

June 2023 • vol 24 • issue 230

HIPFISH MONTHLY

alternative press serving the lower columbia pacific region

THEATER JUNE:

Tiny Beautiful Things at Ten Fifteen
Riverbend Players—12 Angry Jurors

MAKE MUSIC DAY • Celebrate Everywhere
June 21!

Midsummer Fest Cometh! June 16 - 18

PRIDE Astoria

*Lower Columbia Q Center
and Astoria Pride:
the next chapter*

PRIDE EVENTS INSIDE!

**Astoria Sunday Market's
new manager takes root**

Forest Visions: Tillamook Burn

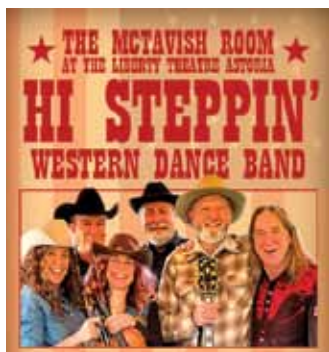
**Author Alyssa Graybeal
FLOPPY! Book Release Party
KALA June 16**

It's time for a night out!

Hi-Steppin' Western Dance Band

7:00 pm, Wednesday, July 19, 2023

Hi-Steppin's up-tempo tunes with male & female vocals, along with their steel, twin fiddles and a rock-solid rhythm section, are guaranteed to get you moving. Bring yer dancin' shoes & tell your friends! Plenty of standing & dancing room, but very limited seating. Full concessions available.



North Coast Symphonic Band

July 3, 7:00 pm / Free

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The Liberty Gala

September 16, 5:00 pm

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Auditions:

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No pre-registration needed. Meet in main lobby.

Rehearsals:

July 10 - 14, 10:00 am - 2:00 pm

Please plan to bring lunches.

Performances:

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Kids Make Theatre, Summer 2023

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Sign up and learn more at www.kidsmaketheatre.org

June 17: Stage Combat Workshop

Ages 10-18 | 1:00 - 4:00 pm

June 26 - 30: The League of Extraordinary Kids - A Superhero Camp - Ages 9-12 | 10:00 am - 3:00 pm

July 5 - 7: The Fairy Garden Camp

Ages 6-9 | 9:00 am - 12:00 pm

August 1 - 3: Circle Circus Camp

Ages 7-12 | 9:00 am - 12:00 pm

August 7 - 19: Teen Theatre Zombie Lab

Ages 13-18 | 10:00 am - 3:00 pm

Performances held August 18 and 19

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Dean Mueller

Singer-Songwriter



A PROFESSIONAL MUSICIAN for nearly 20 years, Dean Mueller has worked as a performer, producer, promoter, recording engineer and teacher. Now he begins a

new phase of his career with *Life Ain't All Roses*, his solo album debut. The first of several singles was released Oct 7th 2022 and the full album release is June 16, 2023.

The award-winning bassist-turned-singer-songwriter recorded his album of original Americana songs in Nashville with producer-pianist Kevin McKendree and members of John Prine's band. Mueller recorded the album with the goal of creating "a cross between John Prine and Tom Petty."

Mueller's extensive previous performing and recording experience includes the Duffy Bishop Band, Blues Music Awards-nominated

Insomniacs and the award-winning Julie Amici Band. As a promoter and producer, he staged more than 400 performances in the past decade, including tributes to Patsy Cline, Nina Simone and his favorite singer-songwriter, the late John Prine.

"Dean Mueller's songs are filled with depth and humor. I can hear him smiling and I can feel his pain as he delivers them. This album will turn some heads." — says Kevin McKendree, producer and Grammy-winning musician regarding the new record.

As part of his album release tour, Dean and his longtime bandmate Chris Carlson from the Duffy Bishop Band invite you to join them for an intimate evening of storytelling through music.

Saturday, June 24, 8pm. Tickets \$20. Doors open 7:30pm.

See Ticket/Venue info below

STURTZ

Indie Folk Soul

On Tour

Friday June 30

KALA welcomes acoustic quartet STURTZ from Boulder Colorado, on tour, Friday, June 30 at 7:30pm. Tickets are \$20. Doors open at 7:30pm.

The acoustic quartet – Andrew Sturtz [vocals, guitar], Jim Herlihy [banjo], Courtlyn Carpenter [cello, and Will Kuepper [bass]– falls somewhere at the intersection of folk and soul, with lead singer Andrew Sturtz's melodic vocals soaring over the lower string instrumentals. Sturtz is based in Boulder, CO, and has toured across the U.S. opening for groups like the Eli Young Band, Trout Steak Revival, Lillie Mae, and Smooth Hound Smith.

NPR's All Songs Considered described the band as "a reassuring breath of fresh air that pulls me back to simpler times" in



their April 2020 blog. Sturtz released their debut album *You've Done this Before* in August 2021, and now they're hard at work touring on this album and writing songs for their next album. When they're not playing music, you'll probably find them milling flour, farming, laying in a creek, or eating native foliage.

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FORESTVISIONS

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By Roger Dorband



Lessons From The Tillamook Burn

DURING the early years of the national scourge known as the Dust Bowl, President Franklin D. Roosevelt was justifiably focused on the people living in the plains states. They were suffering from the double whammy of the Great Depression and a once in 100 years meteorological event, a combination of drought and persistent high winds blowing once fertile topsoil into storm clouds of dust. President Roosevelt's Shelterbelt Project (see first installment, April 2023) during which over 220 million trees were planted did much to alleviate the impact of the Dust Bowl during those years.

Out in Oregon we had our own share of misery. Brought on by the same general drought, record high temperatures and high winds, the disaster known as the Tillamook Burn lives on in infamy in the annals of the state.

The Tillamook Burn was actually a series of four major wildfires between 1933 and 1951, all in the same general area of the usually moist Coast Range. The first, and most catastrophic, fire ignited on August 14, 1933. In nine days it burned about 40,000 acres. On the tenth day a fierce, persistent wind kicked up that in twenty-four hours expanded the fire to over 300,000 acres. Smoke from the holocaust raised a mushroom cloud that was seen as far away as Montana. It wasn't until the unseasonably strong winds stopped and a heavy, fog enveloped the coastal mountainsides that the blaze was brought under control.

The fire continued to burn for several weeks and smoldered for months, ultimately devastating a total of over 350,000 acres. In the immediate aftermath most foresters thought that reforestation and rehabilitation of the burned off area would be a futile effort because the intense heat had rendered the soil permanently infertile.

By 1939, the year of the second, considerably smaller wildfire within the general boundaries of the first, the public pessimism of the Depression was beginning to lift because the war effort was putting millions of the unemployed men back to work. During that same year Oregon passed the State Forest Acquisition Act that allowed the state to consolidate and manage forestland that had been bequeathed to the counties when timber companies pulled out of Oregon rather than pay taxes on land that was no longer productive. The uptick in the mood of Oregonians at that time brought the first serious consideration of reforesting the Tillamook Burn. By 1941 a reforestation project began utilizing local volunteer organizations like the Tillamook Izaak Walton League. The effort was soon expanded to include crews of Roosevelt's CCC workers.

In spite of some of the good work the CCC did in two years, by 1943 the Corps' involvement ended due the disbandment of its ranks to help fulfill the need for young men in the military during WWII. By that time the number of trees planted was pro-

portionately a tiny fraction of the land that needed reforestation. In addition to professional foresters, many in the state legislature still felt that the soil had been so severely damaged by the intense heat that it would never be productive again. In spite of their resistance a bond measure to fund reforestation was narrowly passed by the people of Oregon in 1948.

A concerted effort to reforest the Tillamook Burn began in 1949 and continued until 1972. During that time span the state marshaled every possible means in the effort including such diverse options as tree planting by prisoners of the state penitentiary and helicopter drops of millions of Douglas fir seeds. Volunteer organizations of every stripe



A crew of young women works to replant the burned-over forest around 1960. (Image: OSA, Dep't of Forestry)

participated over a twenty year period. A significant contribution was made by 20,000 northwestern Oregon school children who in a decade planted over a million of the 72 million trees that were planted in total.

Unlike the Shelterbelt Project or the reforestation efforts after the Tillamook Burn, the current need for reforestation in Oregon is less site-specific. The devastating wildfires in the state in 2021 occurred in more than 1000 locations over the course of the fire season that year. A total of approximately 520,000 acres of forestland were destroyed, far more than the Tillamook Burn.

The heat dome that occurred in late June of 2021 produced the wildfire season's highest temperatures. In addition to igniting many fires, the dome also took a toll on the timber industry's tree plantations where thousands of the young Douglas fir trees succumbed to the intense heat. Worse yet was the loss of 96 Oregonians whose deaths during 2021 were directly attributable to the June heat dome.

Scientific analysis identified global warming as an exacerbating factor in driving a once every 10,000 year heat dome's temperatures even higher. On June 29, 2021 the temperature soared to 116 degrees Fahrenheit at the Portland international Airport and 119 degrees Fahrenheit at several locations in central Oregon's Jefferson County.

Narrowing the focus of the climate crisis in Oregon on the forests makes clear the need for

reforestation in our state. Trees destroyed in a wildfire, or cut down by logging enterprises, release their stored carbon into the atmosphere worsening the climate crisis while creating a deficit in the beneficial carbon storage of the forest. Planting more trees reverses that process. It's a simple formula based on science that has been known for 250 years. Although drastically reducing our dependence on fossil fuel burning remains the key to combating man-made greenhouse gas proliferation, planting trees can make a significant contribution.

Science magazine recently published the findings of an international research team that calculated that the planting of 500 billion trees worldwide would reduce atmospheric carbon by 25%. The question here in Oregon is twofold;

how to motivate ordinary citizens, and our elected leaders, to undertake a seemingly insurmountable undertaking calling for the planting of that many trees worldwide; and how to marshal the workforce and funding needed to begin such a project in our state.

Those who volunteered to reforest the Tillamook Burn had a vision of a healthy forest covering the vast expanse that had been burned despite the many naysayers who felt that the effort would be fruitless. Forest historian, Doug Decker, has written that the Tillamook Burn area "...is a place where people came together to do something larger than themselves, to do something without an

immediate direct benefit." This pragmatic approach to collectively remedying problems for the benefit of all Oregonians is now referred to as "The Oregon Way". The viability of the Oregon Way has never been as strenuously tested as it is today in our confrontation with the climate crisis and all of the manifold problems it is creating within the state and far beyond.

Author and activist, Naomi Klein, in her examination of why certain environmental crises result in sweeping changes, and others do not, identifies as key the presence, or absence, of what she describes as "explosions of utopian imagination." Her point is, "a utopian vision provides the passion for great accomplishments, which, though they may fall short of the dream, surpass that which could be achieved without the vision's energy." FDR's ideas for the New Deal provided such a vision, even igniting the passion needed to undertake a project as far-fetched as the Shelterbelt Project which planted over 220 million trees from the Canadian border to the Texas Panhandle in a span of eight years; mitigating, but not eliminating, the impact of the Dust bowl.

Klein continues, "Reclaiming the 'utopian tradition means having the courage to paint a picture of a different world, one which, even if it exists only in our minds, can fuel us as we engage in winnable battles." Can Oregon be an example of a state that wins its reforestation battle, perhaps inspiring other states, while contributing to the utopian vision of a reforested Earth?



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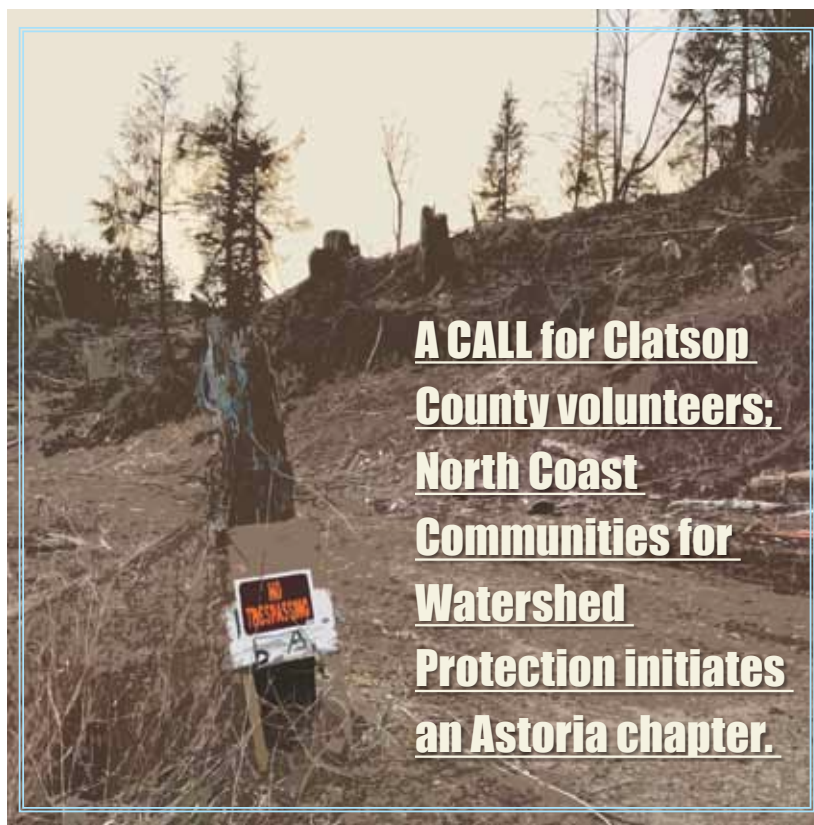
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A CALL for Clatsop County volunteers: North Coast Communities for Watershed Protection initiates an Astoria chapter.

Photo: Anna Kaufman

NORTH COAST COMMUNITIES FOR WATERSHED PROTECTION (NCCWP), a non-profit based in Tillamook County, is looking for volunteers and supporters in the vicinity of Astoria who want to see the end of logging, slash burning, and pesticide application within Oregon drinking watersheds.

NCCWP was founded in 2012 when a group of Rockaway Beach citizens began to express concerns about the clearcutting and spraying of their Jetty Creek Watershed. In the past two decades, this watershed, the primary source of the community's drinking water, has been 90% clearcut. In the time since their establishment, the group has gained recognition and widespread public support, with members from Astoria to Lincoln County and beyond.

Since the industrialization of timber harvesting began in the mid-20th Century, clearcutting, as well as the application of harmful pesticides such as 2,4D and glyphosate, has risen dramatically. These changes to the land brought about by clearcutting and application of known carcinogens and endocrine disruptors are not only unsightly, but morally unsound. They pollute our waterways and air, threaten biodiversity, and increase the risk of cancers, birth defects, and hor-

monal diseases in our communities. Further, clearcutting also increases risk of erosion, runoff, and flooding during the rainy season, while also exacerbating the impacts of summertime drought.

Access to clean drinking water is a basic human need. NCCWP is currently working on a petition to protect our drinking water sources. Eventually, the petition will be presented to city, county, and state legislators and agencies. We seek to demonstrate widespread support for the common-sense protections our communities desperately need in the face of a changing climate.

In an effort to increase awareness of the need to protect drinking water, as well as to obtain more signatures, NCCWP is expanding the petition outreach to Clatsop County. There is a need for volunteers to petition, engage in public discourse, attend educational events, and ultimately help defend the right to safe and plentiful drinking water and clean air for all.

To volunteer, learn more, or sign the petition to end clearcutting, slash burning, and pesticide application within the Oregon's watersheds, visit <https://healthywatershed.org> or contact NCCWP at rockawaycitizen.water@gmail.com

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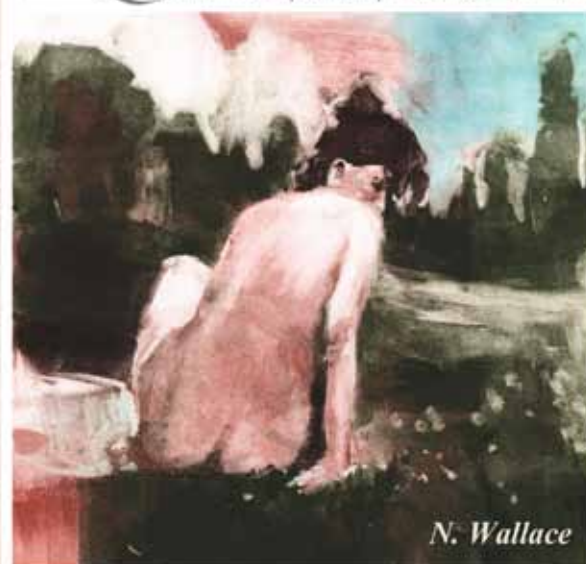
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North Coast INCO NEWS INDIVISIBLE

MAKING THINGS BETTER

By Laurie Caplan, INCO Leadership Team

"As long as we keep doing the good things, the good things keep happening."

— Katie Voelke

AT TIMES it seems as though exhausted Americans are like that man on the bench. Wondering who's holding people accountable, who cares about right and wrong. Wondering when things will get better.

You don't have to be a policy wonk to understand and confront the threats we face.

It's easy to question our future, with ongoing voter suppression, subversion of democracy in Oregon by Republican state senators; a tarnished, corrupt Supreme Court; calls for American theocracy; MAGA cheers for lying liars; plus the challenges each of us face in our own lives.

Fortunately, all of us can offer our work, wisdom, and determination to protect and defend our country. Kudos to everyone keeping the democratic vision thriving and making things better one day at a time.

Celebrate these examples of progress!

- With the help of thousands of grassroots activists, two big traditionally Republican cities elected pro-democracy candidates in May, defeating a MAGA mayoral candidate.
- The largest book publisher in the country has joined free speech group PEN America, parents, and authors to file a lawsuit in Florida against book banning.
- MAGA candidates are being defeated in large part because of grassroots field work like postcards, calls, texts, and canvassing.
- Voters are fleeing the GOP due to its embrace of violent extremism.
- Even in heavily Republican Nebraska, more than 100 businesses publicly oppose a law banning gender-affirming care for trans youth.

INCO suggests these resources to keep you hopeful, informed, and politically active.

ON TYRANNY: TWENTY LESSONS FROM THE TWENTIETH CENTURY. Three lessons from historian Timothy Snyder are to defend institutions, not obey in advance, and believe in truth. Snyder insisted this book be inexpensive, small, and lightweight so that readers can carry it with them.

SUBSTACK is an American online platform featuring a variety of newsletters. INCO favorites are:

Robert Hubbell - Today's Edition Newsletter



Heather Cox Richardson - Letters from an American - provides historical perspective

Jessica Craven - Chop Wood, Carry Water - progress reports and action alerts

Joyce Vance - Civil Discourse - legal analysis for laymen

Dan Rather - Steady - perspective from the legendary journalist

Simon Rosenberg - Hopium Chronicles - savvy political strategist

We recommend Al Franken's podcast and podcasts hosted by former staffers for President Obama, Pod Save America and Pod Save the World.

The Republican Party is no longer interested in the rule of law. It's up to us to stop the people encouraging authoritarian rule and its accompanying corruption and bigotry.

Our state and our country need us. We might not make everything fine today, but we can start.

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.

Cannon Beach Library Annual Fourth of July Book Sale

THE CANNON BEACH LIBRARY'S FOURTH OF JULY Used Book Sale, a cherished and time-honored tradition, returns July 1st to July 4th! Close to the hearts of both local and visiting book enthusiasts, this event is a fundraiser for our community library, one of the few private non-profit libraries left in the country. The sale takes place at 131 N Hemlock Street, in downtown Cannon Beach, OR.

Experience the thrill of uncovering literary gems, including timeless classics, contemporary bestsellers, mass-market paperbacks, non-fiction, cookbooks, gardening books,

travel guides, holiday books, audio books, DVDs, music CDs, and books for children and young adults. Amazing bargains, affordable finds, and THOUSANDS of books await, whether you're a seasoned bookworm or simply seeking a memorable adventure.

Don't miss the Bonus Sale — buy 3 items, get the fourth item FREE!

Mark your calendars! The four-day sale runs from Saturday, July 1 to Tuesday, July 4. Sale hours are Saturday, Sunday, and Monday from 10am to 5pm; the famous 5-dollar

fill-a-bag sale is Tuesday from 10am to 4pm (bags provided).

The library will be closed for all regular services June 29 through July 4, though books may still be returned in the drop box.

The library's largest book sale of the year brings volunteers, friends, and families together to support the library. Not only do volunteers meet every week to process donations in preparation for the sale, but over 120 volunteer slots also need to be filled during the sale.

To find out how to help, visit www.cannonbeachlibrary.org.

By Judith Altruda

Meet Tamara Cameron!

Astoria Sunday Market's new manager takes root on 12th St.

ON THE SUNDAY MARKET'S OPENING DAY--Mother's Day--- vendors began arriving at sun-up with boxes of fresh-picked produce, buckets of flowers, art, soaps, wine, pottery, musical instruments and more. Coordinating the setup is brand-new market manager Tamara Cameron. In a little over two hours, she will oversee 170 vendors as they set up booths along 12th street between Marine and Exchange. Some have been selling here since the market began over twenty years ago. Others are brand new. Most of them have not yet met Cameron in person. Working behind the scenes since she was hired in March, her first market day will be a trial by fire: "a test of one's abilities to perform well under pressure."

The day dawns sunny and hot. By 10am, shoppers in sun hats and shorts, some pushing carriages or walking dogs, team along 12th street. The atmosphere is festive. A man plays hammered dulcimer outside a tent. A woman walks through the crowd giving out free Mother's Day carnations. Winding her way through a huge crowd (unofficially estimated at 10,000) Cameron, wearing a green apron and cowboy hat, stops at each booth. She introduces herself to vendors. She wants to put faces to goods and products. She wants vendors to get to know her as well. At the end of the day, as 12th street is vacated and life returns to "normal," Cameron is already planning next week's market, grateful there were "very few hiccups" today.

"Astoria has always been one of my many homes away from home."

She credits the previous market manager, Shelby Myers (2020-2022) with easing her transition, and making it "smoother for both vendors and staff." Cameron, whose background is in nonprofit management and event coordination, managed the Boise Farmers Market for a total of 7 years.

"I grew up in Idaho, but my family has been coming here since I was very small for vacations. I have cousins down the coast and my son lives here. I was familiar with this community before I moved here... Astoria has always been one of my many homes away from home," she said.

The market manager's job includes creating a map and locating vendors "in a way that will be easy to shop and encourage purchases from more than one vendor," she said. "For example---placing things that "go together" like wine and chocolate, beautiful pottery focused on "kitcheny things", next to a farmer, next to that might be beautiful landscape paintings---things that connect."

Cameron does all the marketing: social media, advertising, information in the printed guide, and the day of management on location.



PHOTO: Judith Altruda

An interactive vendor map is available online at astoriasundaymarket.com. Click on either the vendor or a spot on the street to locate where they will be. The map is ready to roll by Friday morning before each market.

Flagship Market

When asked about how she would like to see ASM evolve, Cameron said, "I don't want to ruffle any feathers, but my vision is that we become more of a local food market. Maybe 50-50 local food and local arts and crafts. We have more farmers this year. We have eggs. We're going to have a mushroom vendor/farmer. I would love to have seafood, cheese, specialty foods in the region. I would like the Sunday market to be a place where locals could come and get their groceries for the week and buy any special gifts that they need, and all of our visitors could buy snacks and beautiful souvenirs---fabulous things for their houses and wearable art and all that stuff".

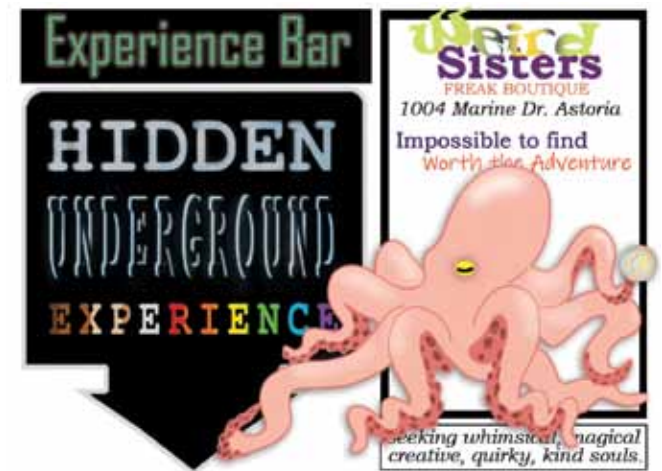
Cameron, who has a degree in education, is excited to build upon a children's program started by the former manager. "Starting in June we'll have activities for kids ages 5-12, focusing on healthy eating, eating locally, seasonally, meeting the farmers and vendors, and tasting food." No appointment is needed for this walk-up activity, located near the information booth.

In her free time, Cameron enjoys foraging in the woods, cooking, reading and watercolor painting. She also "loves to go to other farmers markets!" She sees her job as a creative opportunity, a collaborative effort between herself, the growers and makers of handcrafted products, the market staff, and the community. Most of all, she sees the market as a place where friends and neighbors can meet up and shop for local goods, including specialty regional foods.

Most importantly, she said, "I want our community to feel like the market belongs to them."

If you haven't yet gone this season, there is always something new to experience at the market. Subscribe to their newsletter to find out what's happening each week. Follow on Facebook and Instagram for up-to-the minute updates.

www.astoriasundaymarket.com



ASTORIA ART WALK

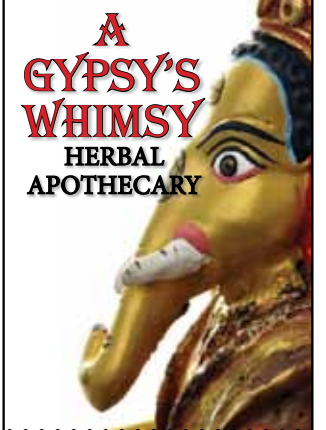
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The Lower Columbia Q Center and Astoria PRIDE

a new chapter a new start

WHEN DIVORCE, or separation, happens within a family, it typically leaves hurt and grief in its wake. There is some floundering, often confusion, especially among other family members witnessing the divide. But separation can sometimes be necessary, and both parties may even come out the other side stronger and with the opportunity to mature in the ways they need to.

This seems to be the situation for the Lower Columbia Q Center and North Coast Pride, two local nonprofit organizations that were once intertwined but now serve and support the queer community in the area through separate yet complementary services and offerings.

After an internal rupture and lengthy arbitration process over the past couple

years, both organizations are pointed toward the future, hoping to move forward so they can grow and thrive, all the while serving the Lower Columbia queer community.

The Next Chapter at LCQC

In May, an entirely new board of directors started serving the Lower Columbia Q Center. They were selected by a custodial board, which was stipulated as a result of arbitration. These board members include chair Jessica Klein; vice chair Scott Justus; secretary and treasurer Andrea Mazzarella; and members Emily Reilly and Laura Makela.

As a group of wide-ranging professionals with pertinent skillsets and previous connections to LCQC, “We were chosen to navigate this difficult situation as best we can, and that’s what we’re going to do,” Justus said.

The board’s main goal currently is to rebuild after months of disruption and to solidify best practices for each facet of operation, from finances to board governance to fundraising, so the group can focus on its programs and services, “which are so needed and transformative for our community, especially here in rural Clatsop County,” Justus added.

Additionally, Klein said, “A big focus for us is unifying our community after there’s been such a divide, which has been really sad to see. Our hope is that the misinformation will cease and that we can just focus on the services we’re providing and the programs and being a safe place for queer and trans folks.”

This is especially important in light of the

variety of programs that serve Clatsop County and the surrounding region.

Some of their offerings include:

- Gender Alliance: Via Zoom, 6 to 7 p.m. Tuesdays
- Closet Cleaners Youth Group: 4 to 5:30 p.m. Thursdays
- Family Game Night: In partnership with PUUF, 6 to 8 p.m. Thursdays
- Rainbow Family Circle: 4 to 5 p.m., first and third Tuesdays of each month
- Young Adult Group: Twice per month, in partnership with The Harbor.
- Queer Edge Sobriety: Via Zoom, 6 to 7 p.m. Wednesdays
- coming back in May, with support of Clatsop Behavioral Health

The Q Center continues to prioritize partnerships and collaboration with other groups, such as The Harbor. One area where Klein would like to see more progress made is around mental health and connecting queer people with services.

It’s currently difficult for people, in general, to find care, with limited providers in the area and long waitlists. And it’s even harder for individuals seeking gender-affirming care or 2SLGBTQIA+ providers.

“The mental health piece is really important, especially for people who are trans,” Klein said.

Astoria Pride used to be a major fundraiser for the Q Center. The fact that it no longer is has put pressure on the organization to seek alternative funding sources. That “affects how and how many we can serve and what services we can provide,” Justus said.

According to Klein, they will be applying for various grants. Individuals and businesses in the coastal communities also can make the Q Center a beneficiary for events during Pride month, or throughout the year. For example, one individual is hosting a gender-affirming-care drive, and collecting items like packers and chest binders to donate.

“There are lots of ways of people can support us,” Klein said. “It doesn’t have to be monetarily. It can be through time, if they want to volunteer.”

The board also hopes to reestablish some type of fundraising through Pride month next year. That is one of several topics the new board of directors will explore as they move forward.

“It’s a new chapter, so we’re still writing it,” Klein said.

national—and local—political and social climate, with an influx of rhetoric and proposed legislation that aims to harm, invalidate and further marginalize members of the 2SLGBTQIA+ community.

Klein, who also works for The Harbor and is active with youth education, outreach and advocacy, has even witnessed this in the schools, when students have walked out of presentations on topics such as respecting individuals’ pronouns and refused to do so.

“These kids are learning this at home,” Klein said. “Then they’re harming their peers.”

On the other hand, having grown up in a sheltered environment in a rural area, Klein can empathize with young people who are struggling to broaden their viewpoints.

“I do see where that comes from, and I also see that we have to stop it,” they said.

This issue also speaks to the importance of moving past the internal division and toward unity and healing. “We see that we have to be together in order to fight these bigger issues,” Justus said.

The Q Center currently has one part-time program coordinator, Benedetto DeFrancisco, and a



Astoria PRIDE board members Dida DeAngelis, with former Senator Bety Johnson, Ariel View and Don Duncan.

“Our request is to give us time and grace and support to make that happen,” Justus said, adding they are open to feedback, comments and questions. The COVID-19 pandemic created isolation and seemed to “put us in a state where we thought we could get behind the computer and start going after people, and it’s changed people. It’s time to get back to a more understanding and loving place.”

For more information about the Q Center, visit www.lcqcastoria.org/ or visit the organization’s Facebook Page.

North Coast Pride Offers 2023 Festivities

North Coast Pride was established as a nonprofit organization in June 2021 by former board members of the Lower Columbia Q Center. The group also has evolved and worked toward clarifying its identity as a separate entity over the past couple years.

Their main focus is providing events and activities for the queer community in Clatsop and Pacific counties, creating a space where folks can “rejoice and celebrate,” according to one of the board members, known publicly as Miss Ariel View.

Currently, North Coast Pride produces Astoria Pride in June, along with a Red Dress Party at the end of summer that brings awareness to HIV/AIDS and fundraises for prevention. Meanwhile, proceeds from Astoria Pride festivities go toward sustaining the event, along with the organization’s Rainbow Over the Columbia scholarship fund and community grants.

“We want to grow so that we can put more funds into the hands of kids getting educated



Lower Columbia Q Center Vice Chair Scott Justus, and Chair Jessica Klein

and organizations in both counties that serve the queer community; that's our end goal," View said.

Rainbow Over the Columbia will provide scholarships between \$2,500 and \$5,000 to 2SLGBTQIA+ youth and young adults for continuing education.

"My dream is to present ten \$5,000 scholarships at Pride next year," View said.

The grant program is also in the early stages, as the organization continues fundraising. The plan is for grant applications to be available at the beginning of next year. Any organization in Clatsop County or Pacific County that supports and serves the needs of the queer community is eligible to apply.

Eventually, North Coast Pride would like to produce quarterly events. One idea is a banquet in the spring to present grant awards to the recipients.

The vision is people need outlets for both feeling safe and secure in their identity, as well as being proud and celebrating who they are with the broader queer community—both locally and beyond. That's part of the reason the board strives to bring in outside talent for Astoria Pride, as it connects the north coast community to the rest of the state, board member Dida DeAngelis said.

Some of the performers coming this year include Sofonda Peters, the Pink Diamond Empress Olympia XVI of the Imperial Sovereign Court of Seattle; Mr. Bill and Champagne, from Portland; Alexis Campbell Starr, Miss Gay Oregon XLIX at The Imperial Sovereign Rose Court of Oregon; and the Sisters of Perpetual Indulgence, from Portland.

Yet the group also likes to highlight local talent, and there will be several such performances at the Block Party at the Astoria Armory on June 10. Additionally, a group of young cast members from the Astor Street Opry Company's recent production of "Heathers: The Musical" will perform a few numbers.

Like the Q Center board members, the North Coast Pride board recognizes the unique need for their events given the current climate.

"It's important for us to remember where we started and how far we've come," View said. "When we stop celebrating and we stop coming together, that's when we start to lose our identities. It's when we start to lose our rights."

Board member Don Duncan reflects on attending Pride festivities when he moved to Portland and what witnessing that exposure and celebration meant to him as someone from a rural area. Pride remains equally important today because it creates space and provides an outlet for queer folks, both young and old, to express themselves in an exultant way.

"You still have to have that fostering of the celebration," Duncan said. "I think Pride does that."

View echoed that sentiment, sharing an experience from a few years ago when she was performing at Pride. There were about a dozen young children sitting by the stage, and View could see they were growing bored. View brought them up onstage to dance while they finished their number, and fellow drag queen Poison Waters cheekily signed them off as, "Ariel View and her Viewettes."

"The kids just wanted to be involved," View said, adding some of them still remember that experience to this day. "That's what this is about. It's about connecting with our community."

North Coast Pride hopes to gain more corporate sponsorships to help spur growth in the future, so they don't have to rely as heavily on the generosity of local businesses still recovering from the pandemic. And after being sponsored by Absolut Vodka for several years, they've started building the necessary track record. They also want to support other organizations in the region with similar passions and missions.

"Working with other queer organizations is our whole focus, because we all need to grow," View said. As for the Lower Columbia Q Center, "We want to see both organizations grow," she added. "I look forward to the day when the two organizations can do something together again."



ASTORIA PRIDE EVENTS

• Sunday June 4 – PRIDE Tea Dance Party • Labor Temple
Kick Off Pride Week in Astoria. Old School Dance Party!
Performances, Drink Specials, Giveaways and More! Enter the Duke and Duchess Contest. \$5 Donation, or 1 Non-perishable food item

• Tuesday June 6 – COCKTAILS FOR A CAUSE @ Carruthers 3-7pm

• Wed June 7 – PRIDE TRIVIA W/ Sarah Lu. Win Cash & Prizes
Sign up at 6pm

• Thur June 8 – GROOVIN' D' RAINBOW DINNER & DANCE PARTY
Dinner Buffet@ 7pm. Dance Party @ 8pm. Music by Synergy Events
& DJ Synergize. FULIO'S Restaurant. Tickets \$20.
Go to: north-coast-pride.square.site/

• Friday June 9 – COCKTAIL RECEPTION at the Barbey Center
7-10pm. 21+ Please. Sponsored by Absolut

• Saturday June 10 – PRIDE PARADE line up at 5th St. & The RiverWalk

• Saturday June 10 – BLOCK PARTY at the Astoria Armory 12-8pm
Featuring Vendors, and Local and Regional Performers

• Sunday June 11 – PRIDE BRUNCH & Sip at the Merry Time Bar
& Grill 11am – 3pm

MORE PRIDE EVENTS

Friday June 9 – DRAG BINGO WITH POISON WATERS
6-7pm at XANADU. Celebrate Pride weekend in Astoria with Drag
Bingo with Poison Waters and friends! Join for 6 games of virtual
bingo plus performances by Poison Waters and special guest! Arrive
before 6pm to register and get cards!

Friday June 9 - ARTY & GINGER'S PRIDE PARTY. Dancing, contests,
and shenanigans. With DJ Gingervitus. \$5, 9pm at the Labor Temple
in Astoria. \$5 Donation to the LCQC.

Saturday June 10 – ASTORIA VISUAL ARTS PRIDE ARTISTS. Jill Mul-
holland and Greg Carrigan. Assemblage and Light. Noon to 8pm
Opening. See article p15

DAZZLE at The Columbian Theater

Saturday June 10 • 8pm Doors open at 7:30pm
Drag Variety Show featuring your favorite drag/burlesque locals +
Ginger Vitus, Arty Choke, Vesper Belle, Honey Hole, Casual Cowboy,
The Loungettes, Old Witch, Strawberry Shartcake, Bobbi Jo Bless-
ings, and Triple Moon Belly Dance Tickets \$25 on eventbrite.com

Saturday June 10 – PRIDE Dance at XANADU 10pm on.

Sunday June 11 – Honey Holes Pride Drag Kareoke 7pm at the
Labor Temple



Mr. Bill and Champagne, longtime Astoria Pride supporters and performers return for Astoria PRIDE



DAZZLE DRAG at The Columbian June 10



Greg Carrigan Collage at PRIDE AVA

BUOY BEER Company works to raise money and awareness for the LGBTQIA2S+ community. Since 2017, Buoy has created a unique Pride Tee to benefit Astoria's Lower Columbia Q Center. This year, for the first time, they will also be brewing a special special Pride IPA to benefit Portland's New Avenues for Youth.

Both the LCQC and New Avenues for Youth are non-profit organizations that provide programs and services to the LGBTQIA2S+ community.

Look for Buoy's Pride IPA at Buoy's Astoria Food Hub location and at local groceries and bars. To get your very own 2023 Pride Tee, visit the online store or Buoy's Astoria Food Hub location.



Author Alyssa Graybeal's award-winning memoir is one of the first books to explore living with Ehlers-Danlos syndrome

At 34, Alyssa Graybeal learned to walk again. Her life transformed when, decades after her initial diagnosis, she discovered ways to live with Ehlers Danlos syndrome that didn't involve denying her pain.

Alyssa was used to falling as a child. By the time she was 10 years old, she had accumulated hundreds of white scars on her thin "cigarette paper" skin, her shins criss-crossed with tiny lines. After years of falling and hundreds of stitches, Alyssa was diagnosed with Ehlers Danlos syndrome (EDS), a "group of hereditary connective tissue disorders that manifests clinically with skin hyper-elasticity, hypermobility of joints, atrophic scarring, and fragility of blood vessels" (NIH). As a child, she chose not to let EDS interfere with her life, determined not to cause trouble by being "too sensitive."

Alyssa's journey from denial to committed self care is chronicled in *Floppy: Tales of a Genetic Freak of Nature at the End of the World*. The memoir is told in alternating chapter strands. The first chapter, "Shins of Shame," introduces Alyssa as a child in Portland experiencing another fall in her parents' house, and another set of stitches. The other strand of her narrative's thread begins with the second chapter, "How to Dress for Winter in Montreal," in which Alyssa learns that mittens are required. Many chapters later, *Floppy's* first narrative strand ends where the second began, with Alyssa moving far away from Portland to the frigid winters of Canada.

Strikingly, people with EDS are especially vulnerable to seasonal weather changes, particularly winter conditions. Cold stress constricts muscles and veins, which can cause severe adverse effects for those with EDS, something Alyssa learns after she leaves Canada.

A keen-witted and artfully detailed memoir, *Floppy* enacts the disjointedness of EDS through these shifts in narrative. Alyssa explains that she

"wanted the book to be disjointed. The reader gets comfortable in one story and then—bam!—we're in a different one altogether."

The jarring effect mimics "what it feels like with wonky connective tissue, being one step away from a dislocation, an artery dissection, some other crisis that upends your trajectory. It forces you to develop some unexpected pliancy towards what comes next." She says, "I wanted childhood experiences to inform adulthood experiences throughout the book—twisting like spun wool."

Alyssa's decision to attend college so far away was influenced by the death of a close family member from cancer. The loss informed her relationship with her own body "through comparison and a sort of internalized minimizing of my own experience. Like if I wasn't dying of cancer, what was I complaining about?"

That self-minimization took its toll. Years in the Canadian cold and various life changes eventually bring Alyssa back to Oregon where she finally consults a specialist about her EDS. In Part 3 of *Floppy*, she discovers the pain she's been living with for over 20 years could have been alleviated with treatments

like physical therapy. But her original diagnosis at 10, which called for further testing and therapy, was never followed up. Alyssa learned to live in denial of her chronic pain. There is no cure for EDS, but treatment and lifestyle modifications significantly decrease its impact on daily life.

The revelation that decades of chronic pain were avoidable is gut-wrenching but not unexpected. "I wanted the narrative to echo my lived experience of avoiding what was right in front of me," Alyssa explains. "Like me, the reader can look back on earlier chapters and say, oh yeah, of course that makes sense now. Denial is real."

Much of what the reader learns about EDS and its corollary syndromes comes in *Floppy's* final chapters, as Alyssa learns from her new specialist, from physical therapy, and her association

with an EDS support group. Alyssa begins a new relationship with herself and her body. On the beach in Manzanita, she learns to walk with a cane. She learns to sleep with heaps of pillows to keep her joints from dislocating in the night.

Alyssa buys a home in Astoria, where many readers are familiar with her writing from her regular contributions to *HipFish Monthly*, *RAIN Magazine*, and *North Coast Squid*. Alyssa's work also has appeared nationally in *The Mighty*, *Entropy*, and the anthology *Places Like Home* (2020). Those who follow "Floppy Queerdo" (@floppy-queerdo on Instagram), Alyssa's comic, are familiar with the delightfully droll mind of this writer, editor and cartoonist. "Floppy Queerdo" is an autobiographical exploration of her life in Astoria. Alyssa explains that her comics "show my disjointed body held together with sewn threads."

Metaphors of sewn threads and spun wool contribute to a captivating memoir in *Floppy*. What appears disjointed becomes whole as Alyssa stops fighting her body. At 10, Alyssa had "already learned to dismiss chronic pain" and spent the next 20 years suppressing her pain and strange EDS symptoms. Fundamentally, adjusting to see her life "through the lens of EDS" was a liberation for Alyssa. She learned to "uproot some of that internalized ableism that had me calling myself lazy or unambitious for not fitting into social structures in the usual way, such as by always freelancing and not having a "real" job. So finally owning my disability was very freeing."

At home in Astoria, Alyssa creates a life that lets her do what she loves by using her genetic disorder a catalyst for creativity. *Floppy*, according to Alyssa, "is a coming-of-age story about homecoming to an idiosyncratic body and the creative energy that unfurls when I learn to integrate its limitations." She says, "I figured out a way to both survive and create. I discovered that limitations of any kind, even physical and/or energetic ones, amp up creative potential. Creativity thrives when it is circumscribed."

During the COVID19 pandemic, an artery dissected in Alyssa's brain, causing a series of strokes. While recovering, **Alyssa won the 2020 Red Hen Nonfiction Award for *Floppy***. Her publisher wanted tweaks, "so I rewrote the final draft while I was still in crisis recovery mode and could barely sit up without triggering another stroke," she says. "It was very difficult. I had so



Alyssa Graybeal is a queer writer and cartoonist whose work explores the emotional landscape of chronic illness and disability. She works as an editor and writing coach in Astoria. www.alyssagraybeal.com

much pain and brain fog and exhaustion. But after that near-death experience, I'd doubled-down on my writing as important. I wanted to increase my chances of getting the book out there while I was still alive. And I made it!"

Floppy, which is now available where books are sold, beautifully calls for a collective reimagination of disability. Rejecting ablesim involves eschewing "toxic positivity and its enforced obliviousness," which, according to Alyssa, do "way more harm than good." Instead, Alyssa encourages readers, especially women, to recognize limitations as creative potential. When asked what she hopes readers will take from *Floppy*, she says, "I'd like people to come away with the sense that attending to chronic illness or disability is what allows for life to bloom."

FLOPPY PARTY! JUNE 16

Join Hipfish and KALA Performance Space in welcoming Alyssa Graybeal to the stage, reading from *Floppy*. Q&A, Book Sales and Signing. Complimentary Dessert Social.

\$8 admission @ the door. Doors open 7pm. Show 7:30. Cocktail Bar. 1017 Marine Dr. in Astoria. kalaastoria.com. 503.338.4878

Alyssa Graybeal June Events

June 10: Pop-Up Authors' Fair at the Astoria Studio Collective, 5-7pm

June 11: Reading at Powell's Books, 2pm

June 16: Book launch party at KALA, doors 7pm

June 24: Book signing at Beach Books, noonish

Riverbend Players

12 Angry Jurors

By Ellis Conklin

IT IS 1957, a hot summer day in New York City. Dr. Seuss's Cat in the Hat is soon to become that year's best-seller. Brigadoon has crowds pouring into Broadway theaters. The Giants and Dodgers are playing their final season in the Big Apple. And, in a few months, the world will change forever when the Soviet Union launches Sputnik-1, the earth's first artificial satellite.

Meanwhile, on this sweltering late-afternoon, a gripping, suspenseful courtroom drama is unfolding inside a claustrophobic New York jury room, giving a startled audience a behind-the-scenes glimpse at how jury deliberations take place during a murder trial.

12 Angry Men was initially broadcast as a television play in 1954 and proved so popular that it was adapted for the stage. The acclaimed Hollywood director Sidney Lumet three years later directed the well-received screen adaptation of 12 Angry Men, starring Henry Fonda.

A 19-year-old man, a tenement-dwelling Hispanic, has just gone through a six-day trial for the fatal stabbing of his father. "He doesn't stand a chance," mutters the guard as the 12 jurors are led into a bleak, sweltering jury room. It looks like an open-and-shut case – until one of the jurors begins sowing seeds of reasonable doubt in the others' eyes. Tempers flare, arguments grow heated, and the jurors, several of who nearly come of blows, become 12 angry jurors!

At the outset of deliberations on this stifling summer afternoon, 11 voters deliver "guilty" verdicts, and only Juror No. 8 submits a verdict of "not guilty." Masterfully played by Sue Neuer, she urges the others to rethink their position and to take their time doing so – this despite impatient and clownish Juror No. 7's (Jon Helzer) plea that he has tickets to see Damn Yankees on Broadway and wants this ordeal to end sooner than later.

But, argues Neuer, a young life of the accused is at stake. Neuer demonstrates that the murder weapon – a switchblade – is hardly as unique as the prosecution claimed, and the eldest Juror No.

Opens June 2



CAST: Linda Olsson, Sue Neuer, Julee Ward, Mark Bartram, Bryan Churchill, Bryonie Arnold, Jacob Merwin, Jon Helzer, Linda Makohon, Ellis Conklin and Thomas Mattia.

9 (Ellis Conklin) shocks his fellow jurors by joining her in a "not guilty" vote.

Soon, Juror No. 5 (Walter Mills) also changes his verdict to "not guilty," and slowly but surely the dominos fall in favor of the 19-year-old. At the end, those that will not abide of any evidence that perhaps creates reasonable doubt are Jurors No. 3 (Bryan Churchill, who delivers a mesmerizing performance), No. 4 (Bryonie Arnold), and Juror No. 10 (Jacob Merwin), who, unlike the other jurors, demonstrates no real change in character and remains tainted by unbridled, unremorseful racism.

The juror's final verdict and how they reach it, in tense scenes that electrify audiences and keep them on the edge of their seats, add up to a fine, mature piece of dramatic literature that is not to be missed.

In essence, this a play about 12 people in charge of deciding, not the guilt or innocence of this young man, but only whether there is reasonable doubt.

If there is one underlying theme to 12 Angry Jurors it maybe that anything is possible. As Juror No. 9 wisely puts in during one memorable scene in Act 2, he says of Juror No. 8's decision early on to become the lone "not guilty" vote: "It takes a great deal of courage to stand alone even if you believe in something very strongly."

12 Angry Jurors by Reginald Rose opens June 2 at the NCRD Performing Arts Center. Directed by Frank Squillo. Fri/Sat 7pm, Sun Mat 2pm, June 2 - 18. Tickets \$20 and \$25. Online, or at the door. www.RiverbendPlayers.org NCRD PAC at 36144 9th ST. Nehalem.

Tiny Beautiful Things

based on the book by author Cheryl Strayed

at the Ten Fifteen Theater



Opens June 16

Danyelle Tinker is Sugar, Marc Weaver and Bryan Lelek are Letter Writer 1 and 3.

TINY BEAUTIFUL THINGS, a play based on the book by Portland author Cheryl Strayed, is set to open on June 16th and will have six performances, closing on June 24th.

Additionally, Ten Fifteen Productions proudly announces a Post-Show Community Discussion with Cheryl Strayed (aka Dear Sugar) following the performance on Saturday, June 17th. NOTE: Currently sold-out. Watch the theater's news letters and social media for updates.)

Ms. Strayed's wildly popular collection of columns, *Tiny Beautiful Things: Advice on Love and Life from Dear Sugar*, celebrates its 10th anniversary reprint this year. Adapted for the stage by Nia Vardalos (My Big Fat Greek Wedding), the play *Tiny Beautiful Things* has enjoyed phenomenal success and captures all the depth,

wit, and "radical empathy" of the original material. Additionally, Strayed has created two hit podcasts, *Sugar Calling* and *Dear Sugars*, the latter co-hosted with Steve Almond. The Hulu series *Tiny Beautiful Things* began streaming in April. You will not want to miss out on this live, in-person experience with the real Sugar, who also wrote *Wild: From Lost to Found on the Pacific Crest Trail*, the #1 New York Times Bestseller. Advice on love, life, and maybe even hiking, what more could a North Coaster ask for?

About the show: *Tiny Beautiful Things* personifies the questions and answers that "Sugar" was publishing online from 2010-2012. When the struggling writer was asked to take over the unpaid, anonymous position of advice columnist, Strayed used empathy and her personal experiences to help those seeking guidance for obstacles both large and small. *Tiny Beautiful Things* is a play about reaching when you're stuck, healing when you're broken, and finding the courage to take on the questions which have no answers.

DIRECTED by Deanna Duplechain. CAST: Sugar - Danyelle Tinker, Letter Writer 1 - Marc Weaver, Letter Writer 2 - Jolene Magee, Letter Writer 3 - Bryan Lelek.

June 16-17, 22 - 24, 7:30pm, June 18 Mat, 3pm. Tickets \$20. At the door, online at www.tenfifteentheater.org. Theater located at 1015 Commercial in Astoria.



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Monday-Thursday : 11-5
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1296 Duane St. Astoria

YELLOW BIRD



Hailing from Portland, OR, Yellow Birds is an Americana harmony trio comprised of Amanda Breese, Jenna Ellefson, and Rose Gerber. On their own, they each pull heartstrings with their stunning voices and songwriting. As a trio, something other-worldly happens when their voices meld seamlessly into each other in harmony.

Melt with them. June 11 at Fort George Lovell Room, Astoria. 6pm No cover



Summer Solstice Labyrinth Walk. June 21 6pm

Grace Episcopal Church in Astoria
Music accompaniment by pianist
Jennifer Goodenberger.



The One and Only Cannon Beach

SANDCASTLE CONTEST

June 10

8:30 - 10:30

Saturday 3

MUSIC

13th Tenor Guitar Gathering. Workshops and concerts. \$20/ workshop, \$20 per concert. Concert at 7pm at the PAC in Astoria. Schedule and tickets at tenorguitar.org

The Colin Trio. Originals + covers/rock/soul. \$10. 8pm, at the Labor Temple in Astoria.

The Horsenecks. 3 – 5pm at Shelburne Pub in Seaview.

Jeremy Ferrara. 8pm at the Sou'wester Lodge in Seaview.

Andrew Kaffer. 8-11pm. \$5 Other Brother's Bar in Cannon Beach

In the Pink. Pink Floyd tribute band. \$25, 21+, 8pm at Times Theater & Public House in Seaside. Get tickets at Eventbrite.com

Idle Poets. 9pm – midnight at the San Dune Pub in Manzanita.

Katelyn Convery. Full Band Album Release Tour. \$25, 7pm at the Bay City Arts Center.

ART

First Saturday Art Walk. 5 – 7pm in the Gilbert District in Seaside.

LECTURE & LITERARY

Beach Trash to Poetry: Mudlarking for Writers. Please bring: Sack lunch and beverage, reusable trash bag, writing notebook, and pen or pencil. 10am – noon at Fort Stevens State Park, Warrenton. Turn off between areas C and D. FMI, contact jennightingale610@gmail.com

THEATER & PERFORMANCE

Mamma Mia! Musical. \$8, 7pm at Warrenton High School.

Sylvia. \$20 - \$25, 7pm at the Coaster Theater in Cannon Beach.

12 Angry Jurors. Drama. \$20 - \$25, 7pm at the NCRD in Nehalem.

The Dining Room. Drama. \$20, 7:30pm at Theater West in Lincoln City.

HAPPENING

Diva Drag Brunch. \$15, starts at noon at the Merry Time in Astoria.

Vendor Blender. Spring bazaar/flea market. 10am – 4pm at the Naselle Community Center.

50's Cruise Reunion. Car show. Hot Rods, Cars, Trucks, and special interest vehicles on display. At Camp Rilea, Warrenton.

Ride the Dirt Wave. Mountain bike rides and races. Day one has several ride options open to many levels of riders. \$22, 9am – 3pm at Klootch Creek Trails, off Hwy 26, near Seaside. thedirtwave.com/klootch-creek/

Nehalem Bay Crab Derby. \$1000 grand prize. Plus contests, games, crafts, raffles, silent auction, live music. \$10 entry fee. At Kelly's Brighton Marina, on Nehalem Bay between Wheeler and Rockaway Beach.

Sunday 4

MUSIC

Elena Loper. Alt-Folk from Seattle No cover, 6pm in the Lovell Building at Fort George in Astoria.

Sinking Season. 7pm at the Haunt in Astoria.

JT Trawick. Texan Jump Blues/Swing/Bluegrass/Folk. 7 – 9pm at Pickled Fish in Long Beach.

THEATER & PERFORMANCE

12 Angry Jurors. Drama. \$20 - \$25, 2pm at the NCRD in Nehalem.

The Dining Room. Drama. \$20, 2pm at Theater West in Lincoln City.

HAPPENING

Astoria Pride. Tea-Dance Party. Performances & contests. \$5, or one non-perishable food item. 6pm at the Labor Temple in Astoria.

Ride the Dirt Wave. Mountain Bike rides and races. Flow Duro Challenge Race. \$45, 7am – 2:30pm at Klootch Creek Trails, off Hwy 26, near Seaside. thedirtwave.com/klootch-creek/

Monday 5

MUSIC

JT Trawick. Texan Jump Blues/Swing/Bluegrass/Folk. 7 – 9pm at Pickled Fish in Long Beach.

HAPPENING

Astoria Pride. facebook.com/AstoriaOregonPride/

Tuesday 6

MUSIC

Barney Perrine. 7 – 9pm at Pickled Fish in Long Beach.

HAPPENING

Astoria Pride. facebook.com/AstoriaOregonPride/

Wednesday 7

MUSIC

John Stowell and Anandi. Jazz. \$20, 4pm at the Peninsula Arts Center in Long Beach.

Barney Perrine. 7 – 9pm at Pickled Fish in Long Beach.

HAPPENING

Astoria Pride. facebook.com/AstoriaOregonPride/

Goonies Day. In Astoria. For a list of special activities, visit thegoondocks.org

Thursday 8

MUSIC

Barney Perrine. 5 – 7pm, outdoors (weather permitting) at the Bowline Hotel in Astoria.

THEATER & PERFORMANCE

The Dining Room. Drama. \$20, 7:30pm at Theater West in Lincoln City.

HAPPENING

Astoria Pride. facebook.com/AstoriaOregonPride/

Pride in the PNW Community Party & Gathering. 8pm at Xanadu Astoria.

Friday 9

MUSIC

Oregon Mandolin Orchestra. \$25 - \$40, 7pm at the Larsen Center in Astoria.

Brocco. 6 – 8pm at Shelburne Pub in Seaview.

Chelsea LaFey & John Orr. 8-11pm. \$5 Other Brother's Bar in Cannon Beach

WEEKLY EVENTS

MONDAY

Burgers & Jam Night at the Cannon Beach American Legion, every Monday from 6-8 pm, open to the public. Richard Thomasian, Dave Quinton, Bill Gaylord, Randy Weese, and Chelsea LaFey. Jammers welcome.

TUESDAY

Bingo Night. 6 – 8pm at Pelican Brewing Company – Cannon Beach.

WEDNESDAY

Live Bluegrass Music. With Small Towne. No cover, 6-8pm at Purly and the Bean in Seaside.

Trivia at the Merry Time. Trivia with host Sara Lu. 21+ . Signups at 6:30 and play at 7pm. Bingo-Trivia at 9pm. General Trivia \$2 per person to play: win cash and fun prizes. At the Merry Time Bar in Astoria.

THURSDAY

Guitar Noir with Joey Altruda. Jazz standards. 5 – 7pm at WineKraft in Astoria.

Karaoke with Lorraine. No cover, 7 – 10pm at the Labor Temple in Astoria.

Small Farms Marketplace. Shop for eggs, veggies, bread, meat, prepared food, tea, coffee, and more. Customers can shop online Sunday-Tuesday each week and pick up their order Thursday 3-6pm at the North Coast Food Web in Astoria.

Crafternoon. Come in person or Online to Craft and make friends. All crafts and skill levels welcome. 1 - 3pm at Purly Shell Fiber Arts in Ilwaco.

Trivia Night. 6 – 8pm at Pelican Brewing Company – Cannon Beach.

FRIDAY

Skate Night. Roller skating family fun. 5 – 9pm at the Astoria Armory.

Virtual Open Mic. Live online from the Peninsula Arts Center in Long Beach. 6:45 – 8:30pm. [get link](#)

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.

SATURDAY

Skate Night. Roller skating family fun. 5 – 9pm at the Astoria Armory.

Tarot readings with Julia Hesse. \$5 per card, 3 card max. Saturdays 3-6 at Weird Sisters Freak Boutique in Astoria

SUNDAY

Sunday Nostalgia with Barbara Anne. Folksinger Barbara Anne plays folk rock, covers and originals, and often is joined by her musical friends. 1-4pm at Winekraft in Astoria

Karaoke with Connor. No cover, 7 – 10pm at the Labor Temple in Astoria.

The String Conspiracy performs at The Bistro in Cannon Beach every Sunday, 5:30-8pm, reservations required. Chelsea LaFey, Richard Thomasian, Dave Quinton are the best kept secret in town, playing an eclectic mix of all genres of music.

Sunday Gems. Open Jams 3 – 6pm at the Other Brother's Bar in Cannon Beach.

ART

Shinrin_Yoku Art Hike. Art installation. A hike that incorporates art into nature along the trail to the Astoria Column. The hike starts at the trail entrance at the lower parking lot next to the CCC Library. 10am – 2pm.

THEATER & PERFORMANCE

12 Angry Jurors. Drama. \$20 - \$25, 7pm at the NCRD in Nehalem.

HAPPENING

Arty & Ginger's Pride Party. Dancing, contests, and shenanigans. With DJ Gingervitus. \$5, 9pm at the Labor Temple in Astoria.

Drag Queen Bingo. 6pm at Xanadu Astoria. 10pm at Xanadu Astoria.

RuPaul's Drag Race All Stars Watch Party. 8pm at Xanadu Astoria.

Xanadu Pride Kickoff Dance Party.

Saturday 10

MUSIC

Pride Night Karaoke. 6pm at Xanadu Astoria.

Know your Rights! A tribute to the Clash. Punk/Rock. \$7, doors open at 8pm at the Labor Temple in Astoria.

Joel Underwood. Singer/Songwriter. \$20, 4pm at the Peninsula Arts Center in Long Beach.

Ted Brainard. 3 – 5pm at Shelburne Pub in Seaview.

Waikiki Beach Concert Series. Shifty Sailors. 7pm at Waikiki Beach at Cape Disappointment State Park, Ilwaco.

Divorce Care. 8pm at the Sou'wester Lodge in Seaview.

Lauren Sheehan. . 8-11pm. \$5 Other Brother's Bar in Cannon Beach

Spring Into Music. North Coast Oregon Symphony Concert. \$10, tickets at the door, cash or check only. 7pm at St Catherine Episcopal Church in Manzanita.

Tony Smiley. 9pm – midnight at the San Dune Pub in Manzanita.

ART

2nd Saturday Art Walk. 5 – 8pm in downtown Astoria.

LECTURE & LITERARY

Pop-Up Authors Fair. Representative Authors include: William Dean, Mike Francis, Alyssa Graybeal, Sean Davis, and Jan Johnson. Connect with local authors and talk about their work. 5 – 7pm in the Commons at the Astoria Studio Collective, 372 10th Street, upstairs from AVA Gallery in Astoria.

THEATER & PERFORMANCE

12 Angry Jurors. Drama. \$20 - \$25, 7pm at the NCRD in Nehalem.

The Dining Room. Drama. \$20, 7:30pm at Theater West in Lincoln City.

HAPPENING

Dolly Brunch. 10am at Xanadu Astoria.

Pride in the PNW Dance Party. 10pm at Xanadu Astoria. Clam chowder after at Drop Anchor

Annual Beach to Chowder Run. 5K, 10K, and Half marathon. Clam chowder after at Drop Anchor. Half Marathon starts at 9am, 5K & 10K Run/Walk starts at noon. For registration and more details, visit raceroster.com/events/2023

Cans for Coho. Returnable can collection to fund habitat restoration. 11am – 1pm at the Necanicum watershed Council in Seaside.

Annual Sand Castle Contest. In Cannon Beach. FMI, visit cannonbeach.org

Sunday 11

MUSIC

Cascadia Mandolin –Guitar Festival. \$25 - \$40, 1:30pm at the Larsen Center in Astoria.

Yellow Birds. Americana Trio from Portland. No cover, 6pm in the Lovell Building at Fort George in Astoria.

Honey-Holes Pride Drag Karaoke. 7pm, at the Labor Temple in Astoria.

Washington Department of American Legion Band. Free, 2 – 4pm at the Raymond Theater in Raymond.

Raeann Phillips. Singer/Songwriter. 7 – 9pm at Pickled Fish in Long Beach.

Spring Into Music. North Coast Oregon Symphony Concert. \$10, tickets at the door, cash or check only. 3pm at Bob Chisholm Community Center in Seaside.

THEATER & PERFORMANCE

12 Angry Jurors. Drama. \$20 - \$25, 2pm at the NCRD in Nehalem.

HAPPENING

Brunch Showtune Sing-a-long. 10am at Xanadu Astoria.

Singing Sands 5K Fun Run/Walk.

Tuesday 13

MUSIC

Raeann Phillips. Singer/Songwriter. 7 – 9pm at Pickled Fish in Long Beach.

HAPPENING

Putz Mini Golf. At several locations in Cannon Beach. Golf runs from 1 – 5pm, with tacos, silent auction, raffle, and party to follow at the American Legion in Cannon Beach. tolovana-artscolony.org

Wednesday 14

MUSIC

Scott Law. Guitarist/Songwriter. \$20, 4pm at the Peninsula Arts Center in Long Beach.

Kris Deelane. 7 – 9pm at Pickled Fish in Long Beach.

LECTURE & LITERARY

Watershed Wonders. Learn about science and culture on the north coast of Oregon and beyond. 6pm at Burly and The Bean in Seaside.

Thursday 15

MUSIC

IDANHA. Spaghetti Western/Country. 5 – 7pm, outdoors (weather permitting) at the Bowline Hotel in Astoria.

THEATER & PERFORMANCE

The Dining Room. Drama. \$20, 7:30pm at Theater West in Lincoln City.

Friday 16

MUSIC

Dr Onion & The No-No Mamas, Harbor Place, Good Grief, Tape Deck. Rock/Funk/Nu-Metal/Alternative/Hip Hop. \$10, doors open at 7pm at the Labor Temple in Astoria.

Small Towne. Bluegrass. 8-11pm. \$5 Other Brother's Bar in Cannon Beach

THEATER & PERFORMANCE

Tiny Beautiful Things. \$20, 7:30pm at the Ten Fifteen Theater in Astoria.

12 Angry Jurors. Drama. \$20 - \$25, 7pm at the NCRD in Nehalem.

The Dining Room. Drama. \$20, 7:30pm at Theater West in Lincoln City.

LECTURE & LITERARY

Alyssa Graybeal Book Launch Party. Local Queer author reads from her newly published book, "Floppy." Doors open 7pm. Presentation 7:30pm. Book signing and complimentary dessert social, \$8 admission. At KALA in Astoria.

HAPPENING

Astoria Scandinavian midsummer Festival. \$10 admission and \$5 parking, both for all weekend. 2 – 11pm at the Clatsop County Fairgrounds, Astoria. astoriascanfest.com

Saturday 17

MUSIC

The Coats. A cappella. \$20 - \$40, 7:30pm at the Scandinavian Midsummer Festival at Clatsop County Fairgrounds, Astoria.

Sole Proprietors. Rock/Soul/Blues/covers and beyond. \$10, doors at 7pm at the Labor Temple in Astoria.

Ida Jane. 8pm at the Sou'wester Lodge in Seaview.

Jim & Abigail MacD. 8-11pm. \$5 Other Brother's Bar in Cannon Beach

THEATER & PERFORMANCE

Tiny Beautiful Things. \$20, 7:30pm at the Ten Fifteen Theater in Astoria.

12 Angry Jurors. Drama. \$20 - \$25, 7pm at the NCRD in Nehalem.

The Dining Room. Drama. \$20, 7:30pm at Theater West in Lincoln City.

HAPPENING

Astoria Scandinavian Midsummer Festival. \$10 admission and \$5 parking, both for all weekend. 7am – 11pm at the Clatsop County Fairgrounds, Astoria. astoriascanfest.com

Muscle and Chrome Car Show. in downtown Seaside.

Soccer in the Sand. Beach Soccer Tournament. On the beach in Seaside.

Sunday 18

MUSIC

Chris Couch. Singer-Songwriter-Storyteller No cover, 6pm in the Lovell Building at Fort George in Astoria.

Kris Stuart. Folk/Blues/Country. 7 – 9pm at Pickled Fish in Long Beach.

THEATER & PERFORMANCE

Tiny Beautiful Things. \$20, 3:30pm at the Ten Fifteen Theater in Astoria.

12 Angry Jurors. Drama. \$20 - \$25, 2pm at the NCRD in Nehalem.

HAPPENING

Astoria Scandinavian Midsummer Festival. \$10 admission and \$5 parking, both for all weekend. 7am – 2pm at the Clatsop County Fairgrounds, Astoria. astoriascanfest.com

Soccer in the Sand. Beach Soccer Tournament. On the beach in Seaside.

Artful Breakfast. All you can eat eggs, pancakes, beans, salsa, fruit, and more. \$5, 8am – noon at the Bay City Arts Center.

Monday 19

MUSIC

Kris Stuart. Folk/Blues/Country. 7 – 9pm at Pickled Fish in Long Beach.

Tuesday 20

MUSIC

Kris Stuart. Folk/Blues/Country. 7 – 9pm at Pickled Fish in Long Beach.

HAPPENING

Taste of the Food Web. \$25. An evening of local food, fun, and friendly competition. 4 – 6pm in the McTavish Room at the Liberty Theater in Astoria. FMI and tickets, visit northcoastfoodweb.org

Wednesday 21

THEATER & PERFORMANCE

Make Music Day. Free, 3 – 8pm at multiple venues in Clatsop County. Schedule at makemusicday.org

HAPPENING

Summer Solstice Labyrinth Walk. 6pm at Grace Episcopal Church in Astoria. Music accompaniment by pianist Jennifer Goodenberger.

Thursday 22

MUSIC

Eugenia Riot. Folk. 7 – 9pm at Pickled Fish in Long Beach.

THEATER & PERFORMANCE

Tiny Beautiful Things. \$20, 7:30pm at the Ten Fifteen Theater in Astoria.

Friday 23

MUSIC

Pale Violet & Hell Nancy. 8-11pm. \$5 Other Brother's Bar in Cannon Beach

THEATER & PERFORMANCE

Tiny Beautiful Things. \$20, 7:30pm at the Ten Fifteen Theater in Astoria.

Sherwood: The Adventures of Robin Hood. Comedy. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Saturday 24

MUSIC

Dean Mueller. Album Release Concert. 8pm. \$20 at KALA in Astoria.

Rain Opera, Weird Fishes. Indie/Pop/Rock. Cover charge. Doors at 7pm at the Labor Temple in Astoria.

The Best of Both Worlds. Van Halen tribute band. \$28 - \$38, 7pm at the Liberty Theater in Astoria.

Carl Tosten. Fingerstyle acoustic guitar. \$20, 4pm at the Peninsula Arts Center in Long Beach.

Kelli Schaefer. 8pm at the Sou'wester Lodge in Seaview.



Kardemimmit + Gangspil Midsummer Festival is in the air.

June 16 - 18

FOR OVER FIFTY YEARS the Astoria Scandinavian Midsummer Festival has celebrated the rich cultural heritage that was transplanted to the region by emigrants from the Nordic Islands. During the three days of the festival, over a dozen Nordic musical, dance, and theater groups are scheduled to entertain, in addition to handcrafts, Nordic imports, traditional foods and the joy of the Nordic roots celebrated through the Scandinavian Court.

Along with many regional performers, ASMF 2023 brings to the stage visiting ensembles from Finland and Denmark. A first for KARDEMIMMIT to the festival, the four women who sing and play kantele, similar in structure to a harp or dulcimer, although thirtysomethings, have been playing and growing their music as an ensemble for twenty years. All members have a higher education in folk and traditional Finnish music, which creates as they say, “a strong undertow to their music.”

The band recently released their sixth album, Sisko Muistatko? / Sister, Do You recall? They compose, arrange, write lyrics and produce most of their own artistic material. The themes of the music are ‘soul sisterhood in its lows and highs, womanhood and girlhood, ethnic rituals, solidarity and equality, growing up together and separate, as well as love, heartbreak and jealousy.’ The beauty of their music is magical mystery, not necessarily



sweet—kardemimmit in Finnish means, “the worst.” Four voices intertwine with the delicate plucking sound yet sophisticatedly musical kantele. The offerings of Kardemimmit will fill the air with ancient roots and original contemporary tunes. There are 5 opportunities to hear them.

KRISTIAN BUGGE AND SONNICH LYDOM ARE GANGSPIL, returning since 2016. Exquisite accordion and fiddle will dance you through every corner of Scandinavia. Reels, waltzes, fiery reels, plus the exotic Sonderhoning dance tunes from the famous island of Fano. Like many of the new folk Nordic musicians that draw on centuries of playing, Gangspil will bring a tear of joy to your ears with the very old and their own new compositions – of which they have both received Danish Folk “Grammys.”

Headlining the Saturday night festival on June 17, The COATS are the PNW premiere a cappella group. Incidentally, they happen to all be 50% Norwegian. Their interactive performance blends music and comedy. Yes, they have a rhythm section, provided by their voices. The show is at 7:30pm. Tickets online at liberty.showware.com.

Full Festival Schedule astoriascanfest.com

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Mattison Solgan - Violin

Sarah Cohen - Artistic Director of Dance

Music ~ Dance ~ Performing Arts

Chelsea & Richard T. 8-11pm. \$5 Other
Brother's Bar in Cannon Beach

ART

Tillamook Downtown District Art Walk.
1 - 3pm in downtown Tillamook.

LECTURE & LITERARY

William Dean Book Launch Party. Sus-
pense writer Dean celebrates "Militia
Men," at the Salty Siren Bookstore in
Astoria, 6:30 to 8:30pm. No charge.
RSVP williamdeanbooks@gmail.com

THEATER & PERFORMANCE

Tiny Beautiful Things. \$20, 7:30pm at
the Ten Fifteen Theater in Astoria.

Sherwood: The Adventures of Robin
Hood. Comedy. \$20 - \$25, 7:30pm at
the Coaster Theater in Cannon Beach.

HAPPENING

Clearing Sale. Like a garage/yard/estate
sale. Admission, \$5, or a bag of resale
items. 11am - 6pm at Weird Sisters
Freak Boutique in Astoria.

Oregon Corgi Beach Takeover 2023.
10am - 4pm on the beach at 200 N
Prom in Seaside.

Sunday 25

MUSIC

Joe Kaplow/Laith. Dual Bill of Funky
Folk Country from Santa Cruz and Port-
land. No cover, 6pm in the Lovell Buil-
ding at Fort George in Astoria.

HAPPENING

Clearing Sale. Like a garage/yard/estate
sale. Admission, \$5, or a bag of resale
items. 11am - 6pm at Weird Sisters
Freak Boutique in Astoria.

Monday 26

HAPPENING

Clearing Sale. Like a garage/yard/estate
sale. Admission, \$5, or a bag of resale
items. 11am - 6pm at Weird Sisters
Freak Boutique in Astoria.

Wednesday 28

MUSIC

The Ellen Whyte Trio. Blues/Jazz/Funk/
Ballads. \$20, 4pm at the Peninsula Arts
Center in Long Beach.

HAPPENING

Clearing Sale. Like a garage/yard/estate
sale. Admission, \$5, or a bag of resale
items. 11am - 6pm at Weird Sisters
Freak Boutique in Astoria.

Thursday 29

HAPPENING

Clearing Sale. Like a garage/yard/estate
sale. Admission, \$5, or a bag of resale
items. 11am - 6pm at Weird Sisters
Freak Boutique in Astoria.

Friday 30

MUSIC

STURTZ. Acoustic Indie Quartet on tour
from Colorado. Tickets \$20. In cnert at
KALA in Astoria.kalaastoria.com

Volume Bomb & The Labor Temple
Present: Coastal Chaos. Two Nights of
Debauchery & Noise. With Triple Lutz,
Monty Vega & The Sitting Shivas, One
Drink & Other Lies, Warboner. 21+, 8pm
at the Labor Temple in Astoria. Tickets
\$10 per day, \$15 for weekend. Get
them at eventbrite.com

Paige Parker. 8-11pm. \$5 Other
Brother's Bar in Cannon Beach

THEATER & PERFORMANCE

Sherwood: The Adventures of Robin
Hood. Comedy. \$20 - \$25, 7:30pm
at the Coaster Theater in Cannon
Beach.

A Night of Agatha Christie. \$10,
7:30pm at Theater West in Lincoln
City.

HAPPENING

Clearing Sale. Like a garage/yard/
estate sale. Admission, \$5, or a bag
of resale items. 11am - 6pm at Weird
Sisters Freak Boutique in Astoria.

Saturday 1

MUSIC

Volume Bomb & The Labor Temple
Present: Coastal Chaos. Two Nights
of Debauchery & Noise. With Triple
Lutz, Monty Vega & The Sitting
Shivas, One Drink & Other Lies,
Warboner. 21+, 8pm at the Labor
Temple in Astoria. Tickets \$10 per
day, \$15 for weekend. Get them at
eventbrite.com

Brad Parsons. 8pm at the Sou'wester
Lodge in Seaview.

Stuffed Shirts. 8-11pm. \$5 Other
Brother's Bar in Cannon Beach

Blisser / RJ. 9pm - midnight at the
San Dune Pub in Manzanita.

ART

First Saturday Art Walk. 5 - 7pm in
the Gilbert District in Seaside.

THEATER & PERFORMANCE

Sherwood: The Adventures of Robin
Hood. Comedy. \$20 - \$25, 7:30pm
at the Coaster Theater in Cannon
Beach.

A Night of Agatha Christie. \$10, 2pm
at Theater West in Lincoln City.

HAPPENING

Diva Drag Brunch. \$15, 11am at the
Merry Time in Astoria. merctickets.
com

Fireworks. At dusk at the Port of
Ilwaco.

Sunday 2

MUSIC

Live Music. No cover, 6pm in the
Lovell Building at Fort George in
Astoria.

Monday 3

MUSIC

North Coast Symphonic Band. An
American Celebration. Free, 7pm at
the Liberty Theater in Astoria.

Chelsea LaFey & the Salt Shakers.
Swingin' Vintage Jump Blues,
7-10pm. \$15 or \$25 per couple, cover
includes dinner. Open to the public,
at the Elks Lodge in Seaside.

4th of July

MUSIC

Barney "9 Fingers" Band. 7 - 9pm at
Vine Side at Pier 39 in Astoria.

HAPPENING

Fireworks. Over the River at 10pm
in Astoria.

Annual Warrenton Volunteer
Old-Fashioned Fourth of July Parade.
3pm in Warrenton, on Main St.

Fourth of July Parade. 1pm on
Necanicum and Holladay south of
Broadway in Seaside.



North Coast Symphonic Band Celebrates America at July 3 Concert

THE NORTH COAST SYMPHONIC BAND (NCSB) presents a pro-
gram of music for Independence Day featuring patriotic and Ameri-
can music at 7 p.m. Monday, July 3, 2023 at the Liberty Theatre.
The band is conducted by Terry Dahlgren of Warrenton, Oregon.
The concert is sponsored by a generous donation from the Astoria
Clowns.

"This concert will be a slice of Americana," said Dahlgren. In
addition to traditional marches and patriotic pieces, the program
will include a medley of tunes from The Music Man, a roundup of
Western movie themes, and a collection of symphonic marches by
John Williams. Selections span "from patriotic to The Wizard of
Oz," according to Dahlgren. Local
actor and singer Deac Guidi will
be the vocal soloist. NCSB Board
President Brian Bergman will be
the concert's emcee.

**Admission to the July 3 concert
is free. The Liberty Theatre is
located at the corner of 12th and
Commercial streets in Astoria.**

The North Coast Symphonic
Band is composed of local
musicians of all ages who enjoy
networking, learning from each
other, and maintaining their skill
levels in a positive and support-
ive environment. Rehearsals are from 7 to 9 p.m. Mondays at the
Charlene Larsen Center for the Performing Arts (PAC) in Astoria.
Musicians interested in joining should email Personnel Director Lee
Stromquist at encore1@charter.net or call (503) 861-1328. Potential
new members should read music, own their own instruments, and
have advanced high school level performance skills or higher.

For more information on the North Coast Symphonic Band's 43rd
season, visit www.northcoastsymphonicband.org, e-mail cablebri@charter.net, or call (503) 298-1087.

Chelsea LaFey & the Salt Shakers

Celebrate a rich part of Americana on the
eve of the 4th with this Juke Joint Big Band.
Vocalist Chelsea LaFey and her 7-piece band
of local players (yes, all local) fill up the room
at the Elks in Seaside. Open to the public,
your ticket includes not only a whole lot of
swingin' jivin' tunes, but dinner too. Admis-
sion \$15, couples \$25. Music is from 7-10pm.
No tickets needed. Just pay at the door. Kick
back, cut loose, and party like it's 1949 with
the hottest band in town!
Located at 324 Ave A in Seaside.



Soloist Deac Guidi



July 3

Astoria Visual Arts: PRIDE MONTH Jill Mulholland and Greg Carrigan

ASTORIA VISUAL ARTS celebrates Pride Month with local artists Jill Mulholland and Greg Carrigan—each use assemblage and light in their artwork to create striking and thought-provoking visual images. The exhibit opens with an artist reception for Artwalk on June 10 from 12 to 8pm and runs through July 2.

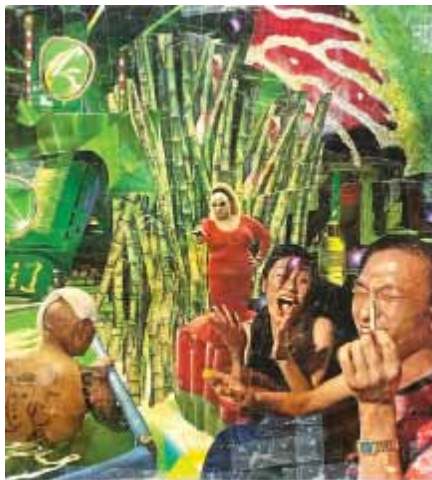
MULHOLLAND, a light artist, has been captivated by the power of light and its ability to help people feel emotion for over 20 years. For this exhibit, she will debut a new series of hanging pieces titled *FUN WITH FACES, FISH AND FLOWERS* that are constructed using plastic and dichroic glass that changes color with the angle of light. “Pointy Headed Guy” seems like a happy, goofy dude, but change your position or wait for a moment, and other reflected faces emerge from the same piece— one a deranged villain, diabolically laughing.

“The works were spontaneous, and the reflections were always a surprise to me,” says Mulholland, who documented the reflections in photographs that will be exhibited along with each piece. Mulholland often speaks passionately about the impact of light on spaces and people; she explains in her statement, “When we experience the visual symphony of a sunset, the entire sky slowly changing color, we stop in awe and feel its beauty. The absence of light at night can incite fear, the shimmer of sunlight on the water (and in sequined clothing) is celebratory, the glow of stained-glass windows in churches can inspire introspection.” Mulholland has a PhD in Architecture from Texas A&M University where she taught design studios, a Masters in Interior Architecture from the University of Oregon, and she formerly worked for the non-profit, International Association of Lighting Designers, that furthers architectural lighting education.



FISH

GREG CARRIGAN, a multimedia artist from Astoria, began his venture into the art world while attending the University of Nevada in Las Vegas in the 1970s. Together with his classmates, Carrigan created mega installations using discarded refuse found in the desert. That experience forged his path as an assemblage artist. His current series titled *FASHION* explores the saturation and extravagance of the textile industry. Extremely detailed collage assemblages, often completed with mica, adds a dazzle of refracted light, a sparkle atop the chaos of imagery that composes each piece. “Eyes Pouring Over Jewels with Time Falling Out the Bottom” shows an abstract form made of collaged gem-



FASHION

stones, eyeballs, and clocks. Seen from afar, it is all just a colorful shape with a flashy sheen, but explore closer to reveal a conglomeration of bits of collage, taped together.

“This show is centered on the fashion industry and I want the viewers to come to their own conclusions about what each piece is saying,” explains Carrigan, who frequently gravitates to making artwork inspired by a cause or with a political message. Although Carrigan explores the darker side of the fashion industry with many in this series, his lighthearted, charming personality and sense of humor also cannot help but shine through in his work.

The Astoria Visual Arts Gallery is located at 1000 Duane Street and is open new hours: Fri/Sat, 2 to 6pm and Sun, 10am to 1pm. AVA is a 501(c)3 nonprofit, founded in 1989, that works to create opportunities for people of all ages and walks of life to engage with the arts.

LIGHTBOX Photographic Gallery opens: Just a Friendly Reminder That You’re Awesome: A Camera-less Odyssey

Rachel Wolf on Saturday, June 10 with an opening artists reception from 4 – 7 p.m. Rachel is a member of The Guild at LightBox and her passion is in creating photographic art without the use of a camera.

“I create my work without a camera. I describe my work as liminagraphy – an exploration of the essence of the photographic process that consists of standing at the threshold and turning light into matter. Through the use of various photographic processes and materials, I transform the ephemeral nature of light into something that can be held, examined, and appreciated as a physical artifact.

Working in my darkroom, I am directly exposing photographic materials, paper and film, to various objects, light and chemicals. Creating in this way I am able to bypass the limitations of traditional photography and the constraints of a camera. I fully immerse myself in the photographic process, engaging in a more direct and intimate dialogue with the materials themselves.

For me, the act of turning light into matter is a powerful statement on the relationship between perception and reality. By taking something intangible, fleeting, and transforming it into a physical object, I am inviting viewers to engage with the building blocks of our visual experience in a more tactile, visceral way. By releasing our expectations of how a photograph is created and the resulting image, we are invited to consider what a photograph is.

~ Rachel Wolf

Northern Plains Native Americans: A Modern Wet Plate Perspective

A SECOND EXHIBIT opens “Northern Plains Native Americans: A Modern Wet Plate Perspective” by Shane Balkowitsch on Saturday, June 10 with an opening artists reception from 4 – 7 p.m. LightBox states,

“We have admired this work for years and now have the honor of exhibiting twenty fine reproductions of the original Collodion Wet Plates.” The prints are beautiful custom carbon pigment prints crafted in the Netherlands by master printer Luc Brefeld.

“Northern Plains Native Americans: A Modern Wet Plate Perspective” is by far my most important work. My life’s work. My goal is to capture 1000 Native Americans over the 20 years . . . it is important for me to not only document their heritage but to give respect to a people that that have been mistreated in so many ways. I consider this an honor and I will do everything that I can to put my friends in the best possible light.

~ Shane Balkowitsch



Interleaved



Vincent Night Horse Fox

The two exhibits run from June 10 through July 6, 2023. Light-Box is located at 1045 Marine Drive in Astoria, hours are Wednesday – Saturday, 12 - 5:00pm.

Cary Weigand at Brumfield Gallery

OPENING JUNE 3, Brumfield Gallery presents new ceramic work by artist Cary Weigand. An intuitive sculptor working in clay, she works with a muted color pallet to create quietly powerful imagery that reflects a holistic philosophical view of the world.

Her work has been featured on PBS’s Oregon Art Beat, published in *Ceramics Technical*, and she was awarded one of *Ceramics Monthly’s* Emerging Artists for 2011.

Her work is imbued by symbolic detail, spiritual traditions and mythologies drawn from childhood experience of growing up on the religiously diverse island of Hawaii. She remembers, “Visions of shrines ~ Buddhist, Hindu, Catholic ~ all within a block of each other, surrounded by ocean. I want to express their relationship with one another, but it’s even more about the way the ocean moves than the stories themselves.”

Cary Weigand will be present in the gallery for an artists’ reception with painter, Carla O’Connor on Saturday, June 3, 5-7pm.

Brumfield Gallery is open Wed – Sat. 11am–5pm and Sun 11am–4pm. Located at 1033 Marine Drive in Astoria-brumfieldgallery.com. (503)741-3439



WEIRD SISTERS FREAK BOUTIQUE

in Hidden Underground Astoria stages the first **ART CLASH** inviting 3 artists in a live battle of art. Artists William Brown, Roy Sanchez, and Sondra Carr battle for prizes. Audience participates and votes with their dollars – Weird Sisters is ante-ing up \$100 in prize money. Each artist will have a box, where you place your dinoro. At the end of the night, the \$’s are counted and the winner takes the pot of gold. High quality photos of the art will be taken and give the artists the option of auctioning it off/ getting prints made/ nother ways to help get the artists paid.

Come support artists directly - everyone talks about “supporting the arts” but rarely do they mean by directly supporting artists themselves.

Tom Sky performs ambient soundscapes in the Portal. WSFB is located down under at the corner of 1004 Marine Drive in Astoria. It all happens on Saturday, June 10, 4-8pm.



Roy Sanchez

June Exhibitions at RiverSea Gallery

RIVERSEA GALLERY presents two shows opening Saturday, June 10 during the Astoria Artwalk. Trust is an exhibition of paintings and monotypes by Portland artists Nanette Wallace and William Park. Though very different stylistically, both artists trust in spontaneity to create what they feel in the moment. In the Alcove space, folk artist Mark O'Malley returns with North Coast Icons, a survey of charmingly simple paintings. The Artwalk viewing begins at noon on June 10. The reception for the artists begins at 5:00, and all are invited to enjoy an evening of art and conversation accompanied by local musician John Orr on guitar. Both shows continue through July 4, 2023.

Throughout the months of working independently toward their show, Nanette Wallace and William Park have formed a deep connection through their shared love of spontaneity in their approach to making art. "I try to remind myself of the word 'trust' every time I enter the studio. Trust in the process, trust in my abilities, and trust that no matter what today's outcome brings, the work will lead me forward," notes Wallace. And speaking of



W. Park, Beach House

Renée Zangara, and Craig LeCroy at The Hoffman Gallery

THE HOFFMAN CENTER Gallery presents painter Renée Zangara, and sculptor Craig LeCroy for the month of June.

Portland artist Zangara paints from her studio in St. Johns, immersed in the landscape of the Baltimore Woods and the Willamette River, observing the dynamics of the river's energy force and the habitat of plants and animals—all the vital connections. In *Land Ho!* she paints from the inspiration of the Pacific Ocean, also a place of refuge, inspiration and wonderment. An active member of the regional art community, her work is exhibited nationally and in private and public collections. Her work has been featured on OPB's Art Beat.

Sculptor Craig LeCroy shows *Clouds and Ocean*, reflecting his experience living in Manzanita in the summers, while living and teaching at a university in Tucson AZ in winter. Drawn to stone as a medium, he seeks simplified forms because of their emotional and philosophical significance—their ability to stimulate reflection.

He states, "It is important for each sculpture to transcend the object it represents."

View art June 1 through June 24, Thur-Sun 12-5pm. An artists' reception will be held 3-5 pm on June 2. Artists will speak about their work and answer questions. Hoffman Center for the Arts is located at 594 Laneda Avenue, Manzanita, Oregon.



C. Lecroy



R. Zangara,

Park, she observes, "I am constantly reminded of his innate ability to trust in the work, to follow impulse, intuition, and spontaneity and to push the outcome fearlessly."

Wallace's monotypes and paintings feature an imaginative narrative that often fluctuates between elegant and uncomfortable. Her gestural figures are immersed in idyllic landscapes, an intuitive and emotional response to the world around her, with a profound connection to water, light, and nature. Park's paintings begin with geometric shapes that he alters as he works, responding to the sensual physicality of slathering paint in an unplanned and intuitive manner. The resulting works depict objects, structures, or landscapes that are softened, alive, and evolved.

In the Alcove, self-taught artist Mark O'Malley pays tribute to quintessential views and landmarks of the region in North Coast Icons, a series of folk-art paintings. Lighthouses and ships feature prominently, along with bars and restaurants and other familiar places. Each simple scene is painted on a self-framed wooden puzzle, with the pieces glued down.

RiverSea Gallery is open daily at 1160 Commercial Street in the heart of historic Astoria. For more information, call the gallery at 503-325-1270, or visit the website at riverseagallery.com.



N. Wallace, Lazy Calm 24x18

Wood and Metal at Astoria Art Loft

THE ONE HUNDRED + year old building which is home to Astoria Art Loft and its gallery features Jim Unwin wood sculptures and Rhonda Gewin metal-plus sculptures—they create not only with their hands, but also with their brains, imaginations, and hearts, and both use repurposed or recycled materials.

An inveterate recycler, Gewin began sculpting about 10 years ago when a friend asked her to make an imaginary musical instrument for a Star Wars party. She created The Baffle Horn from a dishwasher strainer, an adjustable aluminum mop handle, and a bell-shaped silver-plated vase.

More recently, she made a long-eared bat out of cast-offs to call attention to its endangered life.

Inspiration comes to Gewin from a variety of sources. Sometimes objects will tell her what they want to become; sometimes the ideas dawn when she is working on another project; sometimes looking at others' artwork brings ideas. And sometimes, ideas just pop up. Recently, old wallpaper suggested that it could be turned into a dress. So, she turned it into a sheath dress which was modeled at the recent Trashion Show.



Unwin, Metamorphosis

What the Ravens Saw Stan Peterson at IMOGEN

IMOGEN welcomes back Stan Peterson for his third solo exhibition at Imogen. He brings a new series of carved and painted wood sculpture and paintings. This new series was directly inspired by his most recent artist residency in New Mexico where he spent time observing the areas ravens, framing this body of work. Join us for ArtWalk June 10, 5 - 8 pm and have a chat with Stan, he'll have many great stories to share about his work and experiences. The exhibition will be on display through July 3.

Stan Peterson is not one to incubate his creative ideas strictly within the 4 walls of his studio, instead he enjoys travel, attending (and teaching) workshops and artist residencies to direct his creative path. He gathers observations from daily walks that once back within his studio become 2 and 3 dimensional reflections of experiences and thought. His most recent residency took him to the famed Ghost Ranch where Georgia O'Keefe lived, worked, and wandered throughout the terrain. Peterson who walked the same hills as O'Keefe and the Navajo people who came before her, took in the power of the landscape and its vastness, imbued in spirituality. This and his time observing the areas ravens became the backbone of this series of sculpture and paintings.

Peterson, a self-taught artist has been exhibiting his narrative and figurative sculpture for nearly four decades, utilizing animal form as a vehicle to explore human interaction and connection.

"Ravens are powerful guides. So well known as intelligent communal beings who are assertive and clever. They have become prominent subjects on my journeys away from cities."

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



Balzac



R. Gewin, Bat

Jim Unwin has great respect for wood. He's especially drawn to discards, driftwood, or pieces of wood that people bring to him. His mission is to give new life—"a wood alchemist". Unwin believes in listening to the wood and observing it carefully. "It will tell me what it wants to become." Other times, the ideas come freely and he hunts for the best pieces of wood.

Mythologies from other cultures provide insight into spiritual creatures such as the raven, a favorite subject of Unwin's to bring to life.

Recently, Unwin says a friend paid him the best compliment he ever received. The friend said, "You have changed the way I look at wood. Now my children and I take time to really look at a piece of wood."

The sculpture by Gewin and Unwin are at Astoria Art Loft, 106 Third Street, Astoria, OR, Tuesday - Saturday, 10 a.m. - 4 p.m. throughout June.

word wisdom

FATHER'S DAY was created by Sonora Smart Dodd of Spokane, Washington while listening to a sermon on Mother's Day in 1910. Her father was a widower and father of six. She adored him and wanted to honor him.

72.2% of the US population is fatherless. It is the most significant family and/or social problem, due to mostly divorce and out-of-wedlock births. There are lots of reasons why Fathers are important. Boys need a role model. Girls need to learn value and best traits in men. Lots of reasons to celebrate if you are one of the lucky ones who has (or had) a present and loving father figure.

My own father died when I was ten years old. In many ways, we had a special bond. Even though I did not "know" him well, I felt he was a person who suffered and despaired inwardly. He was quiet, a workaholic and ... an alcoholic. I was his shotgun rider, his ray of sunshine.

But then he died in a house fire when I was ten. Fortunately I was semi-adopted by a large family. The father of this family sat me down a

few years later and gave me what might be called a pep talk, how I had the ability and brains to create the life I wanted and deserved. When I turned 16, he started my bank account with \$10. Then he helped me find a job. He enlisted his sons to drive me to and from that workplace. You get the picture—he was doing his best to care for me in fatherly ways.

Fathers are all over the place; the neighbor who steps up with needed advice, the older gent who shows concern on a regular basis. A good male friend who says, "How can I help?

Fathers. Let's include Father Figures.

The reality of fatherhood is, sadly, often less than ideal. Disappearing or non-existent dads. Dads who care too little, or dads who are brutal in their version of love.

If someone, a Dad, is not in your life, try to like/love what you know of him—the best of him, the good stuff. Dads are flawed humans like the rest of us. They may have fears and



pressures you may never understand. If your Dad is in your life and is more of a big problem than a strong figure, add distance then love the best you can.

Fathers are riddled with all sorts of preconceptions, pressures, concerns, and most good parents shield that from the kids. For the many Dads that showed up daily, did Dad duties, we applaud you. You did the job not only for your family but also for the good of society. Your children will add goodness to the future.

I encourage parents of both genders to Do Your Best. Not only do your kids need it but society - the world at large - benefits by children being raised with love and respect.

P.S. Find a Father Figure surrogate grownup, who can function as a stable influence. This is not limited to gender—women can also fill that role (and many have by default). Wonderful people are out there, celebrate Father's Day with them.

ABOUT BARNEY!

By Kate Cooper • Animal Rescue Volunteer



Hi, I'M BARNEY. As you can see, I'm a handsome dude! I'm about 5-years-old, a good age for a dog. And they say I'm a Labrador Retriever mix. I'm a pretty big guy, weighing 82 pounds. 82 pounds of love! I'm an incredibly happy, goofy dog - they call me adorable! I also love to play, especially with toys I can carry around and chew on (e.g., rope toys).

I'm really affectionate and mostly just want to hang with my people. Like many of my canine friends, I enjoy going for walks and being able to sniff. I'm a curious boy!

To be honest I could do with some leash training, as I'm a bit of a puller. Therefore, I will need a strong, fit person to handle me! I'm a smart boy, and I know a few commands including "sit". I certainly could learn more (especially if there are some treats involved!) Since I love to run, I will need a yard with a secure fence. If I sound like the pup for you, please get in touch. While everyone at the shelter is really nice, I want my own place!

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 Tobi Nason

ASTORIA REAL ESTATE

940 Astor St., Suite B, Astoria OR 97103

PETE & JANET WEIDMAN
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Cell (503) 741-0345



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

CLATSOP COUNTY SHELTER

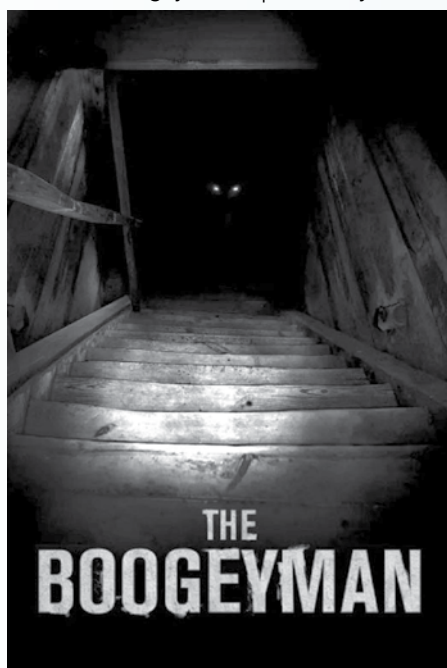
**We're a little low on supplies.
Would you please help?**

- 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

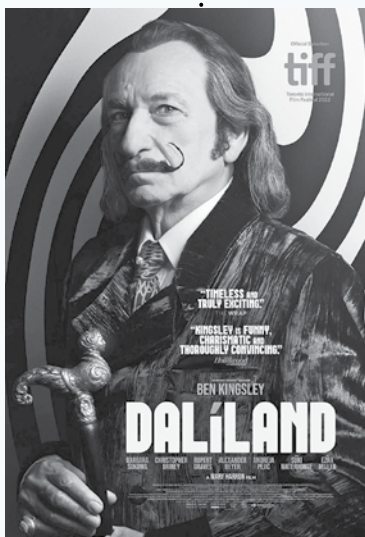
503-861-7387
Tuesday thru Saturday
Noon to 4pm

THE BOOGEYMAN (JUNE 2) Sophie Thatcher (*Yellowjackets*) stars in this adaptation of Stephen King short story. Will (Chris Messina), Sadie (Thatcher) and younger sister Sawyer (Vivien Lyra Blair) have just suffered the loss of the children's mother in an automobile accident. Will runs a therapy practice from their home. When a stranger, Lester (David Dastmalchian) shows up and begs for an immediate consultation, Will allows him to tell a story about being blamed for the deaths of his three young children. Lester says he's innocent. Their deaths were caused by "the thing that comes for your kids when you're not paying attention." He means, of course the Boogeyman. Spooked by Lester's



story, Will calls the cops but before they arrive, Lester walks into a closet and commits suicide. When strange things start happening around the house, Sadie investigates Lester's seemingly abandoned house and finds his disturbed wife who tells Sadie 'the Boogeyman is real!'

SPIDER-MAN: ACROSS THE SPIDER-VERSE (JUNE 2) Five years after the Spider-Man multiverse debuted with *Spider-Man: Into the SpiderVerse*, Miles Morales and crew return. Synopsis: After reuniting with Gwen Stacy, Brooklyn's full-time, friendly neighborhood Spider-Man is catapulted across the



Multiverse, where he encounters the Spider Society, a team of Spider-People charged with protecting the Multiverse's very existence. But when the heroes clash on how to handle a new threat, Miles finds himself pitted against the other Spiders and must set out on his own to save those he loves most. Anyone can wear the mask—it's how you wear it that makes you a hero.

DALÍLAND (JUNE 9) Indie director Mary Harron, who's covered the life of a famous artist/personality before with *I Shot Andy Warhol*, returns with this portrait of late-period Salvador Dalí (Ben Kingsley) and his wife/muse Gala (Barbara Sukowa). New York, 1974. Every winter Dalí and Gala ensconce themselves at the St. Regis Hotel paying \$20,000 per month. James (Christopher Briney) is enlisted by his art gallery boss to bring the couple a briefcase full of cash as an enticement to work for an important upcoming show. As soon as the door to their suite opens, James is thrown into Dalí World—a party is going on with rock stars, transvestites, all manner of famous, rich and beautiful and at the center—Salvador Dalí in all his glory. As James discovers, the power behind the mad genius is Gala, once his muse now his personal and professional manager who devours beautiful young men like James for breakfast.

ASTEROID CITY (JUNE 16)

Wes Anderson returns with another Wes Anderson-world story set in the typically artificial Southwestern city of Asteroid City in 1955, where A-bomb tests go off in the distance and midcentury design and music overwhelm. Chock a block with star actors some of whom only appear for a scene or two, cast include Tom Hanks, Scarlett Johansson, Margot Robbie, Steve Carell, Bryan Cranston as well as Anderson regulars Jason Schwartzman, Tilda Swinton, Edward Norton, Adrian Brody and many others. A bunch of typically eccentric characters are stranded in Asteroid City, pop. 87 after an alien encounter prompts a government quarantine. Among them are Augie Steinbeck (Schwartzman), a war photographer who has recently lost his wife and Midge Campbell (Johansson), a movie star who's had a series of relationships with violent men. From the facing windows of their bungalows, Steinbeck and Campbell develop an intense but short-lived connection.

THE FLASH (JUNE 16) Star Ezra Miller very public troubles have threatened to overshadow the release of this 13th entry in the DC Extended Universe. The Flash (Miller) travels back in time to save his mother, but this cracks open the multiverse and exposes him to an alternate reality. Ben Affleck and Michael Keaton both appear as versions of Batman. Synopsis: Worlds collide when the Flash uses his superpowers to travel back in time to change the events of the past. However, when his attempt to save his family inadvertently alters the future, he becomes trapped in a reality in which General Zod has returned, threatening annihilation. With no other superheroes to turn to, the Flash looks to coax a very different Batman out of retirement and rescue an imprisoned Kryptonian—albeit not the one he's looking for.

THE BEAR SEASON 2 (JUNE 22 HULU) Surprise hit series about a New York City chef who returns home to Chicago to run his family's Italian beef sandwich restaurant after his brother commits suicide landed on numerous top 10 lists and landed a SAG



ensemble award for its cast. While Season 1 concentrated on the chaos of Carmy (Jeremy Allen White) stepping into a chaotic situation where the loss of his brother had to be compartmentalized and his failing restaurant revitalized, Season 2 shows the reinvigorated Beef staff tearing down the sandwich shop and starting anew. Turns out the only thing harder than running a restaurant is starting a new restaurant. Bob Odenkirk joins the regular cast for Season 2.

INDIANA JONES AND THE DIAL OF DESTINY (JUNE 30)

Fifteen years after the not-well-received *Indiana Jones and the Kingdom of the Crystal Skull*, Harrison Ford wears the fedora for the last time. Opening in World War II, a de-aged Ford fights Nazi Jurgen Voller (Mads Mikkelsen) for possession of the Dial of Destiny, an ancient artifact that enables its owner to jump time. The Dial is lost, but 25 years later, Indy gets a second chance. Synopsis: In 1944, American archaeologist and adventurer Indiana Jones helps colleague Basil Shaw against Jurgen Voller, a Nazi, from obtaining a mysterious dial known as the Antiythera. Twenty-five years later in 1969, Jones is uneasy over the fact that the U.S. government has recruited former Nazis to help beat the Soviet Union in the competition to make it to space. He has become embittered as his wife Marion is about to divorce him and he is about to be forced into retirement by his university. Basil's daughter and Indy's goddaughter Helena Shaw (Phoebe Waller-Bridge) accompanies Indy into a quest to find the Dial. But ex-Nazi Voller, now a NASA member, has his own designs on the Dial, wishing to obtain it to change history and remake the world into a better place.



FREE WILL ASTROLOGY

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h 11° r 6° ♂ 27° ♀ 7° ☾ 15° ♄ 54° 0° ♀ 48°

JUNE 2023

ARIES (March 21-April 19): History tells us that Albert Einstein was a brilliant genius. After his death, the brain of the pioneer physicist was saved and studied for years in the hope of analyzing the secrets of why it produced so many great ideas. Science writer Stephen Jay Gould provided a different perspective. He said, "I am less interested in the weight and convolutions of Einstein's brain than in the near certainty that people of equal talent have lived and died in cotton fields and sweatshops." I bring this to your attention, Aries, in the hope it will inspire you to pay closer attention to the unsung and underappreciated elements of your own life—both in yourself and the people around you.

TAURUS (April 20-May 20): Human life sometimes features sudden reversals of fortune that may seem almost miraculous. A twist in my own destiny is an example. As an adult, I was indigent for 18 years—the most starving artist of all the starving artists I have ever known. Then, in the course of a few months, all the years I had devoted to improving my craft as a writer paid off spectacularly. My horoscope column got widely syndicated, and I began to earn a decent wage. I predict a comparable turn of events for you in the coming months, Taurus—not necessarily in your finances, but in a pivotal area of your life.

GEMINI (May 21-June 20): I am weary of gurus who tell us the ego is bad and must be shamed. In my view, we need a strong and healthy ego to fuel our quest for meaning. In that spirit and in accordance with astrological omens, I designate June as Celebrate Your Ego Month for you Geminis. You have a mandate to unabashedly embrace the beauty of your unique self. I hope you will celebrate and flaunt your special gifts. I hope you will honor your distinctive desires as the treasures they are. You are authorized to brag more than usual!

CANCER (June 21-July 22): One study reveals that British people own a significant amount of clothing they never wear. Other research suggests that the average American woman has over a hundred items of clothing but considers just 10 percent of them to be "wearable." If your relationship to your wardrobe is similar, Cancerian, it's a favorable time to cull unused, unliked, and unsuitable stuff. You would also benefit from a comparable approach to other areas of your life. Get rid of possessions, influences, and ideas that take up space but serve no important purpose and are no longer aligned with who you really are.

LEO (July 23-Aug. 22): In July 1969, Leo astronaut Neil Armstrong was the first human to walk on the moon. But he almost missed his chance. Years earlier, his original application to become part of NASA's space exploration team arrived a week past the deadline. But Armstrong's buddy, Dick Day, who worked at NASA, sneaked it into the pile of applications that had come in time. I foresee the possibility of your receiving comparable assistance, Leo. Tell your friends and allies to be alert for ways they might be able to help you with either straightforward or surreptitious moves.

VIRGO (Aug. 23-Sept. 22): Great shearwaters are birds that travel a lot, covering 13,000 miles every year. From January to March, they breed in the South Atlantic Ocean, about halfway between Africa and South America. Around May, they fly west for a while and then head north, many of them as far as Canada and Greenland. When August comes, they head east to Europe, and later they migrate south along the coast of Africa to return to their breeding grounds. I am tempted to make this globetrotting bird your spirit creature for the next 12 months. You may be more inclined than ever before to go on journeys, and I expect you will be well rewarded for your journeys. At the very least, I hope you will enjoy mind-opening voyages in your imagination.

LIBRA (Sept. 23-Oct. 22): One of the central myths of Western culture is the Holy Grail. For over 800 years, storytellers have

spun legends about the search for a precious chalice with magical qualities, including the power to heal and offer eternal youth. Sober scholars are more likely to say that the Holy Grail isn't an actual physical object hidden away in a cave or catacomb, but a symbol of a spiritual awakening or an enlightening epiphany. For the purposes of your horoscope, I'm going to focus on the latter interpretation. I suspect you are gearing up for an encounter with a Holy Grail. Be alert! The revelations and insights and breakthroughs could come when you least expect them.

SCORPIO (Oct. 23-Nov. 21): June is Dare to Diminish Your Pain Month for you Scorpions. I hope you will aggressively pursue measures to alleviate discomfort and suffering. To address the physical variety, how about acupuncture or massage? Or supplements like boswellia, turmeric, devil's claw root, white willow bark, and omega-3 fatty acids? Other ideas: sunshine, heating pad, warm baths with Epsom salts, restorative sleep, and exercise that stimulates natural endorphins. Please be equally dynamic in treating your emotional and spiritual pain, dear Scorpio. Spend as much money as you can afford on skillful healers. Solicit the help of empathetic friends. Pray and meditate. Seek out in activities that make you laugh.

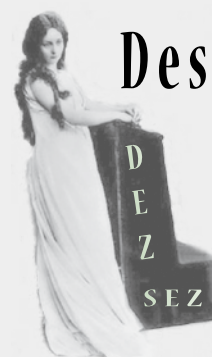
SAGITTARIUS (Nov. 22-Dec. 21): A hungry humpback whale can hold more than 15,000 gallons of water in its mouth at once—enough to fill 400 bathtubs. In a funny way, their ability reminds me of you right now. You, too, have a huge capacity for whatever you feel like absorbing and engaging with. But I suggest you choose carefully what you want to absorb and engage with. Be open and receptive to only the most high-quality stuff that will enrich your life and provide a lot of fun. Don't get filled up with trivia and nonsense and dross.

CAPRICORN (Dec. 22-Jan. 19): Funny story: A renowned Hollywood movie mogul was overheard at a dinner party regaling an aspiring actor with a long monologue about his achievements. The actor couldn't get in a word edgewise. Finally, the mogul paused and said, "Well, enough about me. What do you think of me?" If I had been in the actor's place, I might have said, "You, sir, are an insufferable, grandiose, and boring narcissist who pathologically overestimates your own importance and has zero emotional intelligence." The only downside to speaking my mind like that would be that the mogul might ruin my hopes of having a career in the movie business. In the coming weeks, Capricorn, I hope you will consistently find a middle ground between telling the brazen truth to those who need to hear it and protecting your precious goals and well-being.

AQUARIUS (Jan. 20-Feb. 18): When faced with important decisions, most of us benefit from calling on all forms of intelligence. Simply consulting our analytical mind is not sufficient. Nor is checking in with only our deep feelings. Even drawing from our spunky intuition alone is not adequate. We are most likely to get practical clarity if we access the guidance of our analytical mind, gut feelings, and sparkly intuition. This is always true, but it's extra relevant now. You need to get the full blessing of the synergistic blend. PS: Ask your body to give you a few hints, too!

PISCES (Feb. 19-March 20): Has your intuition been nudging you to revise and refine your sense of home? Have you been reorganizing the domestic vibes and bolstering your stability? I hope so. That's what the cosmic rhythms are inviting you to do. If you have indeed responded to the call, congratulations. Buy yourself a nice homecoming present. But if you have resisted the flow of life's guidance, please take corrective measures. Maybe start by reorganizing the décor and furniture. Clean up festering messes. Say sweet things to your housemates and family members. Manage issues that may be restricting your love of home.

HOMEWORK: TELL A LOVED ONE A GOOD SECRET ABOUT THEM.
NEWSLETTER.FREEWILLASTROLOGY.COM



Desdemona Speaks

by Judith Altruda

Paris Postcard

"You need to be dazzled to see well"- Andre L'hote

THIS PAST SPRING, I went to Paris for a week with two gal pals. We rented an apartment in Montmartre, that "most bohemian" neighborhood where artists such as Degas, Toulouse-Lautrec, and Picasso once lived. I was there on a mission: to seek out the modernist art roots of Native American artist Eugene Landry for a book I'm writing about his life.

My girlfriends Marcy and Jane were great accomplices---at times I felt like Nancy Drew with her trusty cohorts George and Bess following clues from Landry's sketchbook and a faded airmail envelope address to retrace his Paris journey---or at least, part of it. The artist, a self-described "red-headed Indian running around in a wheelchair" faced countless accessibility issues. For Landry, and his artist wife-and-caregiver Sharon, it was a true pilgrimage: "a long journey, especially one undertaken as a quest or for a votive purpose, as to pay homage."

We went to the cemetery in Montparnasse to find the grave of Landry's teacher, Andre L'hote. I wished I had brought an offering; many graves had tributes left by visitors: Man Ray, (sun-bleached polaroid) Serge Gainsbourg (lip-stick imprints on headstone) Susan Sontag (a roll of 35 mm film) and more. Immediately after L'hote's grave I lost my Prada sunglasses---maybe I did leave a tribute?

Muse in a Glass

If Absinthe had been available when the Landrys had been in Paris, I'm sure they would have tried it. The high-proof (reportedly hallucinogenic) spirit, made from anise, fennel and grand wormwood, was, at the turn of the 20th century, the drink of Paris's bohemian society--- until it was banned in 1914. It remained illegal until the late 1990s. Naturally, I wanted to sample some.

We googled "Absinthe bars near me". We headed to the closest one in Montmartre---the Astoria Bar.

Photos: Marcy Merrill



Altruda in Paris avec Absinthe

It was smaller than the Voodoo Room, just a bar and a few candle-lit tables. Red light glowed behind the bar; a mirror reflected bottles and patron's faces backdropped by green walls; it was like stepping into a Lautrec painting. A dog slept at the foot of its master's barstool. We sat at a small table. An American woman chatted with the bartender/owner. She said she'd just been in Astoria, Oregon. The bartender said he'd never been there. His bar was named after the Astoria in Queens, NY, where he'd once lived. He liked Montmartre because it was not yet "gentrified".

"Have you ever seen the Goonies?" she asked.

I ordered Absinthe. The barkeep poured a shot of "la fée verte" (the green fairy) into a glass, topped it with a slotted spoon and a sugar cube. He opened a spigot of a glass "fountain" to let ice water drip and dissolve the cube. Santé! Here's to being "dazzled"!

To learn more about Eugene Landry visit www.eugenelandry.com. An Altruda-curated exhibit of Landry's art will be coming to the Astoria Visual Arts Gallery in November 2023.



Cezanne Apples and Oranges

Doing Stuff Together: The Perks and the Problems

NEUROPSYCHOLOGICAL research findings have permeated popular discourse with explanations for all sorts of behaviors. If you've got a quirky habit, a pesky thought pattern, or difficulty keeping your hand out of the cookie jar, there's an explanation in our brains' (thankfully modifiable) wiring and an evolutionary origin for that.

One subject that's garnered neuro-evolutionary excitement is humanity's social nature. For a species that's taken over the planet, we're remarkably lacking in natural armaments, such as teeth, claws, or venom. Speed, brute force, or stealth aren't our strengths. Instead, early humans excelled in cooperation, which enabled them to meet their nutritional needs, defend themselves, raise their offspring, and create cultures, languages, and forms of creative expression. Research has shown that even today, a robust, supportive social network can make a difference in long-term survival and thriving with serious illnesses. Social connections are also considered a cornerstone of healthy aging, with lonely, unconnected elders being more likely to experience cognitive decline, chronic illness, and earlier death. On a society-wide level, organizing together promotes the common good. In her recent book *From #Black Lives Matter to Black Liberation*, Keeanga-Yamahtta Taylor celebrates the power of collective action to drive progressive social change, and Robert Putnam's classic *Bowling Alone* laments that a decline

in the numbers of community organizations has produced a citizenry that is less inclined to care for and about one another.

On the other hand, our drive for connection has a negative side: conformity, peer pressure, and mob



violence. "Groupthink" pressures people into doing things that would normally violate their ethical standards. Collective action has been the engine for progressive change, but it has also promoted regressive, antisocial acts, from lynching and the mass rallies of the Nazi Party to the January 6 insurrection.

These are extreme examples where a benevolent behavioral program from deep in our evolutionary history has been hijacked for evil purposes. A non-malevolent, but still pernicious, problem is the assumption in our extravert-centric society that being in a group is always preferable to being alone. As a lifelong introvert, I remember well-meaning adults wor-

rying that my preference for playing by myself meant I had a problem and needed help. They fretted about my preference for sitting quietly outside and reading; they implored me to "go play with the other kids." Usually, this resulted in my being bullied by kids who found my interests "weird." I also dreaded group activities in class. The other group members preferred to gossip over completing the assignment, and since I wanted a good grade, they relied on me to do all the work. Along with the assumption that socializing is always preferable to solitude (especially for kids) came the insistence that kids should stick together with others of their own age. I preferred hanging around with adults, some of whom found my desire to befriend them charming, while others must've been uncomfortable and hurriedly paired me off with another kid.

Connections with others can add richness and joy to our lives, collectively oriented creatures that we are. But social activities aren't the be-all, end-all of the human experience. Those of us who work in healthcare need to ask those whom we serve about the quality, not just the quantity, of their relationships. We also need to encourage time alone to refresh, recharge, and be creative. When assessing the overall happiness, contentment, and fulfillment of those whom we help, I consider it vital to include some assessment of "quality alone time" as well as "quality time" with our social networks.



Build Your Nest Book Club

A FREE 4 class series for expectant parents

ARE YOU PREGNANT or know someone who is!? There is a new program for families on the North Coast! The Build Your Nest (BYN) Postpartum Navigator Pilot Project is a community-based program that is all about helping parents through what is often one of the hardest parts of the parenting journey: the postpartum time. In fact, the term "postpartum" became synonymous with depression. There are so many common challenges of the postpartum time that really can go better when families are more prepared and more supported. Often parents don't know where to turn when things get hard, whether that's lactation, mental health, or isolation. Here on the coast, parents face the additional struggles of rural healthcare systems: the limited services and long wait times, which have only gotten worse during the pandemic.

The BYN Postpartum Navigator is a community health worker role that helps families navigate this time. This role has grown out of the Build Your Nest postpartum planning workbook, written by community member Kestrel Gates. The Navigator role doesn't replace any other service, but rather connects parents to other programs and services. The Pilot Project is being developed collaboratively with Gates and the Navigators, including Jennifer Childress, Nayeli Cruz Jimenez, Bree Libertad, Jamie Oller, Rechele Plummer, and Katie Winters who bring their collective experience as midwives, doulas, traditional health workers, home visitors, and early childhood specialists. The initial funding is through a partnership with the nonprofit Nurturely, with a Ford Family Foundation grant.

The Postpartum Navigators offers direct support to families, as well as classes on postpartum planning and lactation. The first class is the Build Your Nest Book Club at the Astoria Public Library. Learn more about the program here: <https://www.buildyournestworkbook.com/navigation-for-parents>.

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FOOD GROOVE

YEARS AGO, I bought a lovely little plum tree at the long gone River People Farmers Market. I had been eating the tiny, yellow plums every week at the market and soon realized that if a pint box of those slurpy sweet treats made me happy, a tree full could likely induce euphoria. I planted the tree in a sunny spot and waited. First year = 2 plums. Second year = 20 plums. Third year... you get my drift.

Things were going along swimmingly. The tree was flowery and fragrant every spring. The challenge of learning when to pick plums, ideally just before the deer discovered them, was sort of fun and sort of suspenseful. I was inspired a couple of years later to buy a quince tree from the same market. This was a real fruit tree, not the ornamental quince bushes that grow like weeds around here and are hummingbird magnets. This tree promised to yield gorgeous, apple-sized yellow fruits with a heady perfume and opulent pink flesh. Turns out, the flowers are pretty posh, too. I planted it next to the plum and a sweet little vine maple which had been a housewarming gift from a friend.

Our house sits on a little spit of land that juts out into a small river just upstream of its confluence with the mighty Columbia. We are on the wrong side of the dike, the original house having been built before there was a dike. On a ten foot tide, the river tops the rip rapped bank, allowing geese and ducks to swim into the yard instead of clambering over the rocks or flying in to gain access to seed spilled from bird feeders and sluggy snacks from the garden.

One morning while strolling around the house, I was startled to find an empty space where the plum tree used to be. A beaver had come ashore, chewed the tree down and taken it away leaving behind a pointy stake and some wood chips. Two days later, the quince tree was gone along with two cotoneasters. The vine maple shows evidence of having been nibbled and I suspect it will be gone with the next high tide. I'd love to see this thieving varmint who obviously works the night shift, but I am disinclined to wait up. I console myself with the knowledge that my little apple tree is quite a hike from the riverbank making it a less likely target. It's hard to be angry about the loss of something that is destined to be part of a dam construction project. It's hard, but not impossible.

I am reminded often that we are a small part of the life that flows by. Just as we like sitting on the deck when there is sun, so do flocks of water fowl like lounging in the grass. Nutria harvest the reeds along the bank. Otter families teach the kids to hunt on high tides. Blue herons gulp down fish after fish in an irksome demonstration of eating all day and never getting fat. Eagles, osprey and cormorants morph endlessly from serene beauties to lean, mean killing machines and back again. Being a fish is a tough row to hoe.

I have long since gone back to buying plums when I want them. In June, they have barely begun to make their way from the sunny valley to our neck of the woods. Thanks to a larcenous beaver, I'm using dried plums (prunes) until the real thing comes along.



CHEW ON THIS!

by Merianne Myers



GNAWING HUNGER PLUM SCONES

OR

Adapted from a recipe for shortcake biscuits in
The Silver Palate Cookbook

Preheat oven to 400

Makes 6 to 8 scones

These are meant to be drop scones as opposed to rolled scones. I prefer these because they are lighter in texture and have lots of little peaks and craters which get toasty when baked and are extremely welcoming of butter and jam.

You can embellish these by adding any bit of yumminess you like.

Chopped, dried apricots, cherries, dates, bananas, plums, etc. Chopped crystallized ginger. Currants or raisins. Toasted nuts of any kind. Fresh, dried or frozen berries.

Note: I soak dried berries or fruits in a bit of brandy just to make them really happy about participating in the process. Drain them before adding to the mix.

You will need:

2 cups self-rising flour or 2 cups of all-purpose flour & 1 Tablespoon + 1 teaspoon baking powder

2 1/2 Tablespoons of sugar

1/8 teaspoon salt

1 cube cold butter, cut into pieces

3/4 cup cold milk

1 teaspoon grated lemon or orange zest (optional)

Combine flour, sugar, salt and zest. Add chopped butter and pinch into the dry ingredients until you have a coarse meal consistency. Add the milk and mix just until dough forms a ball and all dry ingredient have been incorporated. Don't over mix! It's okay if the dough is a little lumpy.

Scoop out a palm full of dough, shape it roughly into a mound and place it on a buttered baking sheet. If you just want a little something with your cup of tea, make them smaller. They can be frozen after baking.

Brush the tops with cream, sprinkle with sugar and bake for 15 to 20 minutes until the tops and bottoms are a toasty gold. Let cool.

I love these split, toasted and spread with honey butter or butter and jam or lemon curd. Then I grab a cup of coffee and set about cultivating forgiveness for all the buck-toothed, aquatic tree thieves.

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The Architect Hound

The Forsstrom House: A Victorian to Craftsman Makeover

THE ARCHITECT HOUND loped up Grand Avenue to check in on neighbors who are restoring the historic Forsstrom House to its early 20th century glory. Located on the SE corner of Grand and 7th Street, the Forsstrom House fits in well to the mix of Victorian and Craftsman homes that create the



charm and character of the North Slope residential neighborhood. However, this dwelling has a personal and architectural story that elevates it as one of the most interesting homes on the North Slope.

The residence, now known as the Forsstrom House, was built as a one-story Victorian house in 1894 for a prominent Astoria couple named Thompson. Dr Forsstrom purchased the house in 1909 at the time of his marriage to Alli Laurinen. The later extensive renovation and modernization of the Forsstrom House reflects the prosperity of Astoria at the turn-of-the-century and the significant contribution of Finnish immigrants to the region. Dr Toivo Forsstrom (1867-1945) was born and educated in Finland and completed his medical studies in Berlin and Vienna in 1905. He arrived in Astoria in 1906 and quickly developed a very successful career-long practice as a physician and surgeon catering to the Finnish community.

Alli Laurinen (1886-1935) was born in Finland and also arrived in Astoria in 1906. She came to America essentially penniless and found work as a clerk in downtown Astoria. The marriage of the



By Eric Wheeler

42 year old doctor and 23 year old clerk in 1909 apparently raised a few eyebrows. Alli was attractive, a talented singer and eager to advance socially in the community. In 1914 she was elected Astoria Regatta Queen, reportedly the first queen of Finnish descent. Soon after her elevation to Regatta Queen a major renovation to the Forsstrom House was begun and completed around 1917. The house was turned 90 degrees and a second story was added to the 30' x 60' building footprint. The interior and exterior were stripped of Victorian elements in favor of a Craftsman appearance.

The conversion from Victorian to Craftsman was seen at the time to be a way for wealthy homeowners to 'modernize' a house that appeared out of fashion. Architectural highlights of the interior include mahogany moldings and trim, a grand staircase and prism glass windows.

A stunning cobblestone fireplace from the original building was preserved. It looks as if the "queen" got her "castle"! Family lore relates that "Dr Forsstrom made a lot of money, and Alli liked to spend it".

The Forsstrom story has a mixed ending. Alli apparently tired of life in soggy Astoria and left Dr Forsstrom in 1925 to live in New York in a swank neighborhood in lower Manhattan. The couple had no children. Alli died in New York in 1935 and is buried on Long Island. Dr Forsstrom remarried in 1933 and continued his practice in Astoria until his death in 1945.

The Architect Hound barks out three cheers of congratulation to Lauri and Pete Serafin for their great research on the Forsstroms and their ongoing stewardship and restoration of the historic Forsstrom House.



The Arts Council of Clatsop County Celebrates MAKE MUSIC DAY Clatsop County participates again in global celebration of making music on the longest day of the year

THE ARTS COUNCIL of Clatsop County joins the Make Music Day celebration for the second year on **Wednesday, June 21, 2023**. Make Music Day is a one-day event where free, live musical performances and opportunities to make music take place around the world on the longest day of the year. Musical festivities in Clatsop County are part of a global celebration of music making in over 1,000 cities inspired by France's Fête de la Musique.

The Arts Council of Clatsop County invites everyone from professional musicians to people who have never picked up an instrument to join in the global music celebration by attending events around the county from 3 in the afternoon to 8 at night. Hear songs inspired by the ocean at the Maritime Museum; join a bucket-drumming session; learn to play the harmonica or steel pan drum; play handbells as part of a large group; or relax to the sounds of the Brownsmead Flats, the Astoria Ukulele Orchestra, and many other local musicians. An up-to-date list of event locations and times can be found at makemusicday.org/clatsopcounty. Registration is still open, and interested musicians and venues can sign up there as well.

Music has been shown to strengthen social connectivity, reduce stress, lower blood pressure, and stimulate memory. It is integral to a well-rounded, enjoyable life. By participating in Make Music Day, the Arts

Council of Clatsop County encourages every form of music making.

June 21 is the perfect day to check out a local music store for some gear or to come together and play – whether it's for the first time or the thousandth.

The Arts Council (clatsopcountyartsCouncil.com) thanks the Clatsop County Cultural Coalition, the Oregon Community Foundation, and the Oregon Cultural Trust for their support of Make Music Day.

About Make Music Day:

Held annually on June 21, Make Music Day is part of the international Fête de la Musique, taking place in more than 1,000 cities across 120 countries. The daylong, musical free-for-all celebrates music in all its forms, encouraging people to band together and play in free public concerts. This year, over 100 U.S. cities are organizing Make Music Day celebrations, encompassing thousands of concerts nationwide. Make Music Day is presented by the NAMM Foundation and coordinated by the Make Music Alliance. For more information, please visit makemusicday.org.

VENUES: Lucy's Books, Brut Wine Bar, Gaetano's, KALA Performance Space, Ten Fifteen Theater, Columbia River Maritime Museum, Winecraft, The Lot (395 11th St in Astoria) + more!

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21



Larkin Stentz @ Gaetano's 4-5pm



Mustard Tiger @ KALA 6-7pm

Check out the Schedule
clatsopcounty.makemusicday.org



Astoria Ukulele Orchestra @ Ten Fifteen 7-8pm



Bucket Drums @ The Lot (395 11th) 4-5pm



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