spirit and as KOIN TV's Ray Summers said, "Listening to Will spin a tale helps bring a fellow back to life again."

Will Hornyak is a fulltime storyteller, who facilitates the art of storytelling in myriad ways. Not only does he engage school kids throughout the year but has provided storytelling workshops for Intel, Doc Martens Shoes, Carrefour (Europe), the American Cancer Society, the Oregon Department of Corrections and numerous other organizations in developing and telling stories that communicate their values, vision and mission.

An advocate for storytelling as a change agent in personal and collective life Will works with a variety of non-profit orga-

nizations including "Open Hearts, Open Minds," which integrates dialogue groups, storytelling and theatre into Oregon state penitentiaries. He uses storytelling to inspire discussion among youth and men in detention centers, county jails and state prisons in Oregon.

He's a star amongst storytellers across US storytelling festivals. Will performs at KALA twice a year, usually surrounding a Celtic Holiday, and this is one of them.

Of course we're in it for pure entertainment, but by the night is over, when you've been with Will and a story, something magical has gotten in your eyes, and something even more brilliant and beautiful has captured your heart, you're humanity.

Friday, Oct. 14, 7:30pm. Doors open at 7. Tickets \$15.
Online at www.brownpapertickets.com. Search under Storyteller Will Hornyak. At the door upon availability.
KALA Performance Space is located at 1017 Marine Drive, Astoria 503.338.4878.



Weird Sister's Freak Boutique **Opens Shapeshifter's Costume Shop**

Going out for Halloween? Look no further than the corner of 10th and Commercial in Astoria's Underground shopping center. Sondra Carr purveyor extraordinaire of all things weird and wonderful and her daughter Electra, are soon to open Shapeshifter Costumes. You'll find period clothing, hats, coats, dresses, and accoutrement galore. Mix, match and RENT from \$25 to \$50 and premium prices.

Also, Weird Sister's will be hosting a Spooky Soiree on Saturday 29, from 6-8pm. There'll be drinks, and prizes for the weirdest costumes (of course) every half hour, music and dancing in The Outlands provided by Joey Altruda, and divination in the Snake Owl Witches Hut by Tarot Goddess Julia Hesse. Stop by the boutique for a secret password in between time, and know they'll be open for last-minute rentals.

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October 14th & 15th
7:30pm

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Masks are required for all audience members.
(Subject to change without notice, see our website for the most up to date policy information.)

Lcps Seeks Stories Of Haunted Experiences In Historic Astoria Homes

ARE YOU HAUNTED BY SPECTERS or unexplained noises in your Astoria home? The Lower Columbia Preservation Society (LCPS) wants to hear from you! Curiosity about your home's history could uncover some ghostly tales of Astoria's past.

Submit an address and brief account of your supernatural experiences to

www.lcpsociety.org/haunted. LCPS staff and volunteers will dig into local archives and see if historic events associated with the property could provide clues to the disturbances. Then, in the spirit of the season, LCPS will pick the top three stories to highlight at their

Halloween-themed "Topics in Preservation" event on the evening of Wednesday, October 26th.

"People become interested in researching the history of their home for many different reasons, and looking for scary stories associated with one's property can lead to deeper historical interest," Rachel Jensen, LCPS's executive director, explains. "We sometimes run into tragedies and mysteries when researching the history of a property, and it can be hard to break that news. We want to hear from homeowners who would welcome spine-chilling tales this Halloween season."

LCPS offers an in-depth guide for uncovering the history of one's home for those wanting to do their own sleuthing. The



research guide is available in print and online versions and is specific to properties within the City of Astoria. However, many steps also apply to Clatsop County properties in general. For access to these guides, visit www.lcpsociety.org/research or pick up a copy at their downtown office at 389 12th Street. While there, check out LCPS's lending library and research station.

For more information about the Lower Columbia Preservation Society, visit www.lcpsociety.org



THE SUNSET EMPIRE Park & Recreation District is hosting the Fall Fun Fest, and a family-friendly, annual Halloween extravaganza. The event will be held on **Saturday, October 22 from 3-7pm at the Sunset Recreation Center**, and will include carnival games, a cake walk, a costume contest, and a pumpkin decorating contest. The cost is \$2 per

Fall Fun Fest 2022

person with a \$10 maximum for families.

"We're excited to offer a fun and safe Halloween event for families," said Melissa Ousley, Manager of Marketing and Special Events. "We'll be giving away pumpkins for decorating, as well as candy and prizes through our games and contests. It's an enjoyable annual tradition for our community, and we appreciate all the support from our volunteers and sponsors."

Seaside High School and Middle School students participating in local service clubs, Key Club and Builders Club, will be volunteering with the event, assisting with games and activities. Representatives from the Seaside Public Library and TLC, a Division of Fibre Federal Credit Union, will also attend, providing fun activities for kids. Funding for the event comes through sponsorships with Toyota and Columbia Bank and a grant from the City of Seaside Tourism Advisory Committee, funded by room tax dollars.

If you're interested in serving as a volunteer or sponsor, contact Melissa Ousley at mousley@sunsetempire.com.

Talking Tombstones

- The Clatsop County Historical Society, with sponsorship from Astoria Granite Works, is excited to once again present "Talking Tombstones" held on the last Sunday of October from 1:00 pm until dusk. The location is to be announced two weeks prior to the event
- Former citizens are expected to return from the great beyond for a graveside chat with any and all willing to visit their tombstone. This is a FREE event, however donations are welcome. Visitors should plan to arrive no later than 3:00 p.m. as the deceased begin to fade from view as the darkness of night draws near.
- To learn more about Talking Tombstones or how you might assist with the event, please call 503 325 2203 or e-mail: info@astoriamuseums.org.



Pumpkin Contest at Fine Arts

- LOVE HALLOWEEN? Like pumpkins? Then you may want to participate in the Great Pumpkin Contest by decorating a pumpkin with paint, markers, ink, etc., but do NOT carve. Bring your creation to Fine Art Supply at 303 Marine Drive, Astoria on Friday, Oct. 21 or Saturday, Oct., 22 between 10 a.m. and 5 p.m. The Expert Jack-O-Lantern Judge will select some pumpkins to receive special awards on Saturday, OCTOBER 29, 2022 at 1 p.m. Bring your families and friends to the exhibit and to the special awards ceremony. Take the pumpkins home to celebrate the holiday there.





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AAUW CANDIDATE FORUM

THE AMERICAN Association of University Women (AAUW) Astoria Branch, in collaboration with *The Astorian*, and Coast Community Radio (KMUN), is holding a Candidates' Forum on Tuesday, October 18th from 7:00 p.m. to 8:30 p.m. at the Astoria High School Auditorium, 1001 West Marine Dr. Craig Hoppes, Superintendent of the Astoria School District, will be the moderator.

The invited candidates are Andrew Davis and Geoff Gunn running for Astoria Council Ward 1, Kris Haefker and Elisabeth Adams running for Astoria Council Ward 3, and Sean Fitzpatrick running unopposed for Mayor of Astoria.

The audience can submit questions through October 15 at aauforum@gmail.com, as well as in person on the date of the Forum. Coast Community Radio will air the Forum at a later date. For more information contact Sara Meyer at chuck555sara@gmail.com or 503-325-7969.

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.



This month's cover art is by artsit casebeer. The artist is currently part of an exhibit at the RiverSea Gallery, *The Secret Show*, curated by artist Jill McVarish. Check out the show through October and also find casebeer's work at casebeer.net



Reclaiming Our Public Trust Rights A Zoom Forum with Professor Mary Wood

NORTH COAST COMMUNITIES for Watershed Protection and the Oregon Shores Conservation Coalition are honored to host a special webinar with author and legal theorist Mary Cristina Wood of the University of Oregon School of Law. Professor Wood, the Founding Director of the school's nationally-acclaimed Environmental and Natural Resources Law Center, will speak on "Reclaiming Our Public Trust Rights." The Zoom webinar, free and open to all, takes place on **Monday, Oct. 17, at 6:00 p.m.**

Register at www.healthywatershed.org

The extractive practices of industrial logging — including short rotations, clearcutting, and pesticide spraying — have already wreaked havoc on the once-great forests, waters, and wildlife of the Pacific Northwest, as well as the health of too many community members. This is unjust, since water and air rightfully belong to us, the people of the community. They are part of the public trust, as Professor Wood detailed in a recent talk given at Lewis & Clark College, "Nature's Trust: Protecting an Ecological Endowment for Posterity."

On October 17, Professor Wood will go into more detail as to how the public trust doctrine can relate to saving our drinking-watersheds from devastation caused by industrial forestry practices. Wood is currently engaged with a research team applying the public trust paradigm to Oregon forestlands. This effort aims to empower citizens with principles to hold the government accountable for protecting the forest legacy of our state.

Professor Wood is an award-winning professor and the co-author of leading textbooks on public trust law and natural resources law. Her book, "Nature's Trust: Environmental Law for a New Ecological Age" (Cambridge University Press), sets forth a new paradigm of global ecological responsibility.

She originated the legal approach called Atmospheric Trust Litigation, now being used in cases brought on behalf of youth throughout the world, seeking to hold governments accountable to reduce carbon pollution within their jurisdictions. She has developed a corresponding approach called Atmospheric Recovery Litigation,

which would hold fossil fuel companies responsible for funding an Atmospheric Recovery Plan to draw down excess carbon dioxide in the atmosphere using natural climate solutions. Professor Wood is a frequent speaker on climate issues and has received national and international attention for her sovereign trust approach to global climate policy.

FMI: 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.



North Coast INCO NEWS INDIVISIBLE

"Our lives begin to end the day we become silent about things that matter."
- Martin Luther King, Jr

Save Democracy One Vote At A Time

Polls don't win elections; neither do tweets, Facebook posts, rallies, or rants. The best thing you can do is vote. Voting can make our communities and country better. Be a voter.

WHO

Indivisible North Coast Oregon endorses these candidates because they align with our values, defend democracy, and oppose authoritarianism, bigotry, and corruption.

Governor: Tina Koteck

State Senate: Melissa Busch

State Representative: Logan Laity

US Senate: Ron Wyden

US Representative: Suzanne Bonamici

WHAT

On the ballot are candidates for key positions: City councilors and commissioners, governor and two state legislators, and two Members of Congress. They will decide how to spend a good chunk of your tax dollars, make and implement laws, and set a course for the next few years.



Tina Koteck

Ballot measures: COIN (Consolidated Oregon Indivisible Network) has endorsed all 4 state ballot measures. Check your voter information booklet for details about the local and state ballot measures.

WHY

- Elect Democratic majorities in both the US House and US Senate to ensure additional legislative achievements
- Block the GOP war on democracy, women's bodies, elections, education, climate and the environment, LGBTQ people, and books and ideas they don't like
- Protect the rule of law, reproductive rights, voting rights, climate, public health and safety, the separation of church and state, teaching history
- Block GOP extremists from imposing white Christian nationalist authoritarian measures on all Americans

"The work of the moment and the work of the next four years must be the restoration of democracy, of decency, of honor, of respect, the rule of law. Just plain, simple decency.

The renewal of a politics that's about solving problems, looking out for one another, not stoking the flames of hate and chaos."

--President-elect Joe Biden, January 6, 2021

WHEN

Update your voter registration with a new name, address, or signature by Tuesday, October 18. Without an accurate current registration, you won't receive your voter information booklet or your ballot. You can complete an updated registration card and mail it Clatsop County Elections, 820 Exchange St., Suite 220, Astoria, OR 97103. You must register in Oregon in the county where you reside. The Elections Department is at 503-325-8511.



Melissa Busch

"Victory or defeat is not measured in one or two election cycles. It is measured by our progress over time. Yes, we are in a perilous moment in our nation's history—but that is almost always so. Our ancestors did not shrink from the fight, and neither should we. So, let's stop talking about the "end of democracy" and talk more about our long-term strategy for preserving democracy."

-- Robert Hubbell, Today's Edition newsletter, February 17, 2022

HOW

Your ballot must be dropped in an official ballot box or postmarked by November 8. Drop boxes are outside at these locations: 820 Exchange Street, Astoria; Cannon Beach, Gearhart, and Warrenton city halls; Knappa High School and Jewell School.



Logan Laity

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

Mud & Hugs

Author Timothy Flynn On Fathering through Loss in *Wilder Grief*

By Heather Hirschi

THE LAST TIME I saw Tim Flynn in the flesh, 10 years ago in Salt Lake City, he greeted me with a face 30 years older than the one I held in my memory from our East High School days. Our overlapping circles of punks, hippie freaks and drama geeks sheltered the weirdos in our 80's Mormon town. We smoked clove cigarettes in the alcoves of East's exteriors, slam-danced at Indian Walk-in Center shows, and drank coffee at Bandaloop's.

Decades later, graying and bearded, Tim greeted me with the same knowing, gentle eyes I remembered from high school. He had gathered other old friends in his mother's living room where Tadg, Tim's 4-year-old son, circulated merrily with a huge smile framed by long, black curls. Tim introduced me to his wife, Terry, who was holding their newly adopted baby girl, Truly. Terry's beauty was bird sharp and centered in her penetrating blue eyes. In our brief interaction, she impressed me as someone who suffered no fools and lived in her own fierce truth. Terry didn't spend much time with us that afternoon as the baby True needed all her mothering.

True had suffered in utero trauma, as Tim explains in his book, *Wilder Grief: Discovering the Song of Life After Loss*. Tim describes Truly's arrival at Lavendar Hill, the homestead he and Terry created in California: "She trembled uncontrollably at any loud noise, especially a loud male voice. She would awaken herself by suddenly screaming two or three times a night for the first year. At six days old, our fosterling bore the unmistakable signs of exposure to domestic violence in utero. She had, however, found her way to a house of healers. She was mended by all of us; most especially by Terry's ministrations."

Tim goes on to describe the silent house Terry kept during the day, singing

and cooing to her daughter and giving her infant massage. Eventually, Tim writes, "Truly was able to relax into the warmth of a mother focused only on her."

Terry and Tim made a home for their family at Lavendar Hill, a home grown from the same loving ministrations given to their land populated by Spanish lavender. Tim writes that those years of family life spent in hard work and play, surrounded by animals and home grown food, fostered his sense of belonging, finally, of being home. He belonged to the land and to his family.

Through social media and from a distance of geography and time, I was aware of Tim's life at Lavendar Hill, of the construction of their cob house and growing homestead. At the time of our reunion, I was newly divorced at 45, experiencing myself solo for the first time in 20 years. I was both rejuvenated by a return to myself and haunted by a tumult of grief for my family unit that I couldn't bear to feel at the time. Watching Tim's family life on facebook, I witnessed the romance of home he describes in *Wilder Grief*.

Tim's chapter, "Homemaking 1", chronicles the growth of Lavendar Hill, and the family romance that he and Terry, Tadg and Truly created together. Their home extended into the community where they lived. Abundant crops were shared with neighbors and the couple hosted workshops on sustainable farming and shamanic practice.

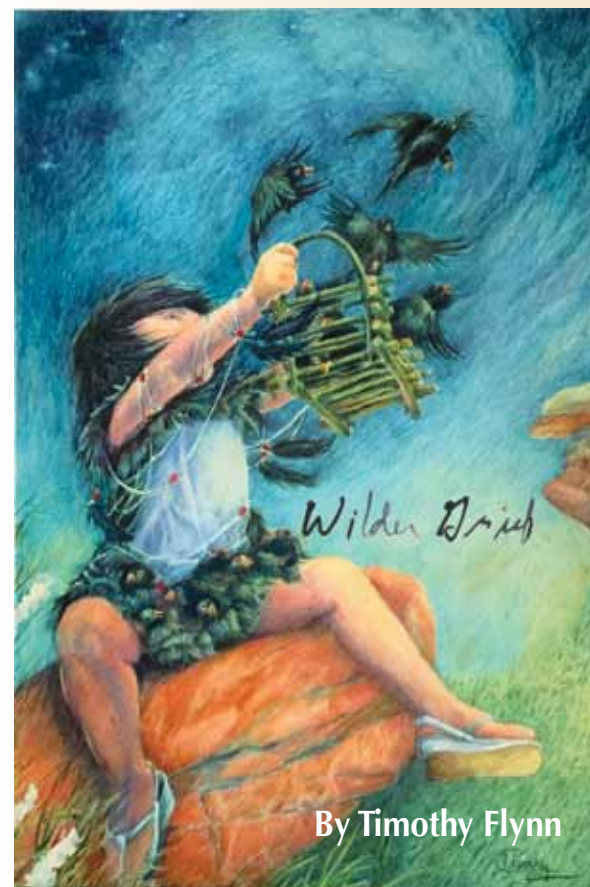
Tim came to shamanism after college. During his years at UC Santa Cruz, he spent hours in daily meditation, practiced veganism and studied Aikido. He earned a BA in Modern Society and Social Thought and wrote a thesis focused on the evolution of Death and Dying Practices in early American Culture. His research included work in several Hospices. But the real study, he says, "the privilege of college," was "working on myself and exploring those spiritual practices." In meditation, he was able to experience a stillness of thought that buoyed him.

Post college, Tim found himself one day sitting in meditation and "nothing happened." He explains that he had no plan or direction once he finished his degree and although he had experienced a "rarefied and purified" state energetically, he had "not developed emotionally at all." In this fragile place, Tim experienced what could be called a "psychic break." or "spiritual crisis." All the unprocessed pain of his early years came flooding in and he was left "unable to cope with daily life."

"Dreams and spontaneous journeys" led him to seek healing from a Shamanic practitioner and he found what continues to be his primary form of spirituality. Tim met Terry in an intensive two-week training with the Foundation for Shamanic Studies (FSS). They both went on to complete the FSS three year training program in advanced shamanic practices. Their courtship spanned their study, which culminated in their marriage. Tim also earned an MA at JFK University in Transformative Arts and Holistic Studies with a focus on ritual performance.

Tim and Terry worked with Michael Harner, the founder of FSS and developer of Core Shamanism in the US. Terry experienced a "spontaneous healing" with Harner when she was first diagnosed with cancer. She credited Harner for her cure when the initial cancer disappeared. Tim gained a faculty-in-training position with FSS and facilitated workshops at Lavendar Hill while Terry moved further into social justice activism, centered on access to healthy, sustainably sourced food.

Terry, he says, spoke the same language of shamanism but was less interested in journeying and ritual than she was with her relationship to nature. She was called to the trees, Tim writes. Eventually, Tim "received a dream" that inspired him to work more deeply with the traditions of his "Celtic ancestors," and also inspired "taking spiritual practice directly into nature."



Uncompromising in its honesty and tenderness, this is the story of a families first three years after having lost its mother to cancer. A father and his two young children must find their way through grief to a life that is still filled with wonder. Drawing on Celtic and shamanic spirituality, the author shares his path of healing and transformation.

cont. p8

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WILDER GRIEF

Wilder Grief chronicles Tim's life as it unfolded from the return of Terry's cancer. Initially, there was some hope that she would heal again, but Tim found himself having to tell 10-year-old Tadg and 5-year-old Truly that Terry would not recover from her illness. That she would die.

Tim unflinchingly and lovingly tells the story of fathering his two young children while honoring their mother's wish to die at home. I don't think it's possible to read *Wilder Grief* without weeping. Yet, there's nothing maudlin about this book. "Grief is the healer," Tim tells me.

"Grief mends."

In 2021, I was living in Astoria, some months into healing from a major heart attack after the loss of my business to COVID. I was developing a writing consulting service and Tim contracted me to edit his manuscript for *Wilder Grief*. The work was a profound gift. There is so little for us culturally that allows grief its due. 10 years after the dissolution of my marriage and 40 years after my own wild journeys into psychic breaking points in Salt Lake City, my grief is finally metabolizing. I've come back to Utah to heal from a stroke, and to heal in my own family, especially with my son.

When Tim sent the hard copy of his book to me, the cover graced with the beautiful art of Izzie D. Cleary, I reread it with a deeper connection to what Tim means when he eschews the adage, "we all cope with grieving differently." Culturally, there is too much focus on getting through loss and back to productivity. "Grieving is broken. We all cope with grieving being broken in our culture differently. People who go away to grieve alone, don't feel safe in their bodies."

I am particularly moved by Tim's exploration of physicality and his relationship to masculinity. Creativity, particularly dance, was the saving grace of Tim's youth in Salt Lake City. He was a "tiny boy," physically much smaller than most kids his age until he was a sophomore in high school. He was a dancer, studying ballet in a time and place that frowned on boys who did so.



Author and Teacher Timothy Flynn and daughter Truly

"Kids like us," Tim tells me, who grew up with the harsh masculinity in the particular patriarchy of Salt Lake City, and experienced psychic damage in our early lives, survive by finding an inner knowing. "If you made it this far, you found at least some way to validate that part of yourself, to listen to your own inner voice or you wouldn't be here," he says. "Marching to the beat of a different drummer really hurts for the first 40 years of your life. Cultivating and appreciating that beat, that knowing, rather than being a weight, becomes a boon."

I tell him that although I haven't lost a partner to death, his discovering "the song of life" in his own and his children's grief through Terry's death resonated deeply. At a universal level, Tim evokes the necessity and nature of grief. I explain the sanctity I found on the northwest coast, in daily trips to the Columbia River, the forest, and of course, the ocean. "Grief is literally a part of nature," he says. "There are types of grief we can't do alone and when we don't have a village to hold us up, the next best thing is the ocean or a hike in the woods or time in the forest."

"Grief is one of those experiences that sits at the juncture of the physical and the spiritual. We need to move that in a way that we can physically feel and integrate. It doesn't matter what kind of grief it is, there is some kind of alchemical process that is deeply emotional and felt physically and metaphysically at the same time. We need to have a container that is

agile and magical enough to help that move. For a lot of us, nature, the ocean, helps us conjure that."

Tim survived fathering through Terry's death with "mud and hugs." Terry had insisted on a family bed in their cob earthen studios, two queen size mattresses that made "an ocean to dance, wrestle and read goodnight stories in." During Terry's dying, her body hurt too much to keep the family bed and she needed Tim to sleep on the sofa in the room with her. After she died, Tim, Tadg and Truly returned to the practice. "For me," he says, "my kids in bed at night was definitely a version of that magical, agile container because, in their own ways, they're filled with that oceanic energy."

Read Tim Flynn's writing and his work in transformative arts through his website: <https://alchemistsjournal.com/>

There you can download a free first chapter of *Wilder Grief*. You can purchase the book at blurb.com and amazon.com

Heather Hirschi is a writer, educator and editor. A regular HipFish contributor, she was the host of First Person: Authors Talk, a KALA production in the tradition of the literary salon featuring writers of the coast. She continues to operate Creative Juices Language Arts, a consulting service for writers of all ages. Currently, Hirschi lives in Salt Lake City, Utah. She can be contacted through creativejuiceswriting@gmail.com

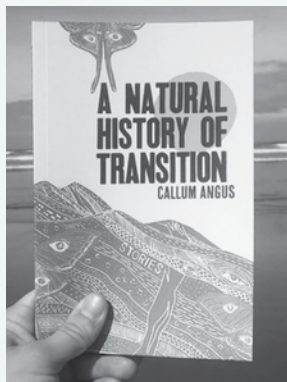
NW Authors Series Hosts Callum Angus

JOIN THE CANNON BEACH LIBRARY on **Saturday Oct. 15 at 2 pm** for the NW Authors Series featuring Callum Angus. This is a hybrid event, blending in-person with live streaming. Come to the library on the day of the event, **131 N Hemlock St.**, or watch online – at www.cannonbeachlibrary.org.

Angus is the author of “A Natural History of Transition.” This short story collection challenges notions of transformation, as characters turn into mountains, unravel hometown mysteries and give birth to cocoons. His work is infused with a rich variety of alternative history, horror and fantasy. The book was a finalist for a Lambda Literary Award in Transgender Fiction, the Edmund White Award for Debut Fiction, and an Oregon Book Award/Ken Kesey Award in Fiction.

Callum Angus is a trans writer and editor living in Portland, Oregon. He holds an MFA in fiction from the University of Massachusetts Amherst, a BA in geography from Mount Holyoke College and has taught writing at Smith College, UMass Amherst and Clark College.

Angus has worked as a bookseller, fishmonger, barista, reporter, and an advocate helping transgender youth and their families navigate the world. He’s also worked in publicity and edits the literary journal smoke + mold.



Writer in Residency at AVA

THE WRITER’S GUILD of Astoria and Astoria Visual Arts (AVA) will jointly host a reception for the winner of the 2022 North Coast Writer’s Residency, Jennifer D. Munro, at Astoria Visual Arts on Saturday, November 5, 6pm. Light refreshments will be available. This is a free event.

The focus of Jennifer’s residency consisted of polishing a book-length collection of essays, *The Twelfth Mom*. Jennifer explores the challenges of being an adoptive parent of a troubled teen through the lens of their shared passion for bird watching.

Jennifer’s essays have appeared in numerous literary journals and anthologies. Her writing has been recognized nationally, and she has twice been a Pushcart Prize Nominee. Her teaching credentials include writing workshops for Hugo House, Whidbey Island Writers Conference, and Hedgebrook Salon. **This is the fourth year of the writer residency on Willapa Bay hosted by Lisa Smith and This is Lisa Smith and Buzz Bissinger. At AVA Gallery, 1000 Duane St., Astoria, 6-7pm.**

New Show River Writers on KMUN

FEATURING interviews with authors about the craft of writing, listen in the 2nd Monday of the month at 9am on coast community radio. Hosts Dayle Olson and Marianne Monson.

Missed it. Back episodes will be podcasted and posted to www.thewritersguild.org. Ideas or want to be interviewed, contact info@thewritersguild.org

Rain Magazine Open for Submissions

Rain Magazine would like to announce that submissions are now open for its 53rd annual issue. Community members are encouraged to submit their original work by February 15, 2023.

Rain Magazine has been published by the students and faculty of Clatsop Community College since 1969 and aims to showcase the best art and literature produced on the Lower Columbia and beyond. This year’s issue will feature a special section on “Music.” Contributors are encouraged to explore this subject however they interpret it, literally or figuratively.

All general submissions of art, fiction, poetry and nonfiction will be also considered. For submission guidelines and more details, go to clatsopcc.edu and search Rain Magazine.

Workshop

Writing the Picture Book with Mindy Hardwick, Saturday October 22, 10am-1pm. Via Zoom. Picture Books are the most beloved story form of children’s writing. But how easy is it to write one? In this workshop, we’ll look at how to create a memorable child character, how to craft a simple plot to be read multiple times, explore pacing, and discuss how to publish picture books. The workshop is designed for those interested in learning how to write a picture book story and is also beneficial for illustrators. Mindy Hardwick holds an MFA in Writing for Children and Young Adults from Vermont College of Fine Arts. Her middle grade, *Some Stories Are Not Seen*, in which a young girl wants to save the sea stars from the wasting syndrome, is based on Mindy’s experience volunteering with the Haystack Rock Awareness Program.

Workshops cost \$35 for nonmembers/ \$25 for members and no questions asked scholarships are always available. Email info@thewritersguild.org. Register at: www.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

The Fragility of our Safety Net

AS YOU MAY have heard, the Astoria Warming Center is going to be running differently this season. I struggled with what to write this month; I wanted to use this column as a platform to announce our plans to the community, but they have yet to be determined specifically. What I do know is, with the addition of the permanent, year-round shelter LiFEBoat services is supposed to be officially approved for any day now, the Warming Center has been exploring the possibility of collaborating with them by continuing to offer hygiene and drop-in evening services, rather than also operating as a seasonal shelter 4 blocks away. We have always believed in the importance of permanent shelter in our area, and that working together benefits our clients. I’ve been in talks with LiFEBoat since before I stepped down as executive director of the AWC this summer and have been working to help facilitate a smooth transition to ensure the needs of people experiencing homelessness in our community will be met this winter.

I realized this was a departure from how the Warming Center has traditionally operated, although I didn’t see how anyone who’s been paying attention could be completely shocked by this news. I’ve been warning the powers that be how untenable our local response to homelessness is for a while now. I’ve attended public meetings discussing the issue for years and have frequently talked about how much the community needs to come up with a better long-term plan; that we need to stop pretending the Astoria Warming Center is, or ever has been, any kind of solution to homelessness. This is because I believe housing is a human right. It is also, in part, because my time at the Warming Center had made it clear to me its basic model and infrastructure was deeply, perhaps irrevocably, flawed.

When I volunteered at the center in 2014 I thought it was an important project, and I guess assumed it would eventually evolve into something bigger. When I came on as an employee in 2020 I found a work environment so toxic that the stress of working with traumatized people in a state of emergency paled in comparison. There was infighting at every level of the organization. I say this without blame directed at those in charge then—the AWC has always been subsidized

by an extremely small group of people working 60-70 hours a week. This leads to burnout, which leads to drama. The center was never set up to be sustainable.

While some large grants helped us continue to operate in spite of COVID, they were not nearly enough to get the Warming Center into a building suitable for a year-round shelter, especially without a functioning organization to scaffold this massive endeavor. The hemorrhaging of board and staff that led me to being put in charge of the center (despite me having no experience in this) continued after I accepted the offer to lead it, and has continued since I’ve stepped back.

When I read the Astorian’s recent article about the Warming Center I couldn’t help but wonder why the disarray within a seasonal, emergency shelter was talked about as though it had happened in a vacuum. Clatsop Community Action telling the paper they pulled our funding after we refused to turn over our reporting—when this actually happened in the opposite order, gives some indication of the Mean Girls politics that have kept us from moving forward. I think there is a really important story here about our local response to homelessness, and that it misses the point to run with the tired narrative that blames individual people and organizations for systemic failures. I’ll own my mistakes, but I’ve watched this happen to too many activists not to see this for what it is—we throw people advocating for social change under the bus, rather than holding those who have actual power accountable.

There’s a lot more to tell, and I’d love to use this column to keep telling it. For now I’ll say the Warming Center’s commitment to making sure people experiencing homelessness have access to basic necessities, a safe place to sleep, a warm meal, clothing and hygiene, has not changed. If you’d like to support this effort, please reach out to astoriawarmingcenter@gmail.com and let us know how you can help. This has always been a community effort, and it will continue to be—we can’t do this alone!

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

The Astoria International Film Festival

The Astoria International Film Festival’s 15th year will open with the theme “Retro Documentaries” to showcase this year’s broad range of films that will give you a new understanding of documentaries. General admission is \$10. A festival pass is \$80.00

Friday, October 21
6:00pm - Short Film Collection & Dryland: Cultivating Rural Resilience
15th Annual AIFF, kicks off with a collection of short films, including: Cosmic Gastropod Love-Song, Darrel Grant/Oregon Symphony, One Drift & We All Go Home, and Celilo Falls: Echo Waters. Followed by Dryland. Filmed over a decade and set in the American West, Dryland traces a young man’s quest for victory in a rambunctious contest, while battling to preserve a threatened way of life.

Saturday, October 22



11:30am – Dancer
Sergei Polunin is a breathtaking ballet talent who questions his existence and his commitment to dance just as he is about to become a legend.

1:30pm - Buffalo Soldiers: Fighting On Two Fronts
In 1866, six all-black cavalry and infantry regiments were created after congress passed the Army Organization Act. They came to be known as BUFFALO SOLDIERS.
Buffalo Soldiers: Fighting On Two Fronts, explores the often-contradictory role played by the Buffalo Soldiers throughout American history, with particular emphasis on the settling of the American west.

3:00pm - Hunger Ward & Special Guest Speaker
Filmed from inside two of the most active therapeutic feeding centers in Yemen, Academy Award nominated HUNGER WARD documents two female health care workers fighting to thwart the spread of starvation against the backdrop of a forgotten war.

6:00pm - Equal Means Equal
Using facts, figures, interviews, colorful graphics, news footage and occasional humor, EQUAL MEANS EQUAL leads the audience through the current challenges women in America face regarding wage parity, legal protections, maternity leave, ending violence and poverty. The argument is clear and compelling. It’s provocative but avoids man-bashing as it makes

the case for why men and women should be fighting to get the Equal Rights Amendment passed.

8:30pm - Silent Spring
She was a biologist for the federal government when she first noted the effects of the unregulated use of pesticides and herbicides, especially DDT. Magazines, afraid of losing advertising, refused to publish her articles. When Rachel Carson published Silent Spring in 1963, she was viciously attacked, called “an ignorant and hysterical woman.” But her warning sparked a revolution in environmental policy and a new ecological consciousness.

10:00pm - Where’s Molly?
Where’s Molly is a documentary filmed and directed by Jeff Daly based on his life story of finding his sister Molly after a nearly 50-year separation. Molly Jo Daly was sent to Fairview State Hospital in Salem Oregon, in 1957 and lived at the institution for three decades. Jeff was 6 years old and Molly was 3 when she was taken from her home in Astoria and they would not see each other again until 2004.

Sunday, October 23
Doors open at 11am. Complimentary coffee and pastries before the film.
12:00pm - Stonewall Uprising
When police raided the Stonewall Inn, a popular gay bar in the Greenwich Village section of New York City on June 28, 1969, the street erupted into violent protests that lasted for the next six days. The Stonewall riots, as they came to be known, marked a major turning point in the modern gay civil rights movement in the United States and around the world.

2:00pm - To Sir, With Love
Engineer Mark Thackeray arrives to teach a totally un-



disciplined class at an East End school. Still hoping for a good engineering job, he’s hopeful that he won’t be there long. He starts implementing his own brand of classroom discipline: forcing the pupils to treat each other with respect. A famous role for Sidney Poitier and launching 60’s singer LULU’s singing career.

APPLE PIE
Independent Film
By Sam Tam Ham

THE ANITA BUILDING in Astoria makes its second offering in art film, following the well-received dive into archival psychedelia early in the month. Here’s the drift on APPLE PIE: Filmed on super 16mm film across Aotearoa New Zealand, S moa with chief Ioane Papali’i, and a remote mountain top astrophysics observatory in the high plain deserts of East Oregon, Apple Pie is a messy but fertile 10-part creative inquiry into the role of astronomy in the evolution of human agency.

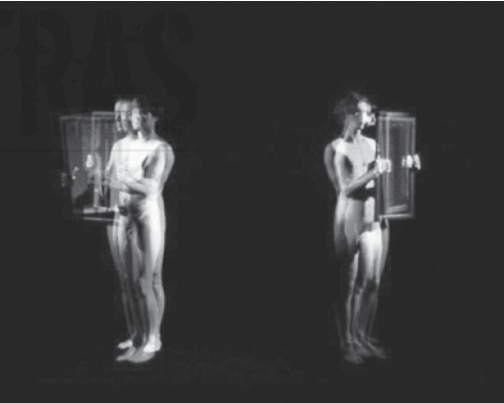
Apple Pie’s cacophony of experiential tonalities oscillates between anchors of meaning across a cosmic ocean of relational chaos that has been described as “beautifully poetic and mesmerizing”, “Terrifically intense”, “epistemology off-piste”, and - to quote Sam’s grandma - “I fell asleep half-way through”.
Completed in 2016 and subsequently screened around the world, this feature-length artist-film by Aotearoa New Zealand/US artist Sam Tam Ham has not screened in the Pacific NW since exhibiting at the Portland Art Museum in 2017.

Saturday, October 22, 7pm. 82-minutes. \$10 donation asked, no one denied entry for lack of funds. The Anita Building is located at 1312 Commercial in Astoria.
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One Flew Over the Cuckoo’s Nest
Film Screening and Q &A with
Featured Actor Mews Small



A RARE TREAT COMING up at the Liberty Theater in November—actor Mews Small who portrayed Candy , (the carefree prostitute) in the iconic Cuckoo’s Nest (1975) that swept the academy awards will be on stage after the screening of the film, in an interview session with KMUN’s Carol Newman.
Amongst her many rolls in film, television and stage Mary “Mews” Small has also had a vibrant singing career, and today performs Sundays at the UnUrban Coffee House in Santa Monica, according to her website. She was a New York Coffee House and nightclub singer in the day, and has recorded several albums with Mews and the Small Band.
Her first role on stage, as actress and singer was given to her by Dustin Hoffman in a Gertrude Stein play he was directing off-Broadway, “Brucie and Willie.” She performed a celebrated role as Maria in a stage production of “The Sound of Music,” and won the role as Frenchy in the original Broadway production of “Grease” and later reprised the role opposite John Travolta at the Schubert Theatre in Los Angeles.



Mews has had major roles in 18 feature films including Woody Allen’s “Sleeper,” the cult classic “Thank God It’s Friday” and “Man on the Moon” opposite Jim Carrey. She’s had numerous roles in television, throughout the 70’s and 80’s, one such role was Frankie the Mechanic in “The Dukes of Hazard.”
While the audience will be keen on the behind the scenes action of Cuckoo’s Nest, Mews Small’s career appears to be much more interesting than one particular film. Why we might ask is she appearing in Astoria? Because, a friend of her’s in the film business happens to live here. We’ll consider it a lucky break! - D. Urell

Friday, Nov. 5. Doors open at 6pm, Film at 7pm. Not for kiddies. And, it’s FREE! Liberty Theater in Astoria.
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Halloween Shorts Film Showcase/ NCRD PAC
NCRD Performing Arts Center presents Suspense/ Horror/Sci-Fi hosted by the McMinnville Short Film Festival. **Showing 6pm on October 29. \$7 at the door. For details on the festival go to: ncrd.org** NCRD is located at 36155 9th St. in Nehalem.

Halloween Double Feature/Liberty
Attend in costume and pre-show from 6:00pm-7:00pm with drinks and snacks from the new Concessions Bar in the Lower Lobby, and enjoy LIVE MUSIC on stage from local favorites IDANHA. Then, find a seat and settle in for the Creature Double-Feature, the classic horror films THE LOST BOYS & AN AMERICAN WEREWOLF IN LONDON.
Friday, Oct. 29, pre-show 6-7pm. \$12 General. 18+ please.



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



Call The Harbor: (503) 325-3426



Take the Purple Light Project Pledge:

www.harbornw.org

1. Buy a Purple Bulb for \$5.00. Your donation helps a survivor of Domestic Violence in Clatsop County.
2. Put your lightbulb in your business entryway and hang our flyer in your window. Take a picture of your lit up purple lightbulb and send it to Mia@harbornw.org or put it on your own social media page with the hashtag: **#ClatsopPurpleLightProject2022**. Let us see how many purple light bulb pictures we can get from our county!
3. Explain to customers and community members what the light stands for and that Clatsop County business owners are willing to take a stand for the prevention of Domestic Violence.
4. If you see Domestic Violence in your store or in our community, that you will be an engaged bystander. If you feel comfortable and safe, please let the survivor know about The Harbor's Crisis Line, or delegate the responsibility to another person who can get this individual to safety. As always, know your boundaries and your limitations.
5. Wear Purple with pride- *all October long!* If people ask why you're wearing purple, tell them "I believe in healthy relationships!" or "I stand with survivors!"

By taking action, raising awareness, speaking up, and acting as an engaged bystander, we can work together to help individuals live free from Domestic Violence.

October is Domestic Violence Awareness Month



Clatsop County Democrats

CANDIDATES

Governor - Tina Kotek

US Senate - Ron Wyden

US House - Suzanne Bonamici

Labor Commissioner - Christina Stephenson

State Senate SD 16 - Melissa Busch

State House HD 32 - Logan Laity

Astoria

City Council Ward 1 - Andy Davis

Cannon Beach

Mayor - Barb Knop

City Council At Large - Lisa Kerr, Jenee Pearce-Mushen

Gearhart

City Council Position 1 - Anne Mesch

City Council Position 3 - Brent Warren

Seaside

City Council Ward 2 - Tita Montero

City Council Ward 3-4 At Large - Seamus McVey

Measures VOTE YES

State Measures

111: Right to Healthcare

112: Outlaw Slavery

113: Legislative Accountability

114: Gun Safety

Local Measures

Astoria 4-220: Library Bond

Seaside 4-216: Fire Equip/Personnel

Warrenton 4-215: Library Levy

Warrenton 4-217: Headstart

Measures VOTE NO

Seaside 4-218 & Clatsop County 4-219:

2 Year Ban on Psilocybin Therapy Businesses

Endorsements • November 2022 Election

Know Who to Vote For This Upcoming Election.

Make a Plan to Vote!



More information + Local Candidate Interviews
www.clatsopdems.org

STAND 2022

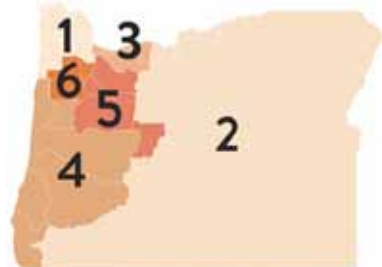
SMALL TOWN ACTIONS FOR A NEW DEMOCRACY

AN ELECTION GUIDE BY AND FOR RURAL OREGONIANS

EN ESPAÑOL

Esta guía esta disponible en español. Bájela de nuestro página web en www.rop.org o llama a nuestra oficina para pedir una copia por correo postal o electrónico.

BALLOT BASICS WHO REPRESENTS YOU?



Oregon is growing and we gained a new seat in the US House of Representatives



This means who represents you may have changed. Many districts have changed at the federal, state, and local levels. To find out who represents you, visit gov.oregonlive.com/legislators or scan the code to find out who represents you.

THE POWER OF LOCAL OFFICE

City Councils decide how tax dollars are spent on services like libraries, parks, city public safety, street maintenance as well as community utilities such as water and sewer.

County Commissions decide how our tax dollars are spent on county services and infrastructure such as public health, county roads, parks, buildings and bridges.

District Attorneys, Sheriffs, Justices of the Peace and other locally elected Judges oversee the courts, jails and their personnel.

School Boards make decisions about school facilities and what is taught in local public schools.

Who Can Vote?

In Oregon, anyone can register to vote who:

- Is a resident of Oregon
- Is a US citizen
- Will be 18 years old by election day (November 8, 2022)

Not sure if you are registered to vote? Check or update your registration by visiting www.oregonvotes.gov/myvote, scanning the code or calling 1-866-673-8683



If you are living somewhere temporarily or do not have a permanent address, you can vote by mail! To register, you can use any location in the county as your physical address, such as a park, shelter or intersection. If you cannot receive mail at the location you are registered at, you will pick up your ballot at the county elections office.

In Oregon, people with a criminal history can vote except for people who are currently in prison for a felony. You can vote if you are returning from jail or prison, even if you are on probation or parole. However, you will need to re-register to vote.

You have a right to a large print ballot, a braille ballot and someone to support you in filling out your ballot regardless of disability. Call your local elections office to learn more.

VOTING IN OREGON

Can't Vote Yet?

If you are not a US citizen or are younger than 18 years old, you can participate in the election by talking to your neighbors, family and friends to encourage them to register and vote!

Vote By Mail!

Ballots will be mailed to registered voters on October 19th.

RETURN OPTION 1: Drop your signed ballot at an official ballot drop box. You can drop your ballot off in any official drop box until 8 pm on Election Day, November 8th. Look up your nearest drop box: sos.oregon.gov/voting/Pages/drop-box-locator.aspx

RETURN OPTION 2: Mail your signed ballot, no stamp required. To have your vote counted, your ballot needs to be signed and postmarked by Election Day, November 8th. Drop your ballot in an official US Postal Service mailbox on or before November 7th, or on November 8th you can take your signed ballot into a Post Office and ask a postal worker to postmark it for you.

HOW TO VOTE



WHAT IS ROP?

The Rural Organizing Project is a nonprofit organization that works to advance democracy and human dignity in all 36 of Oregon's counties. Learn more at www.rop.org.

ROP is a nonprofit and nonpartisan organization. We do not advocate for or against any candidate for office. We prepare this Election Guide to encourage participation by rural Oregonians regardless of party affiliation. We advocate for ballot measures that will strengthen our communities and remind voters to hold dear the pursuit of democracy and justice when we fill out our ballots or organize in our communities.

Stay up-to-date with ROP! Email us your contact information at office@rop.org or call us at 503-543-8417 PO Box 664, Cottage Grove, OR 97424



@ruralorganizingproject
Rural Organizing Project
@ruralorganize

OREGON BALLOT MEASURES



Do these measures advance democracy?

111 YES

What does the measure do?

Measure 111 would make affordable and accessible health care a fundamental right under the Oregon constitution and require the state to provide Oregon residents "access to cost effective, clinically appropriate and affordable health care."

Does the measure advance democracy?

Yes. Many rural Oregonians struggle to see a doctor regularly, either because it is too expensive or because there are no doctors or nurses to see locally. This measure would make expanding access to health care a priority for the Oregon Legislature.

112 YES

What does the measure do?

Measure 112 would remove language from the Oregon constitution that allows the use of slavery and involuntary servitude as punishment for crime, and allows an Oregon court or a probation or parole agency to order alternatives to jail or prison.

Does the measure advance democracy?

Yes. We will not completely eradicate slavery until we ban it in all circumstances, including as punishment for crimes. This is why Nebraska and Utah voters removed similar language from their state constitutions in 2020. It is time to create opportunities for second chances in our laws. All human beings deserve dignity.

113 YES

What does the measure do?

Measure 113 would disqualify legislators from re-election at the end of their term if they are absent from 10 or more legislative floor sessions in a year without permission or excuse.

Does the measure advance democracy?

Yes. Ordinary Oregonians would be fired for refusing to show up for work, and this measure holds legislators to the same standard. Legislators are elected by the people to do the people's business in the capitol, not to interrupt the democratic process with political stunts. This measure will not penalize legislators who have excused absences for illness, medical appointments or family commitments.

114 YES

What does the measure do?

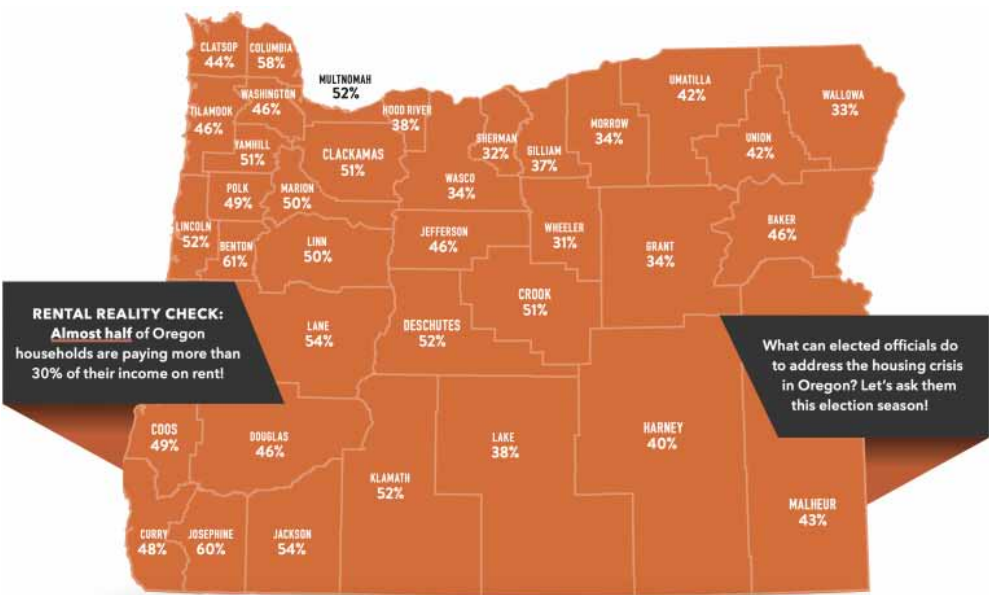
Measure 114 would require a permit to purchase a gun. Applicants would need to complete firearm safety training, submit a photo ID, be fingerprinted, pass a criminal background check and pay a permit fee. The measure would prevent people from selling or buying ammunition magazines that can hold more than 10 rounds and would make violations a class A misdemeanor.

Does the measure advance democracy?

Passing Measure 114 will be a powerful signal that Oregonians want strong gun safety laws. We are concerned the measure gives too much discretion to individual local permitting agents, risking bias in the application of the rules. We call on the legislature to create a statewide permit decision process, or to significantly narrow and carefully define local authority.

HOW MANY PEOPLE CANNOT AFFORD TO PAY RENT IN OREGON?

Households paying more than 30% of their monthly income on rent by county



Source: Oregon Housing and Community Services, County Profiles 2022.
<http://public.tableau.com/app/profile/oregon.housing.and.community.services>

DEMOCRACY TAKES ALL OF US

Everyone is talking about how divided our communities are in rural and small-town Oregon, but if you get down to brass tacks we agree on more than we disagree. We want our children and grandchildren to be safe, we will work tirelessly together with our neighbors to weather storms and wildfires, we want our voices heard and we want our votes to count. Despite the political rhetoric that tries to polarize us, we join together to take care of each other when it is most needed.

It is during divisive times like these when democracy is most under threat. It is also during times like these when we most need to come together to rebuild and strengthen our democracy. This election gives us an opportunity to tackle some of the most critical needs in our communities and some of the pressing issues threatening a democratic government of, by and for the people.

This November we are voting for all of our State and US Representatives, the Oregon Governor and many of our State Senators. Just as important, our ballots will include candidates for local offices, such as Mayor, City Councilor, County Sheriff, County Commissioner and Circuit Court Judge. These are the people who will make decisions ranging from what is taught in public schools to which social services get funded and which get cut.

We will also vote on four ballot measures that tackle important issues like health care, community safety and accountability for elected officials.

This guide is created by rural Oregonians for rural Oregonians. We hope it can be a tool to not only help you fill out your ballot but also to start conversations with candidates running for office and with your neighbors. Because democracy takes all of us.

Are you eager to do more than just vote this election?

Here are some ways you can bring your neighbors together and build community while rebuilding democracy at home:

SHARE information on the ballot measures and candidates with your neighbors, family, friends and coworkers in person by going door-to-door, over email or social media.

WORK with your library or community groups to hold a local candidate forum so every candidate can share their core values and the community can ask them questions about how they will lead if elected.

GATHER your friends and family around your kitchen table, in your living room or at the local library to have a ballot party! One of the beautiful things about voting by mail is that you can take your time to research the issues and candidates on your ballot. Bring snacks, warm beverages, the state and local election guides and this election guide. Go down the ballot together and discuss which candidates you can get behind and which issues earn your vote!

HIPFISHmonthly supports the work of the Rural Organizing Project throughout our communities across Oregon. Each midterm election we collaborate to publish the STAND Guide. This 2022 issue is a partial of the guide. Please pick up a full guide in the community or contact www.ROP.org for a hard copy or online.

Melissa Busch:

A Passionate Advocate for Our Community



Melissa

NURSE. PARENT. OREGONIAN.

CARING FOR SENATE DISTRICT 16



Melissa Busch is a nurse, mom, and a passionate advocate for our community. A Home Health nurse in Warren, Melissa has seen firsthand the challenges many in our community face on a daily basis. We can count on Melissa to protect jobs that pay fair, living wages, with good benefits and safe working conditions. Melissa will lead with the same care and compassion she brings to her patients day-in and day-out.

As our State Senator, Melissa will:

- Protect a woman's fundamental right to control her own body and access abortion care
- Address soaring costs for working families and ensure everyone in our community can thrive
- Invest in our rural infrastructure, including our roads, updated water systems, and communications and broadband infrastructure
- Fight for access to quality, affordable healthcare and prescription drugs for all members of our community
- Fight for high-quality K-12 education for all children and investment in higher education, career technical education, apprenticeships, and trade programs.



NOMINATED BY:



VOTE ON
Tuesday,
November 8th

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Music ~ Dance ~ Performing Arts

OCT 2022



ADAMS & COSTELLO

Coastal Rock Duo Adam's & Costello with a full band, bring you original driving roots music, gritty vocals and lots of new material cultivated over the last two years in COVID. Michael Costello's searing lead guitar and Julie Adam's vocal timbre born for rock and soulful roots music will inspire, as music will when its delivered with passion and authenticity. Enjoy this band born in Cannon Beach!

Saturday, Oct. 15, 7:30pm. Tickets \$25. Online, at the theatre box office or by calling 503. 436.1242.

Friday 7

MUSIC

Jarabe Mexicano. Mexican Folk, Rock & Roll, Tex-Mex, Latin Rock, and Reggae-Cumbia. \$15 - \$35, 7pm at the Liberty Theater in Astoria.

Ted Brainard. 6 - 8pm at Shelburne Pub in Seaview.

Spirit Dance 2.0. Free-form dance. Music by DJ Pranawave. Suggested donation, \$10. Free for kids. 6 - 8pm. At Pine Grove Community Club in Manzanita.

Garibaldi Jam. Old-time favorites and Country-Western standards. Admission by donation. 6 - 8pm at the Garibaldi Community Hall.

ART

Peninsula Arts Association Fall Art Show. 10am - 5pm at the Old Long Beach Train Depot.

THEATER/PERFORMANCE

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

HAPPENING

Brownsmead Corn Feed & Dinner. \$10 - \$20. 5 - 7pm at the Brownsmead Grange Hall. Tickets must be purchased before event. eventbrite.com

Savor Cannon Beach. Wine & Culinary Festival. savorcannonbeach.com/schedule

Saturday 8

MUSIC

Delgani String Quartet Masterclass Student Concert. Free, 7pm at the Larsen Center in Astoria.

The Mutineers. 9pm at the Labor Temple in Astoria.

Lloyd Jones and Mark Shark. Blues. \$20, 4pm at the Peninsula Arts Center in Long Beach.

Chad Bault. 3 - 5pm at Shelburne Pub in Seaview.

Coach Phillips. Acoustic Trio. No cover 8pm at the Sou'wester in Seaview.

Stephen Beus Classical Piano Concert. Admission by donation. 7pm at Cannon Beach Community Church.

THEATER & PERFORMANCE

North Coast Comedy Night. Curtis Cook & Shain Brended. Hosted by Drew Wilson-McGrath. \$10, 8pm at the Liberty Theater in Astoria.

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



DRACULA Radio!

THE RIVERBEND PLAYERS present Phillip Grecian's Dracula, A 1940's -style Radio show, directed by Tom Conklin. If it's as good as the Riverbend's annual radio play, "It's a Wonderful Life," the classic vampire tale told on stage with creepy sound effects, should fit the bill for a seasonal thriller. 3 performances only. Don't miss it!

October 21-22 at 7pm, Oct 23 at 2pm. At the NCRD Performing Arts Center in Nehalem

HAPPENING

Second Saturday Art Walk. 5pm in downtown Astoria.

Peninsula Arts Association Fall Art Show. 10am - 5pm at the Old Long Beach Train Depot.

Friends of Chinook School Oktoberfest. Dinner, music, auction. \$40, 5 - 9pm at the Historic Chinook School Event Center.

Hispanic Latinx Heritage Month Celebration. Free food, music, traditional dance performances, and more. 4 - 9pm at the Sunset Recreation Center in Seaside.

Savor Cannon Beach. Wine & Culinary Festival. savorcannonbeach.com/schedule

Sunday 9

MUSIC

Delgani String Quartet. \$17, 3pm at the Larsen Center in Astoria.

Fellow Pynins, Sawtooth, Gabriel, Seaver. No cover, 6pm in the Lovell Building at Fort George in Astoria.

Raeann Phillips. Singer/Songwriter. 8 - 10pm at Pickled Fish in Long Beach.

ART

Peninsula Arts Association Fall Art Show. 10am - 5pm at the Old Long Beach Train Depot.

Monday 10

MUSIC

Raeann Phillips. Singer/Songwriter. 8 - 10pm at Pickled Fish in Long Beach.

Past Presidents' Cabaret. Monday Musical Club of Tillamook. Free admission. 7 - 8:30pm at First Christian Church Fellowship Hall in Tillamook.

Fellow Pynins. Folk. \$ 7pm at the Lincoln City Cultural Center.

Tuesday 11

MUSIC

Raeann Phillips. Singer/Songwriter. 8 - 10pm at Pickled Fish in Long Beach.

Wednesday 12

MUSIC

Across the Great Divide. Songs by Women Songwriters. A local artists showcase. \$15, 4pm at the Peninsula Arts Center in Long Beach.

Mike Frazier. Country/Folk/Rock & Roll. 8 - 10pm at Pickled Fish in Long Beach.

Thursday 13

MUSIC

Brocco. Jazz, Folk, Celtic-tinged R&B. 8 - 10pm at Pickled Fish in Long Beach.

Joey Altruda. Solo Jazz and victrola, 5-7pm at Winecraft in Astoria

LECTURE

Wit & Wisdom. Why Do We Love Our Friends? A Philosopharian Discussion. 7pm at Fort George in Astoria.

HAPPENING

Savor Cannon Beach. Wine & Culinary Festival. savorcannonbeach.com/schedule

Friday 14

MUSIC

Brocco. Jazz, Folk, Celtic-tinged R&B. 6 - 8pm at Shelburne Pub in Seaview.

Water Music Festival. Broadway and Beyond. With Tenor David Gustafson, Soprano Kari Burgess, and Pianist John Jantzi. \$30. Social Hour 6pm, Concert 7pm at Chinook School Event Center. WaterMusicFestival.com

Spirit Dance 2.0. Free-form dance. Music by DJ Pranawave. Suggested donation, \$10. Free for kids. 6 - 8pm. At Pine Grove Community Club in Manzanita.

Garibaldi Jam. Old-time favorites and Country-Western standards. Admission by donation. 6 - 8pm at the Garibaldi Community Hall.

Artist/Music Showcase. Free. 7 - 9pm at the Tillamook Fairview Grange.



GET READY TO soak in the hits of The Temptations, The Four Tops, Aretha Franklin, Whitney Houston, The Supremes, Lionel Richie, Tina Turner, Barry White, and more. Choreography, soul-pop harmonies, and flashy, flashy wear!!! Relive the hits of Motown with The Sounds of Soul.

Saturday, November 5, 7pm. Reserved seating \$15 - \$30. libertyastoria.showare.com

THEATER & PERFORMANCE

Bonechillers. Master Storyteller Will Honyak spins tales for Samhain. Tickets \$15. 7:30pm at KALA in Astoria.

Suddenly Last Summer. Drama. A staged reading. \$15, 7:30pm at the Ten Fifteen Theater in Astoria.

The Cabaret at the End of the World. A Rock & Roll puppet show with Puppeteers for Fears. \$15, 9pm at the Labor Temple in Astoria. Get tickets at eventbrite.com

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

Deathtrap. A comedic thriller. \$, 7pm at the Barn Community Playhouse in Tillamook. Tickets at tillamooktheater.com

HAPPENING

Savor Cannon Beach. Wine & Culinary Festival. savorcannonbeach.com/schedule

The ReHomed Art Show and Sale. 5 - 8pm at Pine Grove Community House in Manzanita.

Saturday 15

MUSIC

Water Music Festival. Paul Galbraith. Classical Guitar. \$25, 3pm at the Oyster-ville Church. WaterMusicFestival.com

Silver Lake 66. Americana. \$20, 4pm at the Peninsula Arts Center in Long Beach.

Micah Subar. Folk. 3 - 5pm at Shelburne Pub in Seaview.

Adams and Costello. \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Amanda Stanaway and Friends. Folk, Blues, Gutsy Folk Rock. \$25, 7pm at the Bay City Arts Center.

THEATER & PERFORMANCE

Suddenly Last Summer. Drama. A staged reading. \$15, 7:30pm at the Ten Fifteen Theater in Astoria.

Deathtrap. A comedic thriller. \$, 7pm at the Barn Community Playhouse in Tillamook. Tickets at tillamooktheater.com

LITERARY

Library After Dark. With local author Ann Ornie. Free, 4pm at the Warrenton Community Library.

HAPPENING

Laksloda Luncheon. \$20, all you can eat. 11:30am - 1:30pm at Soumi Hall in Astoria.

Warrenton Fall Festival and Trunk-Or-Treat. Pumpkin Launch, Pumpkin Patch, vendors, and more family fun. Free admission. Noon - 4pm at Warrenton City Park. facebook.com/warrentonoregon-fallfestival

Savor Cannon Beach. Wine & Culinary Festival. savorcannonbeach.com/schedule

The ReHomed Art Show and Sale. 5 - 8pm at Pine Grove Community House in Manzanita.

Culture of Course! Benefit Gala. \$125, 5:30 - 8pm at the Lincoln City Cultural Center. Reservations required. 541-994-9994

Sunday 16

MUSIC

Alexis Mahler. No cover, 6pm in the Lovell Building at Fort George in Astoria.

Water Music Festival. Tien Hsieh, Classical Pianist. \$30. Social Hour 2pm, Concert 3pm at Chinook School Event Center. WaterMusicFestival.com

Kris Stuart. Folk/Blues/Country. 8 - 10pm at Pickled Fish in Long Beach.

HAPPENING

Artful Breakfast Fundraiser. All you can eat eggs, pancakes, beans, salsa, fruit, coffee or tea. \$5, 8am - noon at the Bay City Arts Center.

THEATER & PERFORMANCE

Gramercy Ghost. A ghostly romantic comedy. \$20 - \$25, 3pm at the Coaster Theater in Cannon Beach.

Deathtrap. A comedic thriller. \$, 2pm at the Barn Community Playhouse in Tillamook. Tickets at tillamooktheater.com

HAPPENING

The ReHomed Art Show and Sale. 5 - 8pm at Pine Grove Community House in Manzanita.

Monday 17

MUSIC

Kris Stuart. Folk/Blues/Country. 8 - 10pm at Pickled Fish in Long Beach.

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BROCCO

For an eclectic mix of Jazz, Folk, and Celtic tinged R&B, try Brocco at the Shelburne Pub in Seaview, WA. 3 long-seasoned musicians, Brian O'Conner on vocals and guitar, George Coleman on bouziki and guitar, and Ted Brainard multi-instrumentalist on bass, together create a unique sound that's serenading the Peninsula.

Oct 14-15 at the Shelburne Pub in Seaview.



THEATRE PERFORMANCE

Gramercy Ghost at The Coaster

WHO, OR WHAT, is Nathaniel Coombes? Nancy Willard is about to find out when she's asked to care for Nathaniel after her landlady dies, in Gramercy Ghost this fall at the Coaster Theatre Playhouse.

When Nancy Willard's landlady dies at age 103, Nancy learns that she's been left something named Nathaniel Coombes in addition to her house. Nathaniel is the handsome ghost of a Revolutionary War soldier killed in 1776, who has been doomed to an earthbound existence for something he failed to do in the war. As a result of meeting her ghost, Nancy's life is turned upside-down, and mayhem results.

Gramercy Ghost is directed by Deanna Duplechain and features Rhonda Warnack as Margaret Collins, Katherine Lacaze as Nancy Willard, Michael Murdoch as Parker Burnett, M. Duck as Augusta Ames, Marcus Liotta as Charlie Stewart, Sean Cooney as Nathaniel Coombes, Frank Jagodnik as Officer Morrison/Rocky, Cyndi Fisher as the Ambulance Driver/Irv, Molly Oien as the Assistant Driver.

The production crew includes Colleen Toomey (stage manager), Sondra Gomez (costumer), Mick Alderman, (set builder/lighting design) Juan Lira (set painter) and Nancy McCarthy (sound and light operator).

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

Opening Sept. 30 and running weekends through Oct. 29, performances will be at 7:30 pm on Fridays and Saturdays with a 3pm matinee on Sunday, Oct. 16 at the Coaster Theatre Playhouse.

Please see website for COVID 19 policies.



Michael Murdoch as Parker Burnett, Rhonda Warnack as Margaret Collins, Katherine Lacaze as Nancy Willard

Ten Fifteen Productions to produce Tennessee Williams reading



Ed Joyce as Dr. Cukrowicz
Janice Leber as Mrs. Violet Veneble

TEN FIFTEEN PRODUCTIONS will offer a staged reading of Tennessee Williams' **Suddenly Last Summer**, **October 14-15**. This will mark the theater's eighth production since reopening in October of 2021, and will fall on the anniversary weekend of the inaugural production of The Weir.

About the show: A girl who has been the sole witness to her cousin's unbelievably shocking death is brought into a 'planned jungle' of a New Orleans garden to confront a family that is intensely interested in having her deny the lurid tale she has told.

This iconic Tennessee play has been described by the playwright as his most poetic—a lurid Southern Gothic tale sizzling, burning with drama, dealing with the complexities of truth, sanity, and the issue of closeted homosexuality, one of the playwright's favorite topics. God bless Tennessee Williams. Also, staged readings are a benefit in that the focus of content can shine, and affording a theatre to present material that may otherwise be more costly and time consuming to present. (- D. Urell)

Cast: Mrs. Violet Veneble - Janice Leber, Dr. Cukrowicz - Ed Joyce, Miss Foxhill - Jacque Denton, Mrs. Holly - Heidi Hoffman, George Holly - Atticus Larsen, Catherine Holly - Ann Branson, Sister Felicity - Toni Ihander

The cast is led by first time director, Bennett Hunter. Slab Slabinski, Jayne Osborne, Susi Brown, and William Ham round out the crew. Tickets are \$15, and are currently available online at www.tenfifteentheater.com.

Please see the theater's website for COVID 19 policy.

TAPA presents Ira Levine's Death Trap

TAPA players in Tillamook present a classic. Twists and turns of devilish cleverness provide hilariously sudden shocks in abundance, holding the audience captive until the final, startling moments.

Performances of Ira Levin's DEATHTRAP will be held in TAPA's Barn Community Playhouse October 14 -15, 21- 22, 28 - 29, 7pm. Sunday Mat: October 16, 23, & 30, 2pm. Doors open 30 min. prior to curtain. Opening night is TAPA Gala Night where each ticket holder receives one free beverage and complimentary Hors D'oeuvres.

Tickets are on sale now! For tickets visit tillamooktheater.com or call the TAPA box office at (503) 812-0275 to make reservations, questions or need assistance. The Barn Community playhouse is located at 12th and Ivy in Tillamook



Water Music Festival Oct 14 - 16

THE PENINSULA'S WATER MUSIC SOCIETY enthusiastically returns this October from the pandemic hiatus with its annual three-day offering of The Water Music Festival featuring world-class musicians.

Friday, Oct 14 brings Broadway and Beyond featuring Portland's **Tenor David Gustafson, Soprano Kari Burgess, and Pianist John Jantzi**. Enjoy selections from Phantom of the Opera, and arias from the most beloved Italian operas. You won't want to miss a performance of the famed "Nessun Dorma" Pavarotti's FAMED signature piece! You may have attended the trio's performance at the Bridgewater Bistro in 2020. **Location is The Historic Chinook School/Event Center, Chinook WA.** A social hour at 6pm will offer tasty appetizers, beverages and a no-host wine bar. Ann and Tony Kischner formerly of the Bridgewater will be on hand both Friday evening and Sunday afternoon to offer a variety of premium wines. Performance 7pm. Tickets: \$25

Saturday, Oct 15, the performance will be held at the quaint **Oysterville Church** presenting GRAMMY nominee **Paul Galbraith's** masterful technique on the classical guitar. Paul has exchanged the traditional guitar for an 8-string Brahms guitar which he helped develop—demonstrating originality of his musical personality. Performance 3pm. Tickets \$25

Sunday's Oct 16 performance concludes with one of the most exquisite artists in the business, classical **pianist Tien Hsieh**, who always presents a powerful and moving program. Social Hour at 2pm. Performance 3pm. Tickets \$30. **At the Historic Chinook School/Event Center.**

Tickets and additional information: watermusicsociety.com (or at the door if still available). As always, a portion of the proceeds is paid forward to support the local school programs.



CANNON BEACH FALL CONCERT SERIES 2022

CANNON BEACH COMMUNITY CHURCH presents the 5th Annual Fall Concert Series, highlighting one of the finest concert pianos in Clatsop County, the Steinway Model B Grand Piano at Community Church. This concert series opens with **Stephen Beus, Steinway Piano Artist, 7pm, Saturday, October 8**. The recital features music by Stravinsky, Ravel, Barber, and Griffes, with special guest, Isaac Beus, Stephen's son, on violin playing music by Vivaldi. This is a Memorial Benefit Concert for Helping Hands Reentry Program in Memory of Tom Drumheller. Donations to Helping Hands will be accepted at the door.

The second concert in the series, **Melodies in the Storm: Solo Piano Concert & Stormy Nature Photoshow**, features Cannon Beach pianist **David Robinson, Friday, November 4, at 7pm**, during Cannon Beach's Stormy Weather Arts Festival. Donations at the door benefit Cannon Beach Food Pantry. Robinson will play original piano melodies inspired by clouds and storms, along with music by Italian pianist Ludovico Einaudi, accompanied by coastal nature photography projected on the big screen.

The final concert in the series features **Northwest Piano Trio (Piano, Cello, Violin) at 3pm, Sunday, November 20**, playing music by Ravel and Turina, on a journey to France and Spain. Donations for Northwest Piano Trio may be given at the door.

Cannon Beach Community Church is located at 132 E. Washington.



Refuse & Conservation Take Center Stage Coastal Oregon Artist Residency

IF YOU'VE taken trash or unwanted items to the Astoria Transfer Station over the past few months you may have seen a couple of individuals hurriedly sifting through the piles of debris. Astorians Kate Speranza and Bill Atwood, the selected artists for the Coastal Oregon Artist Residency, have been working since May to glean items from the never-ending supply of refuse brought to the Transfer Station. Out of the thousands of pounds of trash and discarded items the two collected, some will find a new purpose: to become art.

"As a kid I was a big fan of Martha Stewart, who repurposed second-hand items with such skill and style—I think that's where my love of working with found objects started," explains Speranza, "Getting selected for this residency was so exciting because it allowed me to be more experimental and playful with my process. It was shocking to see what kinds of things get tossed that could easily have had a second life. During my trips to the waste transfer station, I gravitated towards collecting building materials, furniture, and regionally specific materials like fishing equipment. Rather than make work to fit around a specific concept, I let the inspiration come from the materials and guide my process."

Atwood takes a similar path, relying on intuition to guide his art-making process. "It's overwhelming at first, how much great stuff gets discarded. I spent the first two months just collecting as much as I could. It became addicting. The people I've met were so welcoming. I've really appreciated this opportunity." Like Speranza, Atwood responds to objects



Kate Speranza, Freewheelin



Bill Atwood, Graphene

and materials to inform his process.

This is the sixth round of the Coastal Oregon Artist Residency (COAR), which was developed collaboratively by Recology Western Oregon (RWO), an employee-owned company that manages resource recovery facilities on the North Coast, and local arts non-profit Astoria Visual Arts (AVA). COAR is designed to support the creation of art from recycled, repurposed and discarded materials. By supporting artists who work with recycled materials, AVA and RWO hope to encourage people to conserve natural resources and promote new ways of thinking about art and the environment.

Saturday Oct. 8: 12pm – 5pm open to public. (Closed 5-6pm before reception) Opening reception: 6pm-8pm. On View: October 8 thru 16 at the Anita Building, 1312 Commercial Street, No cost, all ages are welcome. Sunday, Oct 9: 10am – 4pm / Mon – Sat, Oct 10 - 15, 11am – 4pm.



Astoria Visual Arts Member Artists Juried Show

AVA invites member artists to join together for a group exhibit highlighting the creative talent of AVA supporters. This exhibit connects community-minded artists throughout the Columbia Pacific Region. Any individual or business can become an AVA member, which provides the crucial bedrock for all AVA's programs. Through many small contributions, AVA is able to accomplish amazing things. Learn more at astoriavisualarts.org.

See the show Oct 8 thru Nov 5 and the opening reception during Astoria Artwalk, Saturday, October 8 from noon to 8pm. AVA Gallery, located at 1000 Duane Street in Astoria. Open Fri-Sun, 12noon to 4pm.

Learn About Astoria Visual Arts at the Annual Members' Meeting

AVA invites the public for the annual members meeting on Saturday, October 22 from 11am to 12pm at the AVA Gallery located at 1000 Duane Street. You do not need to be a member to attend. Everyone is welcome to share ideas and to learn about AVA's programs and how it serves the community. The program will include board elections and updates from the current AVA artist-in-residence, Lindsey Aarts, and Coast Oregon Artist Residence award winners, Kate Speranza and Bill Atwood. All attendees will be treated to snacks and entered into a raffle for prizes.

TRAIL'S END GLASS ARTIST EILEEN MILSAP

THE TRAIL'S END ART ASSOCIATION Gallery opens a new show in October featuring glass artist Eileen Millsap. The show will be open Fridays- Sundays, 11am – 3 pm from October 1st to 30th.

Art in many forms has surrounded Eileen Millsap her entire life. Her mother was a painter and print maker. Their home was filled with the art of many artists. Paints, inks, presses, tools were the playroom toys Millsap, and her siblings grew up with.

As an adult, Millsap made her living in Medical Imaging. X-Ray, Nuclear Medicine, PET, and MRI images were what she worked with every day, enhancing images to better diagnose what was occurring in the body. The shapes and colors of the human body awed and inspired her.

For the last 15 years Millsap has worked in fused glass. Once again, colors, textures, and shapes inspire her. She works with large glass sheets of many colors and textures. She designs her pieces, cut, and fuses them in one of several glass kilns Millsap has in her studio. For the last stage she slumps (heats glass in a kiln over a shape mold) her pieces into their final shape. Millsap's work is largely functional consisting of bowls, plates, and other useful shapes. With the smaller pieces of glass, she designs and makes jewelry.

The show will be open Fri-Sun, 11am – 3 pm, October 1 – 30. The gallery is located at 656 A Street in Gearhart. TrailsEndArt.org. Phone 503-717-9458 and email trailsendartassociation@gmail.com



Glass Bowl



Along the Cathlamet Channel

IMOGEN GALLERY PAINTER MICHELLE MULDROW

IMOGEN hosts artist Michelle Muldrow and a new series of paintings for her first solo exhibition at the gallery. Her painting is a conceptual exploration of the American landscape, imbued by working history of the land she portrays. The exhibition opens during Astoria's Second Saturday Artwalk, October 8. Muldrow will be in attendance during artwalk and available to answer questions about her work, 5 – 7:30 pm. The exhibition will remain on view through November 7. Musical guests for the eve, the Horsenecks, Gabrielle Macrae on fiddle and Barry Southern on banjo, performing their Old Time and Blue Grass music from 5 – 7 pm.

Michelle Muldrow who is well versed in the arts, is a nationally recognized painter and singer/songwriter. She brings a new collection of paintings exploring the relationships between landscape, consumerism, historical aesthetic philosophy and personal narrative. Working in casein on panel with a muted palette, she applies philosophical ideas to American landscape painting, using historical precedents while considering the contemporary experience to reach an understanding of America. A sense of nostalgia marks her gestural style and sense of composition. Her chosen medium casein, is itself

historical in nature being one of the original forms of paint, dating back to prehistoric times and utilized in early cave paintings. The medium, soft in tonality with a matte finish lends itself perfectly to her painting style, evoking a dreamlike imprint of memory.

Her subject matter has always been rooted in sense of place, known landforms, man-made landmarks make their way into composition. New to the Northwest, via Los Angeles she has shifted her focus in recent paintings to riverways, timber lands, landscape worked by time and mankind.

Muldrow has exhibited her work extensively throughout the country, from New York to Los Angeles with many stops in between. She is a 2021 recipient of a Provincetown Art Museum/Lillian Orlowsky and William Freed Grant and has her work included to many private and corporate collections, including the Microsoft Corporate Art Collection, the Cleveland Clinic Art Collection, Gerard Louis-Dreyfus Art Collection, and many others.

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

Dots & Doodles is now Fine Art Supply

Dots 'N Doodles Art Supplies in Astoria is the largest supplier of art materials on the North Coast. In July, former owners, Scott Leahing and Tim Masuelli sold this business to Jo Pomeroy (Crockett), a local artist. She will continue the business with her son, Mike, and will provide personalized assistance and quality art supplies.

The store, in business for over 16 years, supplies professional grade art materials. Artists from communities in OR, WA, and other states come to Astoria for their art materials. A community of artist friends has developed over the years. Local artists were concerned when the former owners announced their intent to retire. People were concerned about how they would get their needed supplies since no one along the North Coast stocks the diversity of materials.

The store will remain at 303 Marine Drive in Astoria. Its name will change to FINE ART SUPPLY. The commitment to fine customer service, quality products, fair pricing, and concern for the community will stay the same.

Jill McVarish Curates The Secret Show at RiverSea Gallery

RIVERSEA GALLERY presents **The Secret Show** a group exhibition curated by Astoria artist and gallerist Jill McVarish. The show opens on Saturday, October 8 with an opening reception from 12:00 – 8:00 pm during the Astoria Artwalk. Artists will be in house from 5:00 – 8:00 pm with local musician John Orr playing jazz guitar. Artwork will remain on view through November 8, 2022.

In recent years, McVarish brought a selection of remarkable shows to the McVarish Gallery and The Secret Gallery, a hidden, yet widely renowned venue tucked away near Astoria's river front. This group exhibition



Benz and Chang, The Sphinx

celebrates that special place and the adventurous artistic spirit that reigned there. **Participating artists:** Rachel Bess, Benz and Chang, Stephanie Brockway, casebeer, Colin Chillag, Tom Giesler, Jill McVarish, Hickory Mertsching, Kathleen Powers, and Sam Vaughan.

"For four years, I curated shows in a disheveled room at the end of a hallway at the back entrance of a failed shopping mall with the belief that the work I was finding and showing was so amazing it was worth the hunt," notes McVarish. As a child she was enchanted with *The Secret Garden* by Frances Hodgson Burnett, a tale of a hidden garden full of so much beauty and love that it held the power to heal and build friendships for the kids who found and appreciated it. The message in the story was the impetus behind The Secret Gallery. As McVarish muses, "It seems to me like what art is at its best." For this show, she has sought "artists who create powerful work in the quiet of their studio for the pure joy of giving life to a secret idea. All of them illustrate complex social or personal ideas via visual and technical mastery in a way that gives them life."

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



Rachel Bess, BloodFire

The SHIP SHOW

THE CLATSOP COMMUNITY COLLEGE Royal Nebeker Art Gallery will open its 2022/2023 exhibition season with a show celebrating our beautiful environs as well as the bustle and business of a seafaring community in The SHIP SHOW, curated by Ben Killen Rosenberg.

This exhibit runs October 13 thru January 26, 2023. Join the art department for a reception with the artists on Thursday, October 27 at 6pm. The gallery reception and exhibit are free and open to the public.

This exhibit features artwork by the following artists: Lindsey Aarts, Mark Andres, the late



Randy McClelland, Have a Drink on me

James Weldon Brown, Sally Cleveland, Roger Dorband, Annie Eskelin, Kevin Farrell, Anna Fidler, Drea Frost, Friderike Hauer, Nick Knapton, Randy McClelland, the late Royal Nebeker, Henk Pander, Paul Polson, Ben Rosenberg, John Taylor, Kristin Shauck, Lucien Swerdloff, and Noel Thomas.

Ben Killen Rosenberg, Clatsop Community College's Printmaking Instructor, who conceived of and curated the exhibit, explains his concept for this show:

"When visiting Astoria, I always stop to watch the ships traveling up the Columbia River. Large vessels bringing goods or carrying vacationers from places near and far away pass by--a visual delight for all who see them. Ships are mysterious and romantic; they speak to an earlier time and a slower pace of travel, as they pass through vast bodies of waters.

"Ships can also be ominous harbingers of cruelty and environmental damage. From news reports I've followed, I've learned of ships carrying illegal cargo or using slave labor

changing the GPS locations to avoid being caught by the few authorities on the "look out. Out at sea, in stateless open waters, the environmental impacts and horrendous labor conditions are monitored by almost no one.

"This is a show about ships as we know them--cruise ships, tanker ships, container ships, offshore vessels and fishing ships--it's a Ship Show, which sounds a lot like something we've all been saying the past couple of years. Enjoy!"

The CCC Royal Nebeker Gallery, located at 1799 Lexington Avenue in Astoria, is ADA accessible. The gallery hours are from 10:00 a.m. – 4:00 p.m. Mon - Thur, weekends and holidays by appt. FMI: contact Kristin Shauck by phone (503-338-2472) or e-mail kshauck@clatsopcc.edu.

Painter Ruth Hunter at Brumfield Gallery

BRUMFIELD GALLERY In Astoria showcases new figurative paintings by Portland artist Ruth Hunter, opening October 8 for Astoria Art Walk, 12 noon to 8pm and showing through Dec 24.

Growing up in a trailer home in East Texas, and later the Dallas suburb Forney, Ruth Hunter spent a lot of time alone in nature. Drawing and painting quickly became an outlet for the lonesome child, a way for her to capture the colorful scenery, wildlife, and feelings she associated with her surroundings. Ruth spent much of her adult life in the south, in Augustine, Florida and Savannah, Georgia, but in 2017 moved westward to Portland, Oregon where she currently resides.

Hunter is an intuitive artist who expresses herself through her art today. Ruth describes her artistic process as an equal give and take, saying "I struggle, I grasp, I surrender. And in the end, what arrives is a gift."

Hunter works in mainly oil and cold wax to create multi-layered figurative paintings, with a large focus on mark and color. Hunter's method of gestural mark making, the painting method using vigorous and expressive paint

strokes, is the language she invents without words to tell a story. Also considered a colorist, using colors to provide meaning, Ruth applies color to create an emotional response in the viewer. These responses draw on memory and symbolic contrasts like warm and cool, light and dark. Her subject matter is the figure, often in solitude or a pair of two, and when combined with the bold colors and textured markings, creates a feeling of familiarity.

Ruth's painting medium of cold wax adds body, transparency and depth to the oil paint, and allows for easy manipulation, and the ability to either layer as many times as desired

or scrape away to reveal what's beneath. The cold wax also has a relative fast drying time, can combine easily with other mediums, and does not require any heating tools or room ventilation like its counterpart, encaustics. Ruth's use of cold wax and oil is very intentional in telling her stories, and a necessity in creating the beautiful layers that make her work stand apart.

Brumfield Gallery, is open Wed thru Sat 11am–5pm and Sundays 11am–4pm. Located at 1033 Marine Drive in Astoria, Oregon.



Robin's Companion 24x24

Darren Orange: Fractal Interscape Newport Visual Arts Center

THE NEWPORT VISUAL ARTS CENTER presents "Fractal Interscape" a new collection of expressive abstract paintings by Astoria artist Darren Orange.

Orange has spent the majority of the past 20 years absorbing and projecting the coastal landscape, seascape and atmosphere of Astoria Oregon in his paintings. The atmospheric and geological drama of the Columbia River and the Pacific Ocean merging together is a source of constant inspiration. "The light and color of the Northwest keeps me tethered to a suggestion of landscape and emotional interscape. Fractal shards reference experience and sense of place."

While Orange paints primarily with oil, he has a history of incorporating untraditional materials such as cement and bur-lap into his paintings and has worked with bronze as well. He describes his paintings as gritty, layered, sometimes romanticized reflections of place or atmosphere. Bold contrasting colors are applied with trowels, scrapers, and his hands. Brushes tend to be too fussy for Orange as he is commonly producing 20+ large scale paintings simultaneously. Many of his paintings are fluid, not preconceived and come to fruition quickly with intense energy. He compares the intentional placement of color at later stages of his process to the slow methodical moves of a chess game.

Darren Orange grew up on the eastern steps of the Central Washington Cascades, where he continued his education, earning his B.A. in Fine Arts from Western Washington University in 1999. He has gone on to exhibit his work in galleries across Oregon, Washington, New Mexico, Florida and New York. He is the recipient of numerous grants and awards such as the Ford Family Foundation Residency Grant Award in 2013 and the Oregon Governor's Office Exhibit in 2019.

"Fractal Interscape" will be on display through November 27th. The Runyan Gallery is located inside the Newport Visual Arts Center located at 777 NW Beach Dr. and is open Wednesday through Sunday 12-4pm.



LECTURE

Reclaiming Our Public Trust Rights. A Zoom Forum with Mary Wood. Free, at 6pm. Register online at healthywater-shed.org

Tuesday 18

HAPPENING

AAUW Candidate's Forum. candidates are Andrew Davis and Geoff Gunn running for Astoria Council Ward 1, Kris Haefker and Elisabeth Adams running for Astoria Council Ward 3, and Sean Fitzpatrick running unopposed for Mayor of Astoria. 7:30 – 8:30pm at the Astoria High School Auditorium.

Wednesday 19

MUSIC

Cary Novotny and Laurence Nugent. Celtic. \$20, 4pm at the Peninsula Arts Center in Long Beach.

Thursday 20

MUSIC

Joey Altruda. Solo Jazz and victrola , 5-7pm at Winecraft in Astoria

LECTURE

Thursday Night Talk. With the Clatsop County Historic Society. Free, 7pm in the Lovell Building at Fort George in Astoria.

HAPPENING

Savor Cannon Beach. Wine & Culinary Festival. savorcannonbeach.com/schedule

Friday 21

MUSIC

Babes in Canyon. 6 – 8pm at Shelburne Pub in Seaview.

Spirit Dance 2.0. Free-form dance. Music by DJ Pranawave. Suggested donation, \$10. Free for kids. 6 - 8pm. At Pine Grove Community Club in Manzanita.

Garibaldi Jam. Old-time favorites and Country-Western standards. 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.

Philip Grecian's Dracula. A 1940s-style Radio Show. \$20 - \$25, 7 – 8:30pm at the NCRD Performing Arts Center in Nehalem.

HAPPENING

Astoria International Film Festival. \$10 for individual films, \$80 Festival Pass. 6pm at the Liberty Theater in Astoria. astoriainternationalfilmfestival.com

Savor Cannon Beach. Wine & Culinary Festival. savorcannonbeach.com/schedule

Saturday 22

MUSIC

Babes in Canyon. 6 – 8pm at Shelburne Pub in Seaview.

!mindparade (unplugged). Psychedelic/Experimental. No cover 8pm at the Sou'wester in Seaview.

THEATER & PERFORMANCE

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

Philip Grecian's Dracula. A 1940s-style Radio Show. \$20 - \$25, 7 – 8:30pm at the NCRD Performing Arts Center in Nehalem.

Deathtrap. A comedic thriller. \$, 7pm at the Barn Community Playhouse in Tillamook. Tickets at tillamooktheater.com

HAPPENING

Astoria International Film Festival. \$10 for individual films, \$80 Festival Pass. 6pm at the Liberty Theater in Astoria. astoriainternationalfilmfestival.com

Apple Pie. An Independent super 16mm film/digital transfer by Sam Tam Ham, 2016. Donation bar. \$10 suggested donation, no one denied entry for lack of funds. 7pm at the Anita Building in Astoria.

Fall Fun Fest. Carnival games, a cake walk, a costume contest, and a pumpkin decorating contest. \$2 per person, maximum \$10 per family. 3 – 7pm at the Sunset Recreation Center in Seaside.

Savor Cannon Beach. Wine & Culinary Festival. savorcannonbeach.com/schedule

Sunday 23

MUSIC

Jordan Vales Math Class. No cover, 6pm in the Lovell Building at Fort George in Astoria.

Babes in Canyon. 8 – 10pm at Pickled Fish in Long Beach. .

Tannahill Weavers. Celtic. \$30, 2pm at the Lincoln City Cultural Center.

THEATER & PERFORMANCE

Philip Grecian's Dracula. A 1940s-style Radio Show. \$20 - \$25, 2 – 3:30pm at the NCRD Performing Arts Center in Nehalem.

Deathtrap. A comedic thriller. \$, 2pm at the Barn Community Playhouse in Tillamook. Tickets at tillamooktheater.com

HAPPENING

Astoria International Film Festival. \$10 for individual films, \$80 Festival Pass. 6pm at the Liberty Theater in Astoria. astoriainternationalfilmfestival.com

First Contra Dance of the Season. With Live Music by Gabrielle Macrae and Barry Southern. Admission is \$10. Children under 12 years old are admitted free.

Beginner's lesson at 7 with music and dance starting at 7:30pm at the Astoria arts and Movement Center.

Savor Cannon Beach. Wine & Culinary Festival. savorcannonbeach.com/schedule

Monday 24

MUSIC

The Horsenecks. Bluegrass. 8 – 10pm at Pickled Fish in Long Beach.

HAPPENING

Séance. Experience a Victorian séance at the Shelburne Hotel. Hosted by Seth Howard. 18+ only, \$40 per person, limited seating available. Please come dressed in cocktail attire.

Tuesday 25

MUSIC

The Horsenecks. Bluegrass. 8 – 10pm at Pickled Fish in Long Beach.

HAPPENING

Séance. Experience a Victorian séance at the Shelburne Hotel. Hosted by Seth Howard. 18+ only, \$40 per person. Please come dressed in cocktail attire.

Wednesday 26

MUSIC

The Horsenecks. Bluegrass. 8 – 10pm at Pickled Fish in Long Beach.

Thursday 27

MUSIC

Mbrascatu Solo. Singer/Songwriter. 8 – 10pm at Pickled Fish in Long Beach.

Joey Altruda. Solo jazz 5-7pm. Winecraft in Astoria

THEATER & PERFORMANCE

Almost Maine. \$20, 7:30pm at Theater West in Lincoln City.



Desdemona Speaks

ON AN EARLY EVENING along Astoria's River Walk this early Fall, the chords of a jazz guitar twine with the slap of tide against pilings. At Pier 11, a lone musician plays a battered Fender guitar, its body as weathered as old cannery wood. Musician Joey Altruda—seated beneath a canopy outside the pier venue WineKraft, coaxes notes and chords from the old guitar; mellow, melancholy, dreamy. A small crowd clusters, sipping beverages illumed by the setting sun and listening to standards like *Tangerine* or *Fools Rush In*.

Spotted among the locals on a late September night are two KMUN jazz programmers, fellow musicians, a fashion designer, a poet, and a hospice worker.

Altruda encourages

people to chat, it's not a 'concert' he says. "I want people to relax and socialize." Indeed, it's more of a river serenade punctuated by ship's horns and the cry of gulls.

The veteran musician, (who's recorded with legends of the jazz, Afro-Cuban, and Jamaican worlds) moved to Astoria six years ago from Los Angeles. A recent/former DJ host of the popular Rhythm Lounge show on KMUN, in between musical sets, he entertains the crowd by playing 78 RPM records on a "singing chair" he created from a Victrola and an old vanity settee, and like a Victrola, only the record needle and its vibrations through the tube to the horn create the fidelity. (It must be seen and heard to be appreciated, as it was back in the day when recordings of music were first realized). Altruda hopes to create a weekly musical "happy hour" for folks to gather, and connect around the old Victrola. As the season changes, the venue will move inside. Follow the fall wind to Winecraft, and Mr. Altruda's Thursday Night Guitar Noir, 5 - 7pm.

— just a bystander at the edge of the continent



THE KICKOFF CONTRA DANCE for the winter and spring will be held on Sunday, **October 23 at 7pm at the Astoria Arts and Movement Center, 10th and Commercial Streets in Astoria.** Live music from local duo Gabrielle Macrae and Barry Southern of Horsenecks fame. Dave Ambrose will be teaching and calling the dances.

Contra dancing is a great activity for the whole family. Children are encouraged to come and dance. There will be a beginner's lesson at 7 with music and dance starting at 7:30. Admission is \$10. Children under 12 years old are admitted free.

Contra Dance Kickoff

.....► cont. p20

LECTURE

Nature Matters. With Lewis & Clark National Parks, National Park service, and North Coast Watershed Association. Free, 7pm in the Lovell Building at Fort George in Astoria.

HAPPENING

Artist Reception. The SHIP SHOW. Celebrating our beautiful environs as well as the bustle and business of a seafaring community. Curated by Ben Killen Rosenberg. 6pm at the Royal Nebeker Art Gallery at CCC in Astoria.

Tarot Reading. With Suzy Olsen of Chariot Spirit & Home. Ages 15+. Readings offered in 10-minute slots. Please email Johanna@adrifhospitality.com to reserve a spot. All day at the Shelburne Hotel in Seaview.

Séance. Experience a Victorian séance at the Shelburne Hotel. Hosted by Seth Howard. 18+ only, \$40 per person. Please come dressed in cocktail attire.

Savor Cannon Beach. Wine & Culinary Festival. savorcannonbeach.com/schedule

Friday 28

MUSIC

Barney Perrine. Blues, Classic Rock. 6 – 8pm at the Shelburne Hotel in Seaview.

Spirit Dance 2.0. Free-form dance. Music by DJ Pranawave. Suggested donation, \$10. Free for kids. 6 - 8pm. At Pine Grove Community Club in Manzanita.

Garibaldi Jam. Old-time favorites and Country-Western standards. 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.

Deathtrap. A comedic thriller. \$, 7pm at the Barn Community Playhouse in Tillamook. Tickets at tillamooktheater.com

Almost Maine. \$20, 7:30pm at Theater West in Lincoln City.

HAPPENING

Bats, Spiders, Owls – Oh My! Hear fun tales and learn about bats, spiders, and owls with a free ranger-led talk. Tours will run every twenty minutes starting at 6pm, and the last tour starting at 7:40pm. At Fort Clatsop, Astoria.

Creature Double-Feature. The Lost Boys & An American Werewolf in London with live music by IDANHA. \$12, 6pm at the Liberty Theater in Astoria.

Séance. Experience a Victorian séance at the Shelburne Hotel. Hosted by Seth Howard. 18+ only, \$40 per person. Please come dressed in cocktail attire.

Savor Cannon Beach. Wine & Culinary Festival. savorcannonbeach.com/schedule

Saturday 29

MUSIC

DJ Joey Altruda at the Labor Temple Halloween Party. 9pm. Astoria.

Schwing: 90's Halloween Dance Party. Costume Prizes, all your fav LIVE 90's alternative music. 9:30pm at the Merrytime in Astoria.

Barney Perrine. Blues, Classic Rock. 6 – 8pm at the Shelburne Hotel in Seaview.

Jerry James Meyer. No cover 8pm at the Sou'wester in Seaview.

Edge of the West. Cosmic Honky Tonk from the Bay Area. 8pm at the White Clover Grange, Nehalem. Get tickets at tickettomato.com



Take a Paranormal Tour

It's ghost hunting season at the Liberty! Join the experts from Ghostoria as they guide you through a paranormal tour of the theatre. Specialty ghost hunting equipment is part of the act. Two tours in one night. Space for 30 and 40 respectively. 18 and older, and where comfortable shoes that can get dirty! And be nice to the ghosts.

Saturday October 29 at 7 and 9pm. Tickets \$25 at libertyastoria.showare.com



Schwing: brings your favorite hits of the 90s together in one exhilarating show. From grunge to pop, indie to Americana, punk to rap-rock, this band will transport you back to a time when alternative music ruled the airwaves. This is a Halloween dealeo with Costume prizes, et all.

Saturday, Oct 29, 9:30pm at The Merrytime in Astoria

THEATER & PERFORMANCE

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

Deathtrap. A comedic thriller. \$, 7pm at the Barn Community Playhouse in Tillamook. Tickets at tillamooktheater.com Almost Maine. \$20, 7:30pm at Theater West in Lincoln City.

HAPPENING

Paranormal Tours. Ghostoria Presents & Liberty Presents. A guided paranormal tour of the Liberty Theater in Astoria. \$25, age 18+ only, must have closed toe, comfortable shoes that can get dirty. 7pm or 9pm.

Spooky Soire. Wierd Sisters Hidden Underground in Astoria. Costume prizes, coxtials, card readings, dance music, and general weird fun! 6-8pm. All Welcome.

Séance. Experience a Victorian séance at the Shelburne Hotel. Hosted by Seth Howard. 18+ only, \$40 per person. Please come dressed in cocktail attire.

Halloween Happenin's. Witches Paddle, Carnival. 9am – 3pm in Quatat Park in Seaside. seasideor.com/event/halloween-happenins-3

Savor Cannon Beach. Wine & Culinary Festival. savorcannonbeach.com/schedule

Sunday 30

MUSIC

Cruise Control. No cover, 6pm in the Lovell Building at Fort George in Astoria.

Barney Perrine. Blues, Classic Rock. 8 - 10pm at Pickled Fish in Long Beach.

THEATER & PERFORMANCE

Deathtrap. A comedic thriller. \$, 3pm at the Barn Community Playhouse in Tillamook. Tickets at tillamooktheater.com

HALLOWEEN HAPPENINGS

Talking Tombstones. Historical cemetery resident reenactment. 1pm – dusk, location TBA.

Halloween Block Party. 4 – 7pm on Lake Street in Ilwaco.

Halloween Happenin's. Pet Parade, Trunk or Treat, Pumpkin Drop. 9am 2:30pm on westernmost block of Broadway and the Turnaround in Seaside. seasideor.com/event/halloween-happenins-3

Cannon Beach Treat Trail. Trick or Treating. Start at the Information Center, 207 N Spruce St., for your first treat and photo opp. Bags and maps will be handed out.

Monday 31

Astoria Trick & Treat Downtown 3-5pm.

Halloween HELORIUM at Fort George with band Sunbathe. More details on website. 8pm

Thursday 3

MUSIC

JJ Gregg, Ravi Albright, & David Van Auken. \$20, 7pm at the Lincoln City Cultural Center.

Joey Altruda. Solo Jazz and victrola, 5-7pm at Winecraft in Astoria

THEATER & PERFORMANCE

Almost Maine. \$20, 7:30pm at Theater West in Lincoln City.

LECTURE

Ales & Ideas. With Clatsop Community College. Free, 7pm in the Lovell Building at Fort George in Astoria.

Friday 4

MUSIC

Spirit Dance 2.0. Free-form dance. Music by DJ Pranawave. Suggested donation, \$10. Free for kids. 6 - 8pm. At Pine Grove Community Club in Manzanita.

David Robinson. Melodies in the Storm Piano Concert & Photo Show. Admission by donation. 7pm at Cannon Beach Community Church.

Garibaldi Jam. Old-time favorites and Country-Western standards. Admission by donation. 6 – 8pm at the Garibaldi Community Hall.

THEATER & PERFORMANCE

Almost Maine. \$20, 7:30pm at Theater West in Lincoln City.

HAPPENING

One Flew Over the Cuckoo's Nest. Film Screening and live Q&A with actor Mews Small. Free, 6pm at the Liberty Theater in Astoria.

Stormy Weather Arts Festival. In Cannon Beach. cannonbeach.org

Saturday 5

MUSIC

The Sounds of Soul. Motown, Soul, R&B. \$15 - \$35, 7pm at the Liberty Theater in Astoria.

Dukes of Swing. A night of music and dancing to honor our men and women in uniform. \$20 donation. 5 – 8pm at the Fort Columbia Theater, Chinook.

Cannon Beach Boys. Beach Boys Tribute. \$35, 7:30 at the Coaster Theater in Cannon Beach.

THEATER & PERFORMANCE

Almost Maine. \$20, 7:30pm at Theater West in Lincoln City.

HAPPENING

First Saturday Art Walk. 8am – 5pm between Holladay Drive and Broadway Street in the Historic Gilbert District of downtown Seaside.

Stormy Weather Arts Festival. In Cannon Beach. cannonbeach.org



Cruise Control

A band of friends from Portland, Oregon who strum up their love for classic country music through a filter of power pop songwriting. (Think wholesome Carter Family harmonies meets The Velvet Underground, or The Louvin Brothers jamming with Dwight Twilley.) On their debut album, "1st", the vocals weave sweet like threading sugar while acoustic rhythms give way to big-time choruses, blending twangy picking and fuzzy leads. Sounds delicious.

Sunday, Oct. 30, 6-8pm, Lovell Tap Room at The Fort George in Astoria.

GOLDIE & FRIENDS

By Kate Cooper • Animal Rescue Volunteer



THIS MONTH we aren't featuring any specific dog. Instead, here's a run through of most of the pups we have available for adoption. The shelter is currently packed with dogs and cats. This is common across the region. One thought is folk decided COVID went away, everyone started living their lives again, and the pets they adopted through the pandemic got returned.

Whatever the reason, we have A LOT of dogs of all sizes. We have big dogs like Squirt, an adorable gentle giant, who is a young Rottweiler mix. *Link who is a Rottie/ Shephard mix*—he was surrendered as he needed surgery. We got him sorted, and now he's ready for his home. *Big Bug* is a total love bug! He is a lovely young *Boxer mix*.

Then we have some medium-sized pups like *Schwartz, a 4-year-old Staffy mix*. He's full of energy and ready to play. *Crystal is a pretty, petite 3-year-old Husky mix*. You'll make many friends when you're out with Crystal as she wants to greet everyone! We also have a number of little dogs. *Issac is 4-year-old Chihuahua/ Pug mix* who is a friendly sweetheart. *Princess is an adorable 5-year-old Chihuahua*. She takes a minute to warm up, but it's worth the wait! *Dana is a sweet 4-year-old Terrier mix* who'll want to be your lap dog. And *Gophur, a Chihuahua/Pug mix* and full of beans. While he's little, this guy is ready to hike!

Finally, there are our long-timers, those who have been at the shelter a good while. *Duane* is a gorgeous goof-ball! He is a *4-year-old Pibble mix* who just wants to have fun with you. *Pretty Goldie* whose heart is huge. This small *Staffy mix* will melt your heart (she's the one featured in the photo). Handsome *Henry is a 4-year-old Beagle mix* who has quite a lot to say and will be your loyal buddy! And *Louise, a striking Cattle dog mix* who at 6 is one of our older dogs. She's playful and affectionate, and will lavish love upon you.

As you can see, we have a fine assortment of dogs, in all shapes and sizes, and all needing homes. Please visit our website to find out more about any or all of these pups. And please, if you are looking for a canine friend—adopt don't shop!

Please go to WWW.BEACHPETS.COM and follow the links to Adopt. Once an application form has been completed, the shelter will reach out to arrange a meet and greet. More info: 360.642.1180.

By Tobin Nason

word wisdom

Lazy Sunday Morning AFTER some brilliantly beautiful blue sky days, we've got a cool misty morning. Just right for snuggling with the dog, drinking coffee and a quiet reflection. No rush to do anything, trying to keep irritating concerns at bay. That is a talent to be mastered in itself. I know—yoga, meditation, mindfulness. It seems I never have enough time to practice any of those. Big contradiction there, right? So let's label my Sunday snuggle and coffee as a practice in mindfulness.

I do practice a reasonable amount of mindfulness. My days at George Fox, pursuing my Masters degree, encouraged a certain amount of awareness. Blessings, small gifts such as the taste of chocolate ice cream, sitting in peace with friends... all were brought to the forefront. I've carried that forward into my present life. If I make a delicious soup out of almost nothing except what's on the countertop, I feel thankful. If a coworker says a kind word, I am pleased. When some dilemma turns out fine and all my worry and angst were for nothing,

I settle into a world that meets my needs.

But, hmm... I think it's safe to say that humans have an innate ability to forget the smaller things and truly believe that once they buy that house, have those kids, get a better job, life would be less troublesome. That every day would be a blue sky day because things are going well. We all know that's not true... but we do it within our minds anyways. Always aiming for...something. Something that you believe is missing but everyone else seems to have and your heart says—nope, you're not ever going to get that righted. Bad childhood? Ruinous marriage? Infertility takes away a vision of family? You fill in your unfulfilled dream.

This is where I repeat myself from years of columns and years of my own shattered dreams. Happiness is a do-it-yourself process. Take mind of what is in your world... one very good friend? Food? Books to read? You name it—so many simple gifts out

there. Count yourself happy with what you have.

I'm not sure I know of anyone that has had a trouble-free life. But beating yourself up emotionally forever for circumstances and traumatic events you once were in defines a sad continuation of misfortune.

Sometimes we have to train ourselves to be on a happier scale. So many books about happiness out there, filled with basic and simple ways to make most days be blue-skied. Yes, sometimes it feels like work to try to be happy—appreciative, grateful, thankful for what is, as opposed to what isn't. Sometimes life just feels overwhelming. It's a feeling, not a reality.

Now I'm getting out of bed for another cup of coffee and walking my snuggle buddy, Ollie. Take care. Try to find your happiness today.

Tobi Nason is a counselor (503) 440-0587. She makes house calls and also works on her own happiness.



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

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We offer weekly classes
by local artists,
workshops by nationally
known artists, studios and
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THEATRICAL / STREAMING RELEASES



AMSTERDAM Director David O. Russell (American Hustle) throws the kitchen sink into this zany screwball comedy, crime thriller, history drama. Toplining the star-laden cast are **Christian Bale, John David Washington** and **Margot Robbie** as a trio of friends in 1933 New York. The three met 15 years previous in France in 1918. Burt Berendsen (Bale), a principled man, serves as a medic for a Black American unit so segregated that they are forced to fight under the French Army. There, Burt meets Harold Woodman (Washington) and nurse Valerie Voze (Robbie). Flash forward to 1933. Burt is now a doctor experimenting with pain treatments for veterans. Woodman is an attorney. Voze has become an artist but has lost touch. Story turns into a crime thriller when Burt and Harold are asked by rich mystery woman Liz Meekins (Taylor Swift) to investigate the death of father. When the investigation leads to the Voze mansion, the two are shocked to discover Valerie, drugged for an apparent nervous disorder.

WHITE LOTUS SEASON 2 (OCT. 30 HBO) Mike White's resort murder mystery series was an unexpected smash hit last year. After series won ten Emmies, HBO renewed the series for another season. Season 2 again takes place in a White Lotus resort, this time in Sicily. Series star Jennifer Coolidge returns as Tanya, on another vacation. All new cast members include **Aubrey Plaza, Michael Imperioli, F. Murray Abraham, Will Sharpe, Theo James, Haley Lu Richardson, Tom Hollander** and **Meghann Fahey**. Story details are scarce, but White said to Vulture that Season 2 will deal with the conflict between lovers and friends, particularly Meghann Fahey and Aubrey's Plaza's characters, who are

jealous of each others husbands and money. A "bedroom farce with teeth" is how White described the new season.

MOONAGE DAYDREAM Seven years in the making, filmmaker Brett Morgen's David Bowie doc is more than a documentary. Morgen was given full access from Bowie's estate to thousands of hours of film and audio and spent years editing. Utilizing rare unseen footage, the result is an impressionistic, psychedelic, career-spanning film that is part life story, part live concert. Unlike most documentaries, there is no outside narration. Story is told through Bowie's own words. Synopsis: "Moonage Daydream illuminates the life and genius of David Bowie, one of the most prolific and influential artists of our time. Told through sublime, kaleidoscopic, never-before-seen footage, performances and music, Brett Morgen's feature-length, experiential cinematic odyssey explores David Bowie's creative, musical and spiritual journey. The film is guided by David Bowie's own narration and is the first officially sanctioned film on the artist." Moonage Daydream premieres in theaters this fall and will stream on HBO Max in the spring.

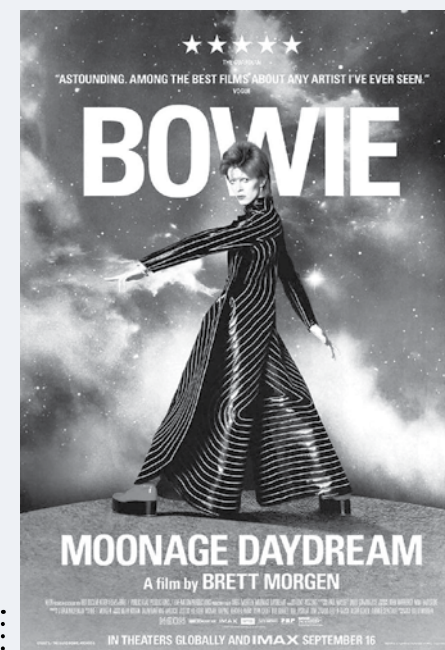


TÁR (OCT. 7) **Cate Blanchett** gives what some have called a career-best performance in Todd Field's film, his first in 16 years. Blanchett plays Lydia Tár a conductor who has reached the top of her profession, conducting orchestras in Berlin and New York and an EGOT winner. When asked by an interviewer about gender in world where there are few women conductors, Tár brushes off the question, explaining that gender issues are a thing of the past – she is unconstrained. Tár is a multitalent – a scholar, composer, teacher

and, as she informs an opinionated student, a "U haul lesbian." When Tár returns home to Berlin, we see the other side of her. As much as her professional life is disciplined and controlled, her personal life is indulgent, chaotic and even cruel. Prone to multiple casual affairs, Tár's past comes back to haunt her in the person of former student Krista, who Tár had an affair with until it became clear that Krista was obsessed with her. When Tár cut her loose, Krista couldn't let go.

THE GOOD NURSE (OCT. 19 theaters/ Oct. 26 Netflix) Academy Award winners **Jessica Chastaine** and **Eddie Redmayne** star in this true life story of serial killer Charles Cullen, who in the course of his work as a nurse murdered up to 40 patients under his care. Chastain plays nurse Amy Loughran, a single mother who works her high stress job while hiding a terrible secret. She has a heart disease that causes difficulty breathing. Her doctor informs her that she needs a transplant, but Amy, despite working at a hospital, is months away from qualifying for work health insurance. No one notices Amy's problem except new nurse Charlie (Redmayne), who immediately befriends Amy, covering for her and even procuring meds for her from the hospital's pharmacy. Amy and Charlie become best friends. When a patient on their floor unexpectedly dies, the hospital, fearing a lawsuit, minimizes the death and impedes a police investigation. But when more patients start dying, Amy takes matters into her own hands and goes undercover for the police, trying to expose Cullen.

TICKET TO PARADISE (OCT. 21) Two old pros try to revive the ever-diminishing romantic comedy genre. Once a staple of the '90s, rom coms with Hollywood stars have ben in decline ever since. In the best rom com tradition, George Clooney and Julia Roberts play David and Georgia, exes whose idyllic 5 year marriage literally went up in smoke when their lake house burned to the ground. Twenty years later, the duo fall into trading insults when forced together for important events in their daughter Lily's (Kaitlyn Dever) life. After enduring Lily's college graduation, the two look forward to even less contact with each other. But six weeks later, Lily announces she's about to marry Gede, a handsome local she met in Bali. Deeming Gede completely unsuitable, the exes team up to fly to Bali to trick Lily into dumping Gede and ending the marriage before it begins. This being a rom com, it's no surprise that their forced partnership rekindles feelings between the two.



ARMAGEDDON TIME (OCT. 28) Filmmaker James Gray (The Lost City of Z) returns to his roots with this autobiographical coming-of-age story of a young boy growing up in '80s New York. Story follows 11-year-old Paul Graff (Banks Repeta) living in Queens in 1980. Entering the sixth grade, Paul, who fancies himself an artist, immediately gets into trouble by caricaturing his teacher, Mr. Turkeltaub. Paul falls in with fellow troublemaker Johnny (Jaylin Webb), an African-American kid who's the resident jokester. While best of friends, Paul and Johnny come from different backgrounds. Paul is solidly middle-class Jewish, with an older brother in private school. Johnny is poor and lives with his grandmother. Paul's other hurdle is his family – loud and very Jewish. Mother Esther (Anne Hathaway) is a high-strung PT president. Father Irving (Jeremy Strong) is an amiable repairman until his temper explodes. But Paul's strongest relationship is with his grandfather (Anthony Hopkins), who can get through to Paul in ways his parents can't.



FREE WILL ASTROLOGY

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

OCT 2022

ARIES (March 21-April 19): When you Aries folks are at your best, you are drawn to people who tell you exactly what they think, who aren't intimidated by your high energy, and who dare to be as vigorous as you. I hope you have an array of allies like that in your sphere right now. In my astrological opinion, you especially need their kind of stimulation. It's an excellent time to invite influences that will nudge you out of your status quo and help you glide into a new groove. Are you willing to be challenged and changed?

TAURUS (April 20-May 20): Author Toni Morrison thought that beauty was "an absolute necessity" and not "a privilege or an indulgence." She said that "finding, incorporating, and then representing beauty is what humans do." In her view, we can't live without beauty "any more than we can do without dreams or oxygen." All she said is even truer for Tauruses and Libras than the other signs. And you Bulls have an extra wrinkle: It's optimal if at least some of the beauty in your life is useful. Your mandate is summed up well by author Anne Michaels: "Find a way to make beauty necessary; find a way to make necessity beautiful." I hope you'll do a lot of that in the coming weeks.

GEMINI (May 21-June 20): Philosopher Alfred North Whitehead said, "It requires a very unusual mind to make an analysis of the obvious." I nominate you to perform that service in the coming days, both for yourself and your allies. No one will be better able than you to discern the complexities of seemingly simple situations. You will also have extraordinary power to help people appreciate and even embrace paradox. So be a crafty master of candor and transparency, Gemini. Demonstrate the benefits of being loyal to the objective evidence rather than to the easy and popular delusions. Tell the interesting truths.

CANCER (June 21-July 22): Cancerian poet Lucille Clifton sent us all an invitation: "Won't you celebrate with me what i have shaped into a kind of life? i had no model. i made it up here on this bridge between starshine and clay, my one hand holding tight my other hand." During October, fellow Cancerian, I propose you draw inspiration from her heroic efforts to create herself. The coming weeks will be a time when you can achieve small miracles as you bolster your roots, nourish your soulful confidence, and ripen your uniqueness.

LEO (July 23-Aug. 22): "Dear Rob the Astrologer: This morning I put extra mousse on my hair and blow-dried the hell out of it, so now it is huge and curly and impossibly irresistible. I'm wearing bright orange shoes so everyone will stare at my feet, and a blue silk blouse that is much too high-fashion to wear to work. It has princess seams and matches my eyes. I look fantastic. How could anyone of any gender resist drinking in my magnificence? I realize you're a spiritual type and may not approve of my showmanship, but I wanted you to know that what I'm doing is a totally valid way to be a Leo. —Your Leo teacher Brooke." Dear Brooke: Thank you for your helpful instruction! It's true that I periodically need to loosen my tight grip on my high principles. I must be more open to appreciating life's raw feed. I hope you will perform a similar service for everyone you encounter in the coming weeks.

VIRGO (Aug. 23-Sept. 22): How to be the best Virgo you can be during the coming weeks: 1. You must relish, not apologize for, your precise obsessions. 2. Be as nosy as you need to be to discover the core truths hidden beneath the surface. Risk asking almost too many questions in your subtle drive to know everything. 3. Help loved ones and allies shrink and heal their insecurities. 4. Generate beauty and truth through your skill at knowing what needs to be purged and shed. 5. Always have your Bullshit Detector with you. Use it liberally. 6. Keep in close touch with the conversations between your mind and body.

LIBRA (Sept. 23-Oct. 22): The Libran approach to fighting for what's right shouldn't involve getting into loud arguments or trying to manipulate people into seeing things your way. If you're doing what you were born to do, you rely on gentler styles of persuasion. Are you doing what you were born to do? Have you become skilled at using clear, elegant language to say what you mean? Do you work in behalf of the best outcome rather than merely serving your ego? Do you try to understand why others feel the way they do, even if you disagree with their conclusions? I hope you call on these superpowers in the coming weeks. We all need you to be at the height of your potency.

SCORPIO (Oct. 23-Nov. 21): "One bad apple spoils the rest" is an idiom in the English language. It refers to the idea that if one apple rots as it rests in a pile of apples, the rest will quickly rot, too. It's based on a scientific fact. As an apple decays, it emanates the gas ethylene, which speeds up decay in nearby apples. A variant of this idiom has recently evolved in relation to police misconduct, however. When law enforcement officials respond to such allegations, they say that a few "bad apples" in the police force aren't representative of all the other cops. So I'm wondering which side of the metaphor is at work for you right now, Scorpio. Should you immediately expunge the bad apple in your life? Or should you critique and tolerate it? Should you worry about the possibility of contamination, or can you successfully enforce damage control? Only you know the correct answer.

SAGITTARIUS (Nov. 22-Dec. 21): Of all the signs in the zodiac, you Sagittarians know best how to have fun even when life sucks. Your daily rhythm may temporarily become a tangle of boring or annoying tasks, yet you can still summon a knack for enjoying yourself. But let me ask you this: How are your instincts for drumming up amusement when life doesn't suck? Are you as talented at whipping up glee and inspiration when the daily rhythm is smooth and groovy? I suspect we will gather evidence to answer those questions in the coming weeks. Here's my prediction: The good times will spur you to new heights of creating even more good times.

CAPRICORN (Dec. 22-Jan. 19): More than you might realize, people look to you for leadership and regard you as a role model. This will be extra true in the coming weeks. Your statements and actions will have an even bigger impact than usual. Your influence will ripple out far beyond your sphere. In light of these developments, which may sometimes be subtle, I encourage you to upgrade your sense of responsibility. Make sure your integrity is impeccable. Another piece of advice, too: Be an inspiring example to people without making them feel like they owe you anything.

AQUARIUS (Jan. 20-Feb. 18): Rapper-songwriter Nicki Minaj says, "You should never feel afraid to become a piece of art. It's exhilarating." I will go further, Aquarius. I invite you to summon ingenuity and joy in your efforts to be a work of art. The coming weeks will be an ideal time for you to tease out more of your inner beauty so that more people can benefit from it. I hope you will be dramatic and expressive about showing the world the full array of your interesting qualities. PS: Please call on the entertainment value of surprise and unpredictability.

PISCES (Feb. 19-March 20): Author Robertson Davies declared, "One learns one's mystery at the price of one's innocence." It sounds poetic, but it doesn't apply to most of you Pisceans—especially now. Here's what I've concluded: The more you learn your mystery, the more innocent you become. Please note I'm using the word "innocence" in the sense defined by author Clarissa Pinkola Estés. She wrote: "Ignorance is not knowing anything and being attracted to the good. Innocence is knowing everything and still being attracted to the good."

The Horizon is a Grounding Like No Other

LAUREN MALLET

Here the evening's yolknoses hover
the rheumy wash of the sea.
The heatwaves and forest fires are mountains away.
My Go Bags are packed.
I return to DeLaura Beach to collect its marine ropes.
I've given myself this job. Get to work.
All I find today are singed
firework mortars and Buoy Beer can labels,
most of the plastic topcoats parting
from their printed paper bases.
Salt does that and so too the relentless
shear of the ocean,
its better-than-engine, the pulsing
press roll of ohohohohohohoh.
I'm obsessed.
This watercolor dusk bleeds pine,
drips berry into the wet-on-wet scurf.
I am worthy of none of it.
Not the carpet of sand, the crab claws' dactyls
and pollexes pageant waving me on,
not this litter arranged like petals at my boots.
Not even the water can keep the end from us.
Everything wears the film of what we have done.

POETRY VENUE

Florence Sage

About the Poem: The poet found herself "at home" in a watercolor painting full of orbs, swashes and ambiguity, and "soaked it up." While thus "obsessed," she responded with this poem. On her beach are dangers to attend to, from fire to the east, waves west, our destroyers; corrosive salt; the ever-threatening "pulsing pressing roll" of the ocean. Gathering marine rope focuses her on 'here and now' (inserting "get to work") and brings the horizon down to the ground. Also close to her feet are cheering elements: that soft carpet of sand, and even the litter is like petals. Yet she insists, "I am worthy of none of it," what we say when we feel small. The title tells us this is a search for needed grounding amid the uncontrollable. Go-bag packed or not, worthy or not, job done or not, the end will come to us. On all these watery colors from the painting's blends, splatters and orbs, she sees our human "film" superimposed, inescapable, oh damn. A poem both imaginatively colored and uncomfortably dark. And yes, when a poem or painting or awe or joy comes to us, as surprised as we are, it seems beyond our deserving.

About the Poet: Lauren Mallet notes that she lives on Clatsop land with her partner, Strand Sheldahl-Thomason. She now teaches English at Warrenton High School. With an MFA from Purdue, she is on the boards of the Writer's Guild of Astoria and the Oregon Poetry Association, and she chairs student contests for *Cascadia*, an online anthology for young Oregon poets. Her poems have been in *Poetry Northwest*, *Puerto del Sol*, *The Seventh Wave*, *Passages North*, and other literary journals, and she reads poems at Ric's Poetry Mic in Astoria. In between poems, she collects marine rope for art, and mushrooms for the table. This is her poem for the Hoffman Center for the Arts' 2022 juried Word & Image project, in response to "page 1," a many-berry-colored watercolor by artist Tara Choate of Keizer. A broadside with both poem and painting is available from the Hoffman Center in Manzanita, the exhibition worth a visit.

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User Beware: Be Cautious About Common Home Health Remedies

I'M ALWAYS GRATIFIED to read scientific research that validates the benefits of traditional remedies. On the other hand, dubious "natural" treatments also abound, from disproven old-time "cures" to new trends amplified by social media. Here's a rogue's gallery of common offenders.

COLLOIDAL SILVER: As cold and flu season begins, some folk start taking this supplement to avoid getting sick. Silver is a strong antimicrobial used to prevent bacterial infections with third-degree burns and pressure ulcers. They're not for internal use; you don't need to disinfect or sterilize the inside of your body to prevent infections. Over time, the mineral builds up in your tissues, leading to a bluish discoloration of the skin and even organ damage. Instead, consider foods and supplements shown to enhance immune function, and observe anti-infection precautions like frequent hand washing.

GALLBLADDER FLUSH: A variety of uncomfortable treatments promise to get rid of gallstones. Ingredients vary, but olive oil is a mainstay. Proponents share creepy photos showing hundreds of "gallstones" in the toilet, but these green blobs are actually emulsified fats from the olive oil. Besides being ineffective, the treatment often produces painful abdominal cramping. A diet low in unhealthy fats is a more sensible preventive measure.

EARWAX BEGONE: Among the perennially popular—and ineffective—ways to banish this unwanted substance are ear candling and rooting around with a cotton swab. Ear

candling doesn't produce sufficient suction to remove earwax, and if you're not careful, you can scald yourself. (The wax you see is the candle wax, not earwax.) Cotton swabs can compact earwax, making it more difficult to remove, and you can poke a hole in your eardrum. A gentler, more



effective method is over-the-counter ear drops that thin the earwax, allowing it to drain out.

PARASITE TREATMENTS: There's a cherished idea that keeps circulating around that all of our health problems arise from parasitic infections of the digestive tract. Although this old-time notion is being replaced with a more sophisticated understanding of the intestinal microbiome, parasite cleanses still promise everything from an end to passing gas to clearer thinking. Technology—from drinking-water filtration to food-preparation methods—has made parasites uncommon visitors to our guts, and antiparasitic treatments can be harsh (walnut

hulls—ouch!) If your symptoms suggest a parasitic infection, your healthcare provider can order stool testing (fun!) and will give you advice on ridding yourself of unwelcome GI tract guests.

HELMINTH TREATMENT: Just when you thought parasites were the "bad guys," research came along in the early 2000s suggesting that without these freeloaders to occupy the immune system's attention, autoimmune conditions have been on the rise. Experimental treatment with sterilized parasite parts (which can't reproduce and parasitize us) has shown promise for treating autoimmune diseases. Some enthusiasts have gone farther by actually infecting people with live parasites. The jury is out on the efficacy of such treatments, but the risks are the same as with unintentional infestations: malnutrition, anemia, problems with growth and development in children, and gastrointestinal and neurological conditions. (They are parasites after all!) I recommend waiting until more research has been done before taking the plunge with parasites.

Traditional healing wisdom is a mainstay of any natural-health practitioner's repertoire, and many home remedies have a long history of safety and efficacy that's now being recognized by researchers. Yet there are also dubious treatments out there, so please use your common sense, check what the medically reliable sources have to say, and get your healthcare provider's input before trying something that could prove more harmful (and icky) than helpful.

BREAST CANCER: What to do if you find a lump

By Columbia Memorial Hospital

Here's To
Your Health

IN MOST CASES, a breast lump doesn't mean cancer. Still, if you discover a lump, you should have your doctor check it.

Understandably, discovering a lump in your breast can be cause for concern. You may worry that it could be a sign of breast cancer. But there's reassuring news: Most breast lumps and other changes don't turn out to be cancerous, according to the National Cancer Institute.

Still, it's important to know why lumps occur and what steps to take if you find one. The following information from the National Cancer Institute and the American Cancer Society can help.

What causes breast lumps?

Most women have some type of lumpiness in their breasts. For example, some women may have areas of their breasts that are denser than other areas. This can cause the breasts to feel lumpy.

Often, lumps occur due to changing hormone levels during your monthly menstrual cycle. These lumps usually go away by the end of your period. Lumps can also occur at other times when hormone levels fluctuate, such as during pregnancy, breastfeeding and menopause.

You may also notice lumps or other breast changes if you use hormones such as birth control pills, injections or menopausal hormone therapy.

If you find a lump

Even though a lump usually isn't serious, you should still see your doctor and get it checked out. Your doctor can examine your breasts and the surrounding tissues for any other changes that could indicate a problem.

Be prepared to answer questions your doctor may have, such as:

- Do you have a family history of breast cancer?
- When was your last mammogram?
- What was the date of your last period?
- Are you pregnant or breastfeeding?
- What medications are you taking?
- When did you find the lump?
- Has the lump gotten smaller or larger?

Also be sure to tell your doctor about any other breast changes, including:

- Nipple discharge or tenderness
- Redness, dimples or puckers
- A change in breast size or shape

Your doctor may also request other tests to determine whether the lump is cancerous. These tests can include:

Diagnostic mammogram: Though mammograms are used mostly for screening, this x-ray of the breasts can also be used to get a closer look at breast problems.

Breast ultrasound: Using sound waves, a breast ultrasound can be used to target a specific area of concern found on a mammogram. This test can help distinguish between fluid-filled cysts and solid masses and between benign and cancerous tumors.

Magnetic resonance imaging (MRI): This test creates detailed pictures of the breast that can show the difference between normal and diseased tissue.

Biopsy: In this procedure, a sample of cells from the lump is removed for examination. A biopsy is the only definitive way to find out whether a lump is cancerous, according to the NCI.

Protect yourself with regular screenings

Finding breast changes early can help detect breast cancer early, when it's most treatable.

Generally, the ACS recommends that women have regular mammograms beginning at age 45. Your doctor can suggest a screening schedule that's right for you.

Women should also get to know how their breasts normally look and feel so they can notice changes more easily — and report them to their healthcare provider right away.

Learn more about how to risk your reduce your risk for breast cancer by calling your local CMH clinic or visiting columbiamemorial.org.

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FOOD GROOVE

I'VE BEEN ROASTING a lot of sweet potatoes lately. Not because I was jonesing for winter and its staggering lack of all things summer, like berries and stone fruits and melons and corn and sun. It was because of my veterinarian. Delicious surprises can come from the most unlikely sources. I inherited an ancient little dog in the spring. He has a buffet of maladies that require some meds and most recently, the addition of sweet potato to his diet. Those roots have done wonders for his pesky little system and his enthusiasm for meals. As they bake, they exude the aroma of comfort and sweetness and promise.

My little dog's name is Spud. It should have been a clue. He is loyal to a fault, adorable in his toothless lumpiness, and willing to accommodate my requests without question. The most important one being the daily plea, "Don't die today". I have been aware since I was 10 years old that any of us could be dead at any moment so I like to make my wishes clear on that point. So far he is in compliance. That done, I thank him for the sweet potatoes which I would likely have forgotten about if he hadn't needed me to bake them for him.

I'm talking about the red skinned, bright yellow fleshed sweet potatoes which we, here in the non-yam growing part of the planet, like to call yams. We're wrong. They are sweet potatoes as are the tan skinned pale yellow fleshed ones. If you want a yam, pack your bags and head for Africa. (And take me with you!). Or you can stay home, roast a sweet potato and blame the USDA for the confusion. Seems they granted Louisiana the right to brand the orange, Puerto Rican sweet potato as a yam. That was in the 1930s so we can be excused for having long since believed the ruse.

With fall upon us and the accompanying holidays in our headlights, a lot of us will think to cook a sweet potato for those celebratory dinners that wouldn't be the same without them. Then, just like Thanksgiving Day, we won't think of them again for another year. I blame that on the fact that, all too often, sweet potatoes are sweetened with brown sugar or maple syrup and blanketed with tiny marshmallows. Seriously, just typing that sentence gives me a sugar rush.

Disclaimer: I am aware that in all things there is no accounting for taste. I am likewise aware that we are all reflections of our experiences growing up. I am the daughter of a woman who was, among many other talents, a professional seamstress and inveterate baker. Dad was a career military man whose oft uttered reaction upon seeing me in a too-short skirt or other attire he considered questionable was, "Your taste is all in your mouth." At the time it seemed like an insult. Now it seems like a prophecy.

Having said that, I am moved to ask you candied sweet potato people, "What the hell are you thinking?!" If I wanted dessert for dinner I would have skipped the cooking and gone straight to the hot fudge sundae. Oddly enough, sweet potatoes are sweet. It's a lily that does not benefit from gilding. They are best friends with so many savory flavors.

Try it. You may find, as I have, that when it comes to the last sweet potato there can be a split second thought of telling the little dog I'm all out.



CHEW ON THIS!

by Merianne Myers



HOLD THE MARSHMALLOWS SWEET POTATO HASH

Adapted from a recipe by Anne Burrell
from Cook Like a Rock Star

4 slices thick cut smoked and/or peppered bacon cut into lardons

1 red onion or whatever onion you have, cut into 1/2" dice

2 teaspoons fresh rosemary, finely chopped

3 red skinned sweet potatoes, peeled and cut into 1/2" dice

3 Tablespoons maple syrup

1 1/2 cups chicken stock

1 bunch green onions, green and white parts separated and thinly sliced

3 Granny Smith apples, peeled cored and cut into 1/2" dice

1/2 cup toasted pumpkin seeds or walnuts or pistachios

Pinch of red pepper flakes

Kosher salt

Olive oil

Heat a large sauté pan over medium heat, coat with olive oil and add the bacon. When the lardons begin to crisp and brown, 5ish minutes, add the onion, rosemary and red pepper. Season with salt and sauté until the onions are soft but not browned, 8ish minutes.

Add the sweet potatoes, maple syrup and chicken stock. Cover and cook for 15ish minutes until the potatoes are soft but not mushy. Remove the lid and let the liquid reduce by half.

Add the green onion whites and apples and cook until the apples are softened, 5ish minutes.

Stir in green onion tops and nuts. Season to taste.

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The Architect Hound



The Astoria Warf and Warehouse Company Building

By Eric Wheeler

The Pacifick Distillery: Historic Building/New Use

THE ARCHITECT HOUND, along with many of you readers; has puzzled over the story behind the lumpy, stucco-clad, two-story brick industrial building on the Riverwalk between 3rd and 4th Street. The Astoria Warf and Warehouse Company Building (1892) indeed, has a storied past. Built as a sheet tin storage warehouse for the booming salmon canning industry, the venerable structure has survived several fires, including the December 1922 conflagration that destroyed most of downtown Astoria. The masonry foundation consisting of hand-hewn stone, and exterior walls made of locally-fired brick provided the key to the building's survival. Unlike virtually all of the industrial buildings associated with the salmon canning and lumber industry located along the Lower Columbia riverfront, this warehouse had a fully masonry exterior. The National Register of Historic nomination from 1984 indicates that the building is "the only stone and brick building sited on any waterfront property in Oregon. Additionally, it is the only surviving masonry building in Astoria whose foundations are below the Columbia River waterline." When it was built, it was adjacent to the Pacific Can Company, one of seven different salmon canneries that owned and operated the Astoria Warf and Warehouse building from 1892 to 1949. Additionally, it was a 'bonded' warehouse, indicating the value of the tin plate and accessories that were stored in the building.

There are a couple of other intriguing aspects to the building that may add to its historic significance. Hidden by the stucco covering of the façade, there is a lintel keystone and window sills made of granite elements that were reportedly salvaged from the original Custom House building located in east Astoria. To verify that fact, one would have to remove the stucco to determine the material of the arched lintel over the entry. Also mentioned in the National Register

nomination is the observation that some of the foundation stones are made of a metamorphosed granite called gneiss that was quarried in Morton, Minnesota. How did a Minnesota gneiss (nice?) end up in the Lower Columbia River basin? Perhaps discarded ballast from a merchant tall ship arriving at the bustling port of Astoria? Stucco covered or not, one can see the tall narrow arched window openings, vertical brick pilasters and projecting pressed metal cornice that are typical of late Victorian commercial architecture.

In 1989, Steve Fick, the owner of the adjacent Fishhawk Fisheries, purchased the old warehouse building to use for packaging and storage for his fishing business. A long-time dream of the current owner is to open a distillery and taproom in the front one-third of the building. The plans to offer Astorians a comfortable and convenient place to enjoy locally produced gin, vodka and whiskey are underway. There will also be a food menu; likely with locally-sourced seafood from Fishhawk nextdoor. The historic building will be rebranded 'The Pacifick Distillery' with a nod to Steve Fick in the last four letters of 'Pacifick'.



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

LAST WORD

FESTIVAL OF DARK ARTS AND FISHER POETS RETURN

WHILE THE CURTAIN OF DARKNESS has yet to come down upon our daylight loving souls, it's great news for connoisseurs of the dark arts and darker drinks. Along with the return of a live Fisher Poets in the month of February, so to, Fort George readies for a 2023 Dark Arts Festival. While we've had the joyous splendor and delicious beauty of Stout Month feeding our COVID-worn psyches, and a pretty splendid virtual poetry fest, there ain't nothin' like the real thing baby!

Food, bonfires, live music on three stages, curious crafts, and a courtyard full of contortionists, fire jugglers, ice sculptors, black smiths, leather workers, beer painters, artisan coffee roasters, throat singers, belly dancers, trapeze artists and tarot readers— **Festival of Dark Arts** is back on for **February 18, 2023**. And the trick, be online this date, for this festival is beyond popular.



Best you know someone in Portland who is quicker on the gun.. **Tickets, which include a taster glass, tasting tokens, extra treats, and a grimoire (festival handbook), will be released November 25th at Sunrise (7:30AM).**

Fisher Poets is scheduled for its 3.5 day emersion of performance, workshops, art and lifeblood camaraderie city-wide in 8 venues the last weekend in **February, 24-26**—while a considerably less expensive ticket it's damn hard to find a parking spot or a hotel. Not complaining, no, no, no.



Return of The Lokslada

IF YOU SQUINT or get out your magnifying glass, you can see that the sign on the archway of the odd porch built over the lower business, says Suomi Hall. Will have to engage the Architect Hound to dig up the history on old Suomi Hall and now Suomi Hall, and the Finnish Meat market, now on the other side of the street.

But seeing this old photo is a symbol of today's offerings by the Finnish Brotherhood to gather in the hall for traditional meals, whether you're of the decent are not. A memory of days gone by, how people gathered and our link to pieces of history that are the continuum of brotherhood.

Lokslada Luncheon is back on in the hall, after two years of parking lot-to-go potatoes and fish. Yes, the traditinal casserole will be served up in house this year. Put the date on



your calendar for **Saturday, October 15th. Doors open at 11:15 for lunch served 11:30-1:30.**

Buy your ticket at the event for \$20 adults (\$10 for 12 years and younger). This autumn meal (all you want to eat) includes the salmon/potato casserole (laksloada), housemade Finnish bread (rieska), pickled beets, green veggies, apple crisp and coffee.

Joint he folks at Suomi Hall at 244 West Marine Drive for this festive celebration of local foods.

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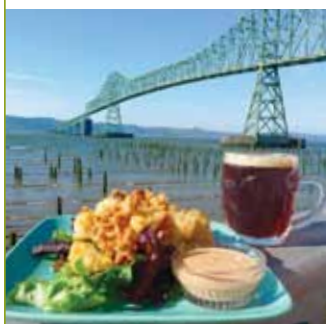
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ABOUT THE SPEAKER

PROF. MARY WOOD

MARY WOOD IS PROFESSOR OF LAW AND FACULTY DIRECTOR OF THE ENVIRONMENTAL AND NATURAL RESOURCES LAW CENTER AT THE UNIVERSITY OF OREGON. SHE HAS PUBLISHED EXTENSIVELY ON CLIMATE CRISIS, NATURAL RESOURCES, AND NATIVE LAW ISSUES.

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