

# HIPFISH MONTHLY

alternative press serving the lower columbia pacific region

In The Calendar:

- Catch the Coastal Story Slam
- Cannon Beach Comedy Fest
- Finnegan Blue Irish Treat
- Contra Grooves

***Flash Cuts: Academy Award Predictions***



**KALA Celebrates  
Women's History  
Month with the  
renowned Tipton's  
All-Women  
Sax Quartet p3**



**Fashion History Rebellion  
+ a month of Woman in  
Herstory on KMUN with  
LaRee Johnson  
p9**



**Hipfish Talks with Centenarian  
Delores Hessel p8**



**SB90/SB795  
A tale of 2 bills  
and the Oregon forest p4**





# It's time for a night out!

## Quarteto Nuevo

7:00 pm, Saturday, March 11, 2023

Quarteto Nuevo melds the music of ancient worlds and faraway places with a contemporary groove that enchants all ages! Merging western classical, eastern European folk, Latin and jazz, the ensemble's razor-sharp precision is enhanced by jazzy interludes, lightly rumbling percussions and mesmerizing rhythms.



## Finnegan Blue

7:00 pm, Saturday, March 18, 2023

Finnegan Blue takes Americana clear off the rails! The six-piece band brings you a night of bluegrass, Irish, reggae and gospel, rocking a mix of toe-tapping originals and traditional Irish and bluegrass covers – all hot-wired by Finnegan Blue's high-energy.



## Kingston Trio

7:00 pm, Thursday, April 13, 2023

Come re-discover the timeless music of the Kingston Trio all over again. The current group has intrinsic links to the original trio, and they're bringing the same sound and energy that led their legendary folk music to the top of the charts.



## Caro Pierotto

7:00 pm, Saturday, April 29, 2023



With a vintage voice and a repertoire of samba, forró, reggae, soul and pop, Caro focuses on spreading love and hope through her music. Her charisma and talent will guide you through an authentic Brazilian experience, leaving you charmed and inspired.

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# THE TIPTONS SAXOPHONE QUARTET & DRUMS

Funk Jazz World Soul Groove Eastern European Klezmer and Beyond....

## Friday, March 10, 7:30pm



FOR A PERFECT CELEBRATION of Women's History Month, KALA Performance Space excitedly welcomes THE TIPTONS SAXOPHONE QUARTET & DRUMS, the internationally renowned all-female saxophone quartet celebrating over 30 years as a band. Formed in 1988 in Seattle, WA by Seattle Jazz Hall of Fame member Amy Denio (alto sax, clarinet, voice), she is joined by co-leader Jessica Lurie (soprano/alto/ tenor sax, voice), Sue Orfield (tenor sax, voice), and Tina Richerson (baritone saxophone, voice). The Tiptons welcome special guest on this tour, Xavier Lecouturier, jazz artist (drums, percussion) from Seattle.

The Tiptons' material ranges from micro-Big Band to Gospel, Bluegrass to Balkan, whimsical Chamber Jazz, and nocturnal Funk to Free Jazz Improvisation using saxophones, clarinet, their voices, drums, and inventive percussion to create a genre-busting 'world soul' sound. The band takes its name in honor



Xavier Lecouturier

of Billy Tipton, a female-born saxophonist who lived their life as a man in the 20th century to realize their dreams as

a professional musician. Like Billy, the Tiptons have developed a personal, eclectic approach to their musical vision, creating some of the freshest sounds on the jazz/world/pop music scene today.

All members of the band are composers, bandleaders and experienced improvisers. Their dynamic and playful performances always feature high-energy interaction between these virtuosic musicians and their audiences. The Tiptons have received multiple commissions and grants to compose, produce multimedia performances and collaborate with international artists. The ensemble has performed at festivals worldwide since 1993, and led educational improvisation and composition workshops around the world to people of all ages and musical abilities. They've scored soundtracks for film, modern dance, radio and television internationally; most recently their signature sound was featured on a 2020 episode of the Norwegian TV series 'The Oil Fund.'

The Tiptons have released 13 CDs on labels such as Knitting Factory, New World Records, No Man's Land and Stockfisch, as well as their own label, Zipa! / Spoot / Sowiesound. Their engaging sound reaches the deepest corners of our musical imaginations with saxophones, clarinet, voice, and drums.

And now ... their fabulous 14th recording Wabi Sabi has arrived and you can download it on the site: [thetiptonssaxquartet.com](http://thetiptonssaxquartet.com). It features eleven new compositions for saxophones, voice and drums. This powerful collection of new music illustrates beauty in our chaotic world, and is inspired by the Japanese philosophy "Wabi Sabi" which encourages us to "find beauty and take pleasure in the imperfect".

## Austin Rock/Soul Artist Scott Strickland w/ Singer Songwriter Natalie Price March 24, 7:30pm Tickets: \$20



RELOCATING TO AUSTIN in 2013, forming the SCOTT STRICKLAND BAND and releasing two critically acclaimed EPs 'Fly to the Sun: The Eastern Sun Sessions (2015)', and 'Try This Love (2016)', both undoubtedly had comparisons to contemporaries Seal, or Dave Matthews - but trust that if you could sing this way, you would sing this way. Despite his aesthetic, when Strickland's idiosyncrasies shine through the music, it's so easily absorbed that one may overlook its sophistication, to that reminiscent of Ritchie Havens, Bill Withers, David Crosby or Joni Mitchell (albeit with a thoroughly modern sound).

Music was a sideline for Strickland, with a graduate degree in filmmaking. When he relocated to Austin, his part time music passion transformed to a full time creative endeavor. He released his first self-titled LP in 2022. Testament to his love of film making, his video accompanying the first track "L.A." says music journalist Peter Blackstock for Austin 360, "... might be the best video, and song, to come out of Austin in the first half of 2022."

Watch video at [kalaastoria.com](http://kalaastoria.com)

Strickland will be presenting an acoustic/ electric solo set at KALA, and supporting his

tour is Austin singer-songwriter NATALIE PRICE. Texas Music Magazine describes Natalie Price as "one of Austin's most dynamic new singer-songwriters, just as comfortable dabbling in Americana or

folk as she is indie-pop." You can download her 2019 EP "Through The Fog," and catch her latest arrangement, "The Island" on NPR'S music blog, where she sings this beautiful new tune, accompanied only by her African thumb piano.



## SKAMOKAWA SWAMP OPERA

### Friday, April 14, 7:30pm Tickets: \$20

BAND LEADER ANDREW EMLLEN, founded folk ensemble Willapa Hills, in 2003, running for 11 years, before the creation of Skamokawa Swamp Opera (SSO.) While Willapa Hills was predominantly folk, SSO veers into the uncharted territory of new wave rock covers produced acoustically, and genres on the other end of the spectrum. Band member Kyleen Austin's classical opera chops, Jillian Raye's contemporary underground rock sensibilities, and the pop punk rhythm's of drummer Erik Friend have dished out a smorgasbord of quirky lovable music, making SSO a household favorite on the banks of the Columbia. And to his great credit, post-pandemic, Emlen now leads SSO into further uncharted territories.

The band now features Andrew Emlen on cello, guitar, mandocello, banjo, and vocals; Kyleen Austin on guitar and vocals; Erik Friend on percussion, mandolin, and vocals; and Wren Hendricks on guitar and vocals. This band is known for their vocal harmonies and unique



arrangements for guitar, cello, banjo, mandolin, percussion and voice.

No genre left unturned, well maybe a few—they've been a favorite act at the Finnish American Folk Festival of Naselle, and their performance history includes Oregon's premier music festival, The Pickathon, and their tenure as house band for Portland's highly popular storytelling stage show, The Seven Deadly Sins. You'll hear many of their tunes on KMUN radio from their latest album release, Foxglove Streets, with tunes penned by all of the band members.

KALA Performance Space 1017 Marine Dr. in Astoria  
Performance Schedule and Ticket Link [www.kalaastoria.com](http://www.kalaastoria.com)

Doors Open 1/2 Hour before showtime. Full Bar. 16+ Please.  
503.338.4878. Tickets at door upon availability



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## OREGON FORESTS

### THE DEPARTMENT of Forestry's draft Habitat Conservation Plan has become controversial in recent weeks.

The timber industry and county commissioners from the two counties which have by far the greatest percentage of state forest land, Clatsop and Tillamook, are claiming that the reduction in timber harvest due to the HCP will have a devastating effect on the economy of those counties.

While spokesmen for the timber industry wring their hands over the fiscal fate of the counties, conservationists say the industry's real concern is their bottom line. For their part the county commissioners and leaders of the service districts that could be impacted by loss of revenue due to reduced harvest on state forest land have a legitimate concern. That said, some commissioners who loudly proclaim an economic doom's day scenario that will impact "generations to come" don't seem to be mindful that the Board of Forestry and the ODF have the same concern about loss of county revenue as well as loss for what they see as an essential Oregon industry.

The HCP is designed to achieve conservation goals and reduce the impact on counties and the industry from potential litigation when a specific species, like the Northern Spotted Owl, is declared endangered. The owl episode of 1990 engendered the culturally corrosive timber wars that to some extent are still going on. The HCP is designed to prevent that highly detrimental period from recurring. While not required by law, it is a holistic and forward looking plan intended to provide economic protection for the counties and industry, while achieving state and federal conservation and climate goals, and meeting the ever increasing demand for recreation on state land.

The current brouhaha over the HCP has many wondering if we are seeing the first salvos of a timber wars redux like the one caused by the listing of the Northern Spotted Owl. But anyone who witnessed via zoom the Board of Forestry's February 15th virtual special meeting couldn't help but notice how cordial and genteel opposing board members were with each other. The final 4 to 3 vote to go ahead with the HCP as currently written was opposed by a more industry friendly motion including more logging.

Toward the end of the Board of Forestry meeting two of the board members who

supported the current HCP said they would like to see a task force appointed to investigate ways to fund the counties beside logging on state land. The Senate Natural Resources Committee already had a bill, SB90, in the works. SB90's sole purpose was to create a task force to begin such an investigation.

Within a day of the Board of Forestry meeting a pro timber industry group called

has called on its Republican minions in the Oregon senate to introduce a bill, SB795, that if passed would totally upend forest management in Oregon.

To call it simplistic in its lack of specifics is an inadequate appraisal of SB795. The bill literally calls for forest management in Oregon to be turned over to the individual counties without mention of the possible ramifications of such an action. District 16

Republican State Senator Weber said in supporting SB795, "Local elected officials are the closest ones to the voters. They know how to manage the forests better than anyone." Really? In our county are we to pretend that a school teacher, a car salesman, a former social worker and a business guy have comparable expertise in forestry to that of the foresters and PhDs at the Department of Forestry? Beyond the lack of knowhow the counties simply don't have the fiscal resources available to the Department of Forestry. Are the counties able to deal with the complexities of environmental regulations and the inevitable



## SB90 AND SB795

By  
Roger  
Dorband

### Oregon Forests A TALE OF TWO BILLS

Oregon Forests Forever denigrated SB90 using the urban/rural trope to convince their followers that SB90 was an example of Portlanders trying to tell rural communities what is best for them. As a result the public comment tally on SB90 by the end of that week showed a preponderance of comments in opposition. The environmental community was poised to tip the balance of comments to the positive side of the ledger before the vote on February 20th but SB90 was suddenly taken off of the agenda with no explanation. The office of the Senate Natural Resources Committee Chairman, Jeff Golden, later responded that the bill is going to be revised and brought forward again soon in a different format.

It is worth noting that before the conservation breakthroughs of the recent Oregon Forest Accord, the decoupling of Elliott State Forest from the COMMON SCHOOL FUND, and the Oregon Supreme Court ruling on the Linn County Timber Lawsuit, the notion of no longer relying on state forest timber harvest to fund county services was considered a nonstarter. Now the discussion also includes reinstating the severance tax on timber companies, a tax that prior to 1990 singularly met the fiscal needs of the timber trust counties. That possibility has triggered massive alarm within the timber industry which

lawsuits they engender? If counties want to control their forest management they should first be required to demonstrate that expertise and fiduciary capability.

In spite of their rhetoric about environmental conservation the Clatsop County commissioners supporting SB795 also supported the Linn County Timber Lawsuit which favored timber harvest over other values. Might they ever prioritize timber harvest in light of increases in the county budget in some years? That could then lead to unsustainable forest management practices like increasing clearcuts which would endanger more water sources and wildlife while eroding opportunities for public recreation.

SB795 is an attempt to undermine the Oregon Supreme Court's ruling on the Linn County Timber lawsuit which favors balanced forest management. It also undermines the HCP and all of the effort that has gone into crafting policy that is fair to all stake holders. Finally, the signators and supporters of SB795 seem to have forgotten the fundamental truth that by definition state forests belong to all citizens of the state not to the counties.

(Those wishing to comment in support or against either SB90 or SB795 should send comments to the Oregon Board of Forestry or to the office of the Senate Natural Resources Committee.)

Ten Fifteen Productions presents  
**The Waverly Gallery**  
by Kenneth Lonergan



Directed by Ryan Hull

March 24, 25, 30, 31, & April 1 at 7:30pm  
March 26 at 3:30pm

The Ten Fifteen Theater  
1015 Commercial St - Astoria, OR  
Tickets are available online at  
[www.thetenfifteentheater.com](http://www.thetenfifteentheater.com)

PHOTO by Anna Kaufman from her current show at AVA, UpRooted. See Art Happens, p.15





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 Scientific Illustrator and a Marine  
 Educator, Fisher Poet Presenter, and  
 art at AVA Gallery

## Raise a Glass to Conservation at 'Whiskey, Wetlands and Wildlife' NCLC Fundraiser • March 19

**HIGH-END WHISKEY** from local purveyors. Handcrafted chocolates. Add live music and a silent auction, and it's a party!

North Coast Land Conservancy will be hosting its Whiskey, Wetlands and Wildlife fundraiser from 3:30 to 5:30 p.m. Sunday, March 19, at Blaylock's Whiskey Bar in Astoria.

Guests are invited to taste delicious whiskey from around the world; indulge in rich chocolate truffles from Cannon Beach Chocolate Café; and support NCLC's efforts to conserve a fully functioning coastal landscape where healthy communities of people, plants and wildlife all thrive.

Whiskey connoisseurs will share unique stories about their sophisticated spirits and explain how nuanced flavors delight the palate when paired with chocolate. Additionally, Cannon Beach guitarist Wes Wahrmund will provide live music, and there will be a silent auction featuring a selection of items from local craftspeople, distilleries, and hotels.

**Tickets are on sale, but only 30 are available. Admission is \$250 per person or \$400 for two people. This is a 21+ event. All funds will go to support NCLC's efforts to conserve ecologically precious and beautiful wild places that are important to our communities on the Oregon Coast.**

TICKETS + FMI: visit [NCLCtrust.org](http://NCLCtrust.org)



## Honoring the Honorable AAUW Event • March 21

ACKNOWLEDGING THE IMPACT OF WOMEN, the Astoria American Association of University (AAUW) is Honoring the Honorable judges Paula Brownhill, Cindee Matayas, and Dawn McIntosh.

Judge Paula Brownhill was awarded a lifetime achievement award for her work with abused and neglected children. Judge Cindee Matayas started the Mental Health Treatment Court in Clatsop County. Judge Dawn McIntosh served on the State Family Law Advisory Committee and received the Chief Justice's Juvenile Court Champion Award. All three women served as judges for the Circuit Court.



A dinner at the Golden Star Restaurant at 599 Bond Street begins at 6:00 pm on Tuesday, March 21. This will be followed by the three judges sharing some of their career highlights. Contact Rosalie McCleary to make reservations by text or phone at 503 791 3070. The last day for reservations will be Thursday, March 16. The cost of the dinner is \$20.00 dinner to be paid at the door by cash or check (made out to AAUW Astoria). The public is invited to join the celebration.

## LET'S STAMP OUT HUNGER APRIL 1

LET'S STAMP OUT HUNGER is a fundraiser for Clatsop Emergency Food Bank sponsored by Red Dwarf Graphx. Anyone can bring food or money to Astoria High School commons to donate to the Food Bank anytime from 9am to 9pm. Spring is an especially low resource time for the food bank.



In addition, it is an all-day crop for card-makers, scrapbookers, and other paper crafters. People should bring their own projects, tools and materials to work on them, however, there will be hourly make and takes as well as hourly door prizes. A "free" lunch and several popular raffle prizes as well as a silent auction are also available to participants. Join the fun and help our local food bank.

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## Getting Through Trying Times

“DEEP BREATHS.” We are living through trying times. But to every challenging or anxiety-provoking news item we can find a corollary in the actions of decent people working their hearts out to remedy what’s broken.

“Take the shooting in Michigan [on February 13]. The relentless drum of these massacres is enough to challenge the mental health of even the most stoic among us. However, we can derive some minute satisfaction in knowing that, because of your hard work, the new Democratic trifecta in Michigan will not take this event lying down. They are, as we speak, rushing a “strong gun violence prevention package” through the state legislature. It will pass swiftly. It will save lives.

“Democrats deliver. Truly. This isn’t simply a slogan. It’s a fact, and it should make you proud to be fighting for them.

“We cannot bring back the countless Americans—so many of whom were young people!—lost to this heartbreaking and preventable scourge. But we can comfort ourselves somewhat in the knowledge that work we have done, money we have donated, postcards we have written, calls we have made, and doors we have knocked may yet save lives.

“What comfort do Republican voters have? None at all. They are living in an endless dark night of the soul, and it will only get worse, no matter how loudly they deny it.

“I’d rather be us than them. And I’d rather fight until my dying day than betray my country the way their leaders have.

“If you feel the same let’s get to work!”

-- Jessica Craven, “Chop Wood, Carry Water,” on Substack, February 15, 2023

### RUN FOR SOMETHING

Voters will elect area residents for dozens of positions on Special District boards on May 16. Special districts in Clatsop County include health, public utility, rural fire protection, sanitary, school, water, and others, including the Sunset Empire Park & Recreation District. Countywide special districts are the Port of Astoria, Sunset Empire Transportation, and Clatsop Community College.

More information is at [clatsopcounty.gov/clear/page/elected-officials](https://clatsopcounty.gov/clear/page/elected-officials). Most of the information on local positions

## Connect with the Q Community LOWER COLUMBIA Q CENTER

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

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

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

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

“This country has more problems than it should tolerate and more solutions than it uses.”  
--Ralph Nader

and filing is on the Clatsop County website, [co.clatsop.or.us/clerk/page/elections](https://co.clatsop.or.us/clerk/page/elections). Filing deadline for the May 16 election is March 16.

### STRENGTHENING ECONOMY

“Presidents typically receive too much blame and credit for the performance of the economy. But Biden has a strong argument that his policies and legislative successes are responsible for the continued health of the economy— inflation notwithstanding. Under Biden’s leadership, Democrats in Congress passed the American Rescue Plan, the bi-partisan infrastructure act, the CHIPS and Science Act, and the Inflation Reduction Act. Unemployment reached 14% during the height of the shutdown and is now at a 50-year low of 3.4%.

“It is true that inflation increased as Biden’s legislation reduced unemployment, but there is scant evidence that new spending fueled inflation. Rather, supply chain disruptions and labor force dislocation caused by the pandemic drove a cycle of scarcity and wage growth that fueled inflation. And we cannot ignore the fact that American corporations used the pandemic as an excuse to raise prices at a rate that far outpaced their increased costs.

“... President Biden and all Democrats should be rightly proud of what they accomplished during the 117th Congress. Let’s take a moment to savor and celebrate those accomplishments.”

-- Robert Hubbell, *Today’s Edition*, on Substack, February 4, 2023

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



Stay Tuned - QBook Club on temporary hold

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

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

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

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



## NW Author Series

**Annelise Heinz**

*Mahjong: A Chinese Game and the Making of Modern American Culture*

JOIN CB LIBRARY for a presentaion by author Annelise Heinz Saturday, March 25th, 2 p.m. This is a hybrid event; come to the library or watch online.

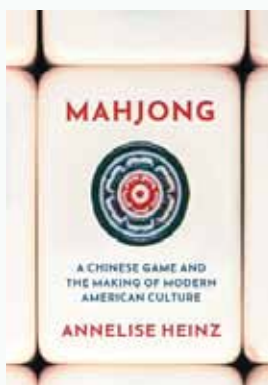
Heinz will discuss her book about the American history of the Chinese parlor game Mahjong, as she explores how individuals create and experience cultural change in their daily lives.

Mahjong: A Chinese Game and the Making of Modern American Culture charts the complex journey of a game's history that connects Jazz-Age white Americans, depression-era urban Chinese Americans,

Jewish-American suburban mothers, Air Force officers' wives, and American expatriates in Shanghai.

Annelise Heinz is a historian at the University of Oregon. Her work has been featured by NPR and The Wall Street Journal. Mahjong won the Pacific Coast Branch Award and was a finalist for the Oregon Book Award in Nonfiction. She has lived and played mahjong in the United States and Southwestern China.

**Saturday, March 25 at 2pm.**  
**Attend at the Library or watch online:**  
[cannonbeachlibrary.org](http://cannonbeachlibrary.org)



## CB Library Annual Writers Read What Would Hemmingway Say?

JOIN THE Cannon Beach Library on **MARCH 10 AT 7PM** for the **5th Annual Writers Read Celebration**. If Ernest Hemingway arrived on the North Coast, what would he say? Talented writers from across the region have all sorts of ideas.

He might: ask why he left Cuba; tell stories and knock back a bourbon at the Driftwood Inn; recount how a boy reeled in a seagull; discuss fishing with a youngster at the library; or describe how a 12-step program member took flight as a crow.

Join in on listening to writers share these and other stories. Get to the library for refreshments and company, or watch online ([cannonbeachlibrary.org](http://cannonbeachlibrary.org)) to celebrate writing, reading, and Hemingway!

131 N. Hemlock in Cannon Beach.

## Pop Up Authors Fair

THE WRITER'S GUILD is sponsoring an Art Walk Pop-Up Authors' Fair in The Commons at the Astoria Studio Collective. Representative Authors include: Jennifer Nightingale, Shannon Symonds, Pete Young, James Tweedie, and Marianne Monson. Connect with local authors and talk about their work.

Also, Roy Sanchez will show his portrait artwork in the lounge next to the Author's Fair. Visitors can sit for a free quick caricature drawing.

**Saturday, March 11, 5-8pm. 372 10th Street (upstairs from AVA Gallery)**

## Writers' Meet And Greet With Bunny Ketterman

MINGLE and get to know other writers in the area. Swap stories, share ideas, and enjoy a drink with other crafters of words.

**Tuesday MARCH 14, 6:30-8pm, Astoria Brewing Co., 144 11th St., Astoria**



## Library After Dark

**ASTORIA POET FLORENCE SAGE** is the April 2023 speaker in Warrenton Community Library's *Library After Dark* series. This poetry month event is at the library, 4-5pm on **Saturday April 8.**

Up for listening and discussion: Sage's 62-poem family memoir, *The Man Who Whistled, the Woman Who Wished: a Polish-Canadian Story* – about her young life in Canada with her immigrant family from the 1940s to '60s – and her new 67-poem collection, *What to Do with Night.*

Planned topics include: memory and memoir; using imagination, dreams and stories in poetry; selection and construction of collections – from her personal experience writing her books. She hopes to encourage others to write.

Her three books are available at the Astoria and Warrenton libraries, and from RiverSea Gallery and WineKraft in Astoria.

## Ric's Poetry Night

Ric's Poetry Mic is back in person, with hosts, Astoria poets Florence Sage and Jim Doit, on first Tuesdays of the month at WineKraft in Astoria, 80 10th St., at the Columbia River's edge, in the Pier 11 Building. Writers and poetry lovers gather to read their original or favorite poems/prose excerpts at the mic, welcoming listeners.

**Sign-up to read is at 7pm, 5 min. per reader. Face masks are requested at this time.**



## THE RAYMOND CARVER WRITING FESTIVAL is back for its second year with an emphasis on poetry.

Located in Clatskanie, Oregon where the world-famous poet and short story writer Raymond Carver (1938-1988) was born, the two-day festival, May 19-20, will be preceded by a poetry contest in April "Poetry Month" with the theme from Carver's poem Happiness: "Happiness. It comes on unexpectedly. And goes beyond, really, any early morning talk about it."

The contest will kick off with Poetry and Pie (Carver's favorite dessert) from 5 to 7pm on Tuesday, April 4, at the Clatskanie Library, 11 Lillich Street.

Poetry from youth living within the Clatskanie School District boundaries and adults from throughout the Lower Columbia region will be judged in the following categories: Youth (ages 8-10, 11-12, 13-15, 16-18); Adults: Published and Non-Published, and Haiku: Open to both youth and adults. Entries are limited to two poems per poet. Cash prizes will be awarded.

More info at [www.rayondcarverwritingfestival.org](http://www.rayondcarverwritingfestival.org) or [www.clatskanielibrary.org](http://www.clatskanielibrary.org), prior to the April 1st start of the poetry contest. Participation in the poetry contest and May 19-20 festival events are free.

Oregon Poet Laureate Anis Mojgani will be the featured presenter at a reception on Friday, May 19, from 6 to 9 p.m. at the Clatskanie Cultural Center. The reception also will feature speakers on Carver's connection to Clatskanie, local authors, and refreshments. There will also be a commemorative bookmark printing in collaboration with the C.C. Stern Type Foundry

Prior to the May 19th evening reception, a pop-up poetry booth will offer readings of Carver poems beginning at 1pm, festival information, maps for a self-guided walking tour of Carver's birthplace, mural and sculpture, and the Clatskanie Historical Museum at the Castle where Carver memorabilia is on display. Also available for purchase will be keepsake posters and t-shirts, while supplies last.

A free showing of the 1993 movie, *Short Cuts*, based on Carver works is set for 2pm, May 19 in the Clatskanie Cultural Center's Birkenfeld Theatre. The movie is R rated.

On the schedule for Saturday, May 20, will be workshops by Mojgani, Michael Mills, host of the Raymond Carver Podcast; Marianne Monson, president of the Astoria Writer's Guild, and Cathlamet poet Dayle Olson. More details coming: [www.rayondcarverwritingfestival.org](http://www.rayondcarverwritingfestival.org).



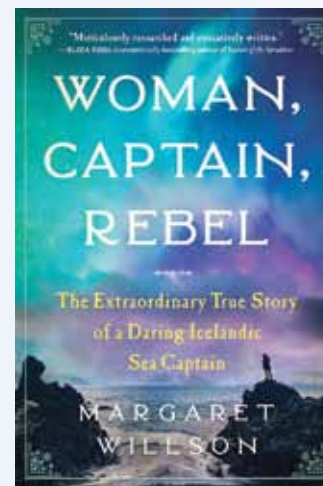
## Woman, Captain, Rebel:

**The Extraordinary True Story of a Daring Icelandic Sea Captain**  
**Author Margaret Willson at the CRMM • April 8**

CULTURAL ANTHROPOLOGIST and writer, Margaret Willson will be giving a presentation on her new book, *Women, Captain, Rebel* at the Columbia River Maritime Museum, Saturday, April 8 at 10am in the Ford/Kern Rooms.

*Woman, Captain, Rebel* is the historical, narrative non-fiction account of Iceland's most famous female sea captain who boldly defended men and women alike against injustice—and who solved one of the country's most notorious robberies.

Captain Thurídur, born in Iceland in 1777, lived a life that was both controversial and unconventional. Her first time fishing, on the open unprotected rowboats of her time, was at age 11. Soon after, she audaciously began wearing trousers. She later became an ac-



claimed fishing captain brilliant at weather-reading and seacraft and consistently brought in the largest catches. In the Arctic seas where drownings occurred with terrifying regularity, she never lost a single crewmember. Renowned for her acute powers of observation, she also solved a notorious crime. In this extremely unequal society, she used the courts to fight for justice for the abused, and in her sixties, embarked on perilous journeys over trackless mountains.

Weaving together fastidious research and captivating prose, Margaret Willson reveals Captain Thurídur's fascinating story, her extraordinary courage, intelligence, and personal integrity.

Through adventure, oppression, joy, betrayal, and grief, Captain Thurídur speaks a universal voice.



Here is a woman so ahead of her times she remains modern and inspirational today. Her story can now finally be told.

"Meticulously researched and evocatively written, *Woman, Captain, Rebel* provides not only a captivating insight into 19th-century Iceland, but also introduces readers to the inspirational, real-life fishing captain Thurídur, a tough and fiercely independent woman who deserves to be a role model of determination and perseverance for us all." — Eliza Reid, internationally bestselling author of *Secrets of the Sprakkar*

Margaret Willson is a cultural anthropologist whose current research interests focus on issues relating to Arctic and Northern concerns, including fisheries, gender and small-scale communities. She is an Affiliate Associate Professor with the Departments of Anthropology and Scandinavian Studies at the University of Washington. Her previous books include *Seawomen of Iceland: Survival on the Edge* and *Dance Lest We All Fall Down: Breaking Cycles of Poverty in Brazil and Beyond*.

Upon the completion of the her book, from concept to publisher to manuscript to hardcover, Willson exclaimed on her blog, "And now, after all this, *Woman, Captain, Rebel* is finally to the stage where it is becoming a real book! It has a cover, interior design, readers can preorder it. Thurídur's knowledge, the adventures, the betrayals and her handling of them, the society that allowed her to live as she did, and also so oppressed, can now fly!"

**Saturday, April 8, 10am at the CRMM Ford/Kern Rooms. Astoria**





Hipfish Talks with Delores Hessel

# The New Centenarian

Commemorating Women's History Month

By  
Judith  
Altruda

IN MID-JANUARY, Delores Hessel celebrated her 100th birthday surrounded by friends, family, and moving boxes. For the past month she had been purging possessions to move from her spacious Warrenton home to an assisted living suite. She had given away many goods from a former life—from crystal napkin rings to roasting pans and serving platters—honing it down to a few items too precious to leave behind.

She is stoic about the upcoming changes, what she calls “the new way of life”.

Delores has reinvented herself many times over the past century. For her, this is yet another incarnation. “I’ve done a lot of things. I’ve had so many experiences. I never was disappointed in anything—I took what I got.” So, what is she taking with her on this move? She has parred it down to a few objects, of no real material value, but rich in history.

## Major historical events have been cornerstones in her life



Delores Gregush in white pinafore

Delores’s Austrian-born father, Rudolph Gregush, an interior designer, was a former carriage driver for Franz Josef’s Hapsburg court. He came to America in the early 1900s, as a stowaway aboard a ship. Her mother Marie was a nurse at San Francisco’s House of the Incurables, a diphtheria and typhoid sanitarium. Her parents met the day before the 1906 earthquake.

A mirror they salvaged from the rubble of a Nob Hill Saloon became a family

heirloom. Until very recently, it hung on Delores’s wall; it now belongs to a great-nephew.

Her parents moved to Los Angeles during Prohibition. Her father built a home in East LA where Delores was born, in 1923. She had seven siblings. Winemaking was a family affair, involving the younger children. “Mother would wash our feet and Dad would carry us and put us in the barrel to stomp the grapes,” Delores reminisced. “We always had a glass with dinner.” During the 20s, her father’s interior design business grew; he worked for many Hollywood stars. Life was good.



Delores's old friends Johnny Weismuller and Lupe Velez

## The Great Depression

One day, “Dad came home from work and said, ‘we gotta move’. The bank had foreclosed on their home. I remember it happened on Good Friday,” Delores recalled.

They moved to an apartment. Her mother got a job as a housekeeper for Tarzan star Johnny Weismuller. The Austro-Hungarian Olympic swimming champion—the most famous of all film Tarzans-- was married to glamorous actress Lupe Velez, aka “the Mexican Spitfire.”

Young Delores sometimes went with her mother to work. “Johnny was good to me,” she said, “he called me ‘the little Austrian’ and let me swim in his pool. One time, I swam with a neighbor girl-- both of us practiced our Tarzan yells at



the top of our lungs until the Beverly Hills police arrived!”

Lupe enjoyed dolling up Delores. “She would put her jewelry on me, tiaras, and gowns. She would lay in bed and watch me get dressed up,” she said. At this point in our conversation, Delores asked her caregiver, Asha, to “go and get my treasure box.” Asha soon returned with a vintage silk-covered Elizabeth Arden cosmetic box. “Lupe gave me this,” Delores said, opening the lid. Inside were treasures from Delores’s childhood, including a handful of glass marbles. She scooped up a scarred, misshapen marble. “This was my ‘pee wee’,” she said. “It was my shooter. I must have won at least 500 marbles with it, from the neighborhood boys.” She smiled, “I guess you could say I was a tomboy. Mother always said I never went through a gate—I jumped over it.”

Juxtaposed with the opulence of Johnny and Lupe were the lean realities of the Depression. Feeding a family of nine was a challenge. For a time, Delores’s parents worked at a Los Angeles soup kitchen. They would give Delores and her sister Peggy each a dime and a paper bag to take to the bakery and fill with day-old bread. At Christmas, they received charity clothing from the local fire department. “They were friends with Dad—they liked his wine.” Delores got a pair of hand-me-down shoes and a boy’s coat. She still remembers the smell of



Delores and Richard, wedding day 1944

disinfectant they carried. “That was what I got for Christmas that year,” she shrugged.

## The War Years

In the early 1940s, Delores joined the Women’s Ambulance and Transport Corps, learning a variety of skills. A framed newspaper photo shows her in WATC uniform, learning Judo. She also enjoyed dancing at the newly-opened Hollywood Palladium where she saw Glenn Miller, Tommy Dorsey, Artie Shaw—live!

In 1944, she married Richard Hessel, a Pearl Harbor survivor. Shortly after their nuptials, Hessel was posted to the Philippines. While he was away, Delores sewed a quilt by hand, covering it with red, cross-stitched flowers.

That same year, she voted for FDR. “I was 21. It was my first election,” she said. Delores is a life-long democrat. She thinks it’s important to stay up with current events, even “views from the other side”—such as Hannity, whom she dismisses as “bullshit, bullshit.”

In 1954, she was widowed with a young son. They started over again in the Bay Area. She worked for Pan American airlines as a chef until the 1970s.

## The Great Northwest

In 1985, Delores reinvented herself again with a move to Hamlet Oregon. Rural life was a new adventure. “I had never chopped wood before,” she said. Twenty years ago, she moved to Warrenton. For the past two years, her son Richard had lived with her, until his unexpected death last December.

Pared down to the essentials, what will she keep? The war-time quilt. The Lupe Velez treasure box. An Austrian crest wall hanging. And a selection of photographs.

On her birthday, she paused from packing to enjoy visits from friends. She wore a glittery tiara topped by the numeral “100.” She ate cake. Her attitude is upbeat.

“I love life,” Delores said, in between bites. “I hope I live a little longer.”



Delores with treasure box from Lupe Velez



# Fashion Before Freedom

how fashion has reflected women's history the past 200 years.

International Women's Day March 8  
6:30pm Astoria Public Library

IN 1776 ABIGAIL ADAMS wrote to her husband John, "In the new code of laws which I suppose it will be necessary for you to make, I desire you would remember the ladies ... If particular care and attention is not paid to the ladies, we are determined to foment a rebellion"

There have always been social problems. Issues that are detrimental to the quality of life, especially for women. It has often been women who have both suffered from these social problems and women who have campaigned to make things better. They campaigned for safe working conditions, they campaigned for children's education, they campaigned for abolition, and they campaigned for the right to vote, so we could all be protected by laws that we all live by.

There was the issue of slavery, and equality. Many women worked on abolition campaigns, embroidering anti-slavery messages and poems into their quilts and needlework. Quilts often became tools of revolution. But women had no real power, they could not vote to change the laws. There was the issue of drunkenness followed by physical and mental abuse of women and children, but women had no power because they could not make laws to safeguard their families. Tea parties may have been tools of revolution where they plotted "how to make changes." There was always financial insecurity, once married, everything belonged to the husband. In many cases they did not even own their own clothes, sewing machines or business, or have control over their children. They were helpless to make changes without the right to vote.

Women even campaigned for "Rational Dress Reform." History books have mainly been His-Story, we would like to share Her-Story and how fashion has reflected that story for the past 200 hundred years.

— LaRee Johnson Women's Herstory Presenter

## Celebrating Women's History Month, KMUN will be highlighting remarkable women in history



KMUN is celebrating (s)heroes this month! Women who transformed America over the past 200 years, remarkable women of notable achievements as far back as 1776 from the fields of social work, science, politics, sports, medicine, law and adventure. Many who were hampered by constraints we can't imagine today.

Most often, these women were not talked about in the history classes we took, due to the male bias in writing history. Because it was "his-story." March we will be hearing "her-story."

Join LaRee Johnson and KMUN as they look back and appreciate what women contributed. The goal of these notable women was not money or notoriety, but simply a better life for children, families, society, and the environment. They broke free from the stereotypical female role, their independent spirits have made a difference for us today, we stand on their shoulders, and we salute them this month, Women's History Month, or shall we say Her-story Month.

Presented by LaRee Johnson throughout the month of March, on KMUN Coast Radio, 91.9 also available on KMUN podcast.



LAREE JOHNSON in the persona of Abigail Scott Duniway, who worked for over 40 years to get the right to vote, AND was the first woman to vote in Oregon in 1912. (Laree wears an authentic 1912 period navy suit with a black velvet hat).

You could say LAREE JOHNSON loves to play dress-up! Although she is a long time collector of vintage fashions, she has also been a long time member of Clatsop County Historical Society, and a long time resident of our historic Astoria, Oregon.

LaRee authored and photographed "Ladies Vintage Accessories," a 333 page book which went into 4 editions nationwide. She collaborated with her husband, Andrew E. Cier, on the Bicentennial Edition "Destination: The Pacific Guidebook and Personal Journal" listing all the Lewis & Clark sites from Long Beach, WA to Cannon Beach, Ore at the mouth of the Columbia River.

LaRee has also adapted and performed in the video "Herstory," filmed by local film maker Mick Alderman. The video features diaries from three Oregon pioneer women, one of whom was Mary Riddle who lived many years in Swenson, keeping a journal from the late 1870's until her death in the 1920's. This remarkable original diary is at our local Astoria Public Library.

\* **International Women's Day (IWD)** is a global holiday celebrated annually on March 8 as a focal point in the women's rights movement, bringing attention to issues such as gender equality, reproductive rights, and violence and abuse against women.

\* The earliest reported Women's Day observance, called "**National Woman's Day**", [13] was held on February 28, 1909, in New York City, organized by the Socialist Party of America.

\* In 1987, after being petitioned by the National Women's History Project, Congress passed Pub. L. 100-9 which designated the month of March as **Women's History Month**.

## Take The Quiz!

To help celebrate this month the National Women's History Project developed a quiz:

Answers on p19



- August 26th is celebrated as Women's Equality Day to commemorate
  - the work women did during the Second World War
  - the anniversary of women winning the right to vote
  - the flappers of the 1920's
  - the contemporary women's rights movement
- In what year did Congresswoman Bella Abzug introduce legislation to ensure that this important American anniversary would be celebrated?
  - 1992
  - 1984
  - 1971
  - 1965
- In what year did women in the United States win the right to vote?
  - 1776
  - 1848
  - 1920
  - 1946
- How many years did it take for women to win the right to vote in the United States?
  - 72 years (from the first Women's Rights Convention in 1848 to 1920)
  - 120 years
  - 20 years
  - 51 years
- What was the name given to the 19th Amendment to the Constitution which guaranteed women's right to vote in the United States.
  - Abigail Adams Amendment
  - Sojourner Truth Amendment
  - Susan B. Anthony Amendment
  - Gloria Steinem Amendment
- Women who worked for women's right to vote were called
  - radical
  - immoral
  - suffragist
  - all of the above
- The term suffragist is derived from
  - one who suffers
  - a voting tablet in ancient times
  - the Constitution
  - the Bill of Rights
- How many other countries had already guaranteed women's right to vote before the campaign was won in the United States?
  - 6
  - 2
  - 1
  - 16
- What was the first country that granted women the right to vote?
  - Canada
  - Germany
  - New Zealand
  - United Kingdom



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## Desdemona Speaks

By Judith Altruda

### A Bicycle with a Past -Womens History Month-

#### Tokeland, WA

JEFFRO UITTO creates life size sculptures of animals, using small pieces of driftwood. Each piece of wood he gathers off the beach is used "as found". His process is intuitive, like piecing together a puzzle. When finished, the works travel to art shows, music festivals, galleries and museums across the world.

In his studio, artmaking shares space with another passion—the restoration of antique bicycles. Wall shelves hold stacks of driftwood, sorted by shape or size. Vintage bike frames hang from the rafters. Whether it be constructing a life-size horse or bringing an 1890s bike back to life, neither can be completed until all the "right pieces" are found.

#### Rabbit hole

Growing up in Tokeland, Jeffro had enjoyed trading parts and building bikes with friends. That passion had lain dormant for decades, until he noticed a vintage tandem bicycle hanging in the rafters of a friend's shop.

"I traded some burl slabs for it, thinking it would be fun to fix up for my kids to ride. While working on the tandem that old excitement of working on bicycles as a kid came back to me. It didn't take long to wander down the rabbit hole of the bike world again," he said.

He got hooked on history, especially that of turn of the century bicycles. New innovations in design made them safer to ride and offered inexpensive personal transportation. "That was a huge change and a sense of freedom for people," he says.

#### "Sordid Past"



Emma's original Bicycle owned by Jeff Uitto

owner's great grandson:

"I was just a child when my great-grandma, Emma Gretsch passed away. She wasn't talked about much because of her sordid past...she owned a saloon and a whorehouse in Aberdeen. She actually used this this bike to commute between her business and her home outside of town."



Emma Gretsch, an affluent businesswoman, purchased her yellow "Sterns Yellow Fellow Lady Machine" at a Hoquiam hardware store. Back then, women cyclists were somewhat of a rarity. Conservative society had managed to stave off a ladies cycle craze—twenty years after men had taken to the bikepaths—with the help of doctors who warned of "the harmful effects of the bicycle upon a girl's pelvis", and the "friction and heating of the parts where it is very undesirable". This could lead to "dangerous practices."

Manufacturers responded to the moral panic with crotchless or modified bicycle saddles to deliver riders from "injurious pressure." The seat on Emma's bike has a keyhole-shaped cutout. Another, more real danger for lady riders was their long skirts getting caught in the bike chain. This led to active-friendly clothing, such as Turkish trousers. Emma's bike has a bent-wood and laced chain guard to prevent such accidents.

Emma peddled down the plank streets of Aberdeen. The houses of ill fame were clustered along Hume between F and G streets, next to the Chehalis River. Sometimes she smoked a cigar—always she carried a pistol. Aberdeen, dubbed "the hell-hole of the Pacific" overflowed with saloons, gambling dens and brothels. Its murder rate was sky high; it was also called "the port of missing men." Emma owned a saloon and a "house". Her establishments were decorated with gifts from sea faring customers, including tasseled silk hangings. Music tinkled from player pianos offering the latest rags on punched-paper rolls. One of her customers wrote a song, reportedly inspired by Emma, called "Bicycle Girl". The sheet music was published by a Portland music company.

Emma's stock in trade may have been vice, but she was a law-abiding cyclist. A metal City of Hoquiam bicycle license, issued in 1898, is still attached to the frame. The bike tax was a dollar per year.

#### Retired

Emma rode her bicycle until the early 1900s. After that she bought a brass car, followed by a Model T Ford. "When she started driving, she retired this bike to the garage. I remember it there as a kid. It sat there till the late '50s when she passed," her great grandson wrote. Following Emma's death, her bike was kept in the family for another fifty years.

Jeffro discovered the bike from an east coast bicycle collector and friend. When he learned the bike's story he said, "I felt that one needed to come home. I had no choice."

Emma's bike is on display at La Vogues Cyclery, an historic bike shop at 523 Levee Street in Hoquiam.

**Jeffro would love to add a City of Astoria bike tag to his collection. Does anyone out there have one? Contact him at: (360) 591-5569 [jeff\\_ro@live.com](mailto:jeff_ro@live.com)**







## Riverbend Players Neil Simon's *BRIGHTON BEACH MEMOIRS*

The Cast: (L to R), Leo McDonald-Goldstein, Penny Cole, Christine Calkins, Brian McMahon, Emilee Andrade, Juli Stratton, and Jay Johansen. Directed by: Vicki Haker

Riverbend Players in the Three Village region on the north Oregon coast present their first production of the season, Neil Simon's *Brighton Beach Memoirs*. Semi-autobiographical, Simon's play is the last play on Broadway (as a non-musical,) to run 1000 consecutive performances. It is the first in what is known as his "Eugene trilogy," preceding *Biloxi Blues* and *Broadway Bound*.

As Riverbend kicks off the season with a Broadway classic, in June look forward to the riveting courtroom drama *TWELVE ANGRY JURORS* opening June 2, *FRANKENSTEIN: THE RADIO PLAY* (October 21 – 29), a twist on the original Shelley classic, and *A CHRISTMAS STORY*, (in Dec '23) Jean Shepard's memoir about growing up in the midwest in the 1940's, and beloved vintage film classic.

Kate's sister Blanche, and her two daughters, Nora and Laurie, who come to live there after their father's death.

All the while the family has other relatives living in Poland, which is under invasion, and they're worried about what might happen if they remain there, or how they'll be able to put them up if they escape and come to Brooklyn.

**PERFORMANCES:** March 18-19, 24-26, 31, April 1-2. **Fri/Sat 7pm, Sun Mat 2pm. Tickets \$20-\$25. Log on to [www.riverbendplayers.org](http://www.riverbendplayers.org) for tickets. Riverbend Players perform at the NCRD Theater in Nehalem, Or.**

**PLAY SYNOPSIS:** Set in the Brighton Beach section of Brooklyn, New York in September 1937 during The Great Depression, this coming-of-age comedy focuses on Eugene Morris Jerome, a Polish-Jewish American teenager who experiences puberty, sexual awakening, and a search for identity as he tries to deal with his family, including his older brother Stanley, his parents Kate and Jack,

## AHS Theater Presents Sondheim's *INTO THE WOODS*

Astoria High School Theater presents "Into the Woods," the Tony Award-winning musical by James Lapine and Stephen Sondheim.

"Into The Woods" takes everyone's favorite storybook characters and brings them together for a timeless, yet relevant, piece, and a rare modern classic.

With a memorable score that is both enchanting and touching, "Into the Woods" follows a Baker and



Jack's Mother (left), played by Teagan Barela, instructs her son, played by Maia Fay, to sell his beloved pet and friend, Milky White.



Cinderella (center), played by Kestly Larsen, and her family, including her stepmother (Back row, from left), played by Alona Whisenhunt; her father, played by Shailynn Duffy; and her stepsisters, played by Miles Hand and Madison Aguilar.

his wife, who wish to have a child; Cinderella, who wishes to attend the King's Festival; and Jack, who wishes his cow would give milk.

When the Baker and his wife learn that they cannot have a child because of a Witch's curse, the two set off on a journey to break the curse. Everyone's wish is granted, but the consequences of their actions return to haunt them later with disastrous results.

**PERFORMANCES:** **Fri/Sat March 10-11, Thur/Fri March 16-17, at 6:30pm. Sat Mat March 18, 2pm. Admission is \$10 for adults and \$5 for children 12 and younger and students with ASB card. Pay at the door (cash or check, please). Concessions also will be available during intermission.**

## SUITE SURRENDER

brings mistaken identities, overblown egos, and a legendary feud to the COASTER THEATRE stage this spring.

TWO OF OLD HOLLYWOOD'S biggest divas will descend upon the Coaster Theatre Playhouse stage on March 24 in Suite Surrender.

It's 1942 at the luxurious Palm Beach Royale Hotel and everything is ready for the wartime performance of Hollywood's biggest divas. Everything seems to be in order... that is, until they are somehow assigned to the same suite. Mistaken identities, overblown egos, and a lap dog named Mr. Boodles round out this hilarious riot of a love note to the classic farces of the '30s and '40s.

Suite Surrender is directed by John Hoff and features Marcus Liotta as Bernard S. Dunlap, Shay Knorr as Claudia McFadden, Cyndi Fisher as Athena Sinclair, Toddy Adams as Murphy Stephens, David Sweeney as Mr. Pippett, Maren Kain as Dora Del Rio, Cathey Ryan as Mrs. Everett P. Osgood, Carson Schulte as Francis, and Bryan Lelek as Otis.

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

**PERFORMANCES:** March 24-25, 31, April 7-8, 14-16 (Sun Mat 3pm), 21-22. **Fri/Sat 7:30pm. Tickets are \$20 or \$25; they can be purchased at the theatre box office (503-436-1242) or online at [coastertheatre.com](http://coastertheatre.com). The box office is open 12:30 to 4:30 p.m. Wednesday through Saturday and 12:30 p.m. to curtain on performance days.**

## Coaster Theatre Kidz Spring Break Camp



THE COASTER Theatre Playhouse will offer Coaster Theatre Kidz Spring Break Camp: "I Am Me" March 27 through 31.

Coaster Theatre Kidz Camps focus on common aspects of theatre arts: acting, singing, and dancing. Visual arts and writing components also are offered. In addition to improving confidence and creativity, campers are exposed to teamwork, respect, and unlimited imagination while creating a show and characters of their own.

The theme of the 2023 spring break camp "I Am Me" will focus on self-affirmation, kindness, and friendship. Campers will explore songs and poems reflecting the camp theme.

Camp will be from 11 a.m. to 3:30 p.m. Monday, March 27 through Friday, March 31. A community performance is planned March 31 at 3 p.m.

The Coaster Theatre Kidz Camp is available to students ages 8 through 12 or grades three through six. This year's \$200 tuition is covered by a generous donor. The application for the 2023 spring break camp can be downloaded from the theatre's website at [coastertheatre.com](http://coastertheatre.com)

## Family Drama Hits the Ten Fifteen Stage this March

TEN FIFTEEN Productions will shift gears in March, opening *The Waverly Gallery* by Kenneth Lonergan. Directed by Ryan Hull, this poignant and often hilarious play is a wacky and heartrending look at the effects of senility on a family. The show will open March 24th and run for two weekends, ending April 1st.

About the show: Gladys, the elderly matriarch of the Green family, has run an art gallery in a small Greenwich Village hotel for many years. The management wants to replace her less-than-thriving gallery with a coffee shop. Always irascible but now increasingly erratic, Gladys is a cause of concern to her daughter, her son-in-law, and her grandson, from whose point of view this poignant memory play is told.

Cast: Pia Shepherd, Christian Chadwell, Stacey Brown, Markus Brown, Sean Cooney. Directed by Ryan Hull.

**PERFORMANCES:** March 24-25, 30-31, & April 1, at 7:30pm. **Sunday March 26 at 3:30pm. Tickets are \$20, and are currently available online at [www.theten-fifteentheater.com](http://www.theten-fifteentheater.com). The Ten Fifteen Theater is located at 1015 Commercial St. in Astoria.**

## Steel Magnolias Fort Columbia Theater

PAPA (Peninsula Assoc. for Performing Artists) presents the heart warming comedy-drama about the bond between a group of women in a small-town southern community, whose daily social lives revolve in and around Truvy's (very pink) Beauty Parlor.

**PERFORMANCES:** March 17 – April 2. **Fri/Sat at 7pm, Sundays 2pm. Tickets: from \$12.50 online at [papatheater.com](http://papatheater.com)**

Fort Columbia Theater is in the State Park just up the hill from the Western entrance of the Chinook Tunnel and to the right. Address of the park is 475 State Highway 101; Chinook, WA 98614 and the Theater is building #14. The GPS is Latitude 46.251856 and Longitude -123.922428 off Columbia Lane, just on the right as you enter the park.



### WEEKLY EVENTS

#### Quarteto Nuevo @ Liberty



IN QUARTETO NUEVOS' own words "We take influence from the classical chamber music world, the jazz world and all over the world to combine and create our own unique sound... Quarteto Nuevos members all come from completely different worlds, and it's a difference we think the audience can really pick up on.. it's exciting for us, and the audience alike."

Quarteto Nuevo merges western classical, eastern European folk, Latin and jazz with an organic feel that packs a wallop! They meld the music of ancient worlds and faraway places with a contemporary groove that enchants audiences of all ages!

Soprano Sax and alto flute, cello, guitar and hand percussion richly colors their wide-ranging repertoire; Villa Lobos to Chick Corea to traditional Macedonian, and original compositions, a journey in music awaits your presence.

"Utilizing the sounds and instruments of ancient worlds and faraway places with a contemporary groove, Quarteto Nuevo's music is complex in its structure and sophisticated time signatures but always melodic, accessible, and deeply communicative." - LA WEEKLY

March 11, 7pm at the Liberty Theatre. \$15 - \$35. Tickets online at [libertyastoria.showare.com](http://libertyastoria.showare.com) Doors open 6pm.

#### Tuesday 7

##### LECTURE & LITERARY

**Science Pub.** Trees, Water and Family. With Save Wells. Free 6 - 8pm at Pelican Brewing in Pacific City.

#### Wednesday 8

##### NATURE

**World of Haystack Rock Lecture Series.** Transient Killer Whales of the Outer Coast of Oregon and California. With Josh McInnes. 7pm. 1 person at the Cannon Beach Library, live streaming online at Facebook Live @Friends of Haystack Rock.

#### Thursday 9

##### THEATER & PERFORMANCE

**Fashion Before Freedom.** Laree Johnson presents a historical Fashion Show reflecting Women's History for the past 200 years. 6:30pm at the

Astoria Public Library. Open to the public. No Charge.

**Grease-The Musical.** Presented by Lincoln City Playhouse for Youth. 6:30pm at the Lincoln City Cultural Center.

##### LECTURE & LITERARY

**The Science Behind Storms of the Oregon Coast:** Past, Present, and Future. With Paul Loikith. 4pm at the Cannon Beach History Center.

#### Friday 10

##### MUSIC

**Chasing Ebenezer.** World Folk-Rock. 5pm at Buoy Beer Company in Astoria.

**Tiptons Saxophone Quartet.** The renowned All Women Quartet play jazz, funk, Big Band, and original compositions. At KALA in Astoria. \$25.

Randy Weiss & Friends. Bluegrass and folk. 7-9pm at The Other Brother's Bar in Cannon Beach. NO Cover.

##### THEATER & PERFORMANCE

**Into the Woods.** Musical. \$10, 6:30pm at the Astoria High School Auditorium.

**Grease-The Musical.** Presented by Lincoln City Playhouse for Youth. 7pm at the Lincoln City Cultural Center.

##### HAPPENING

**1st Annual St Urho's Day 5K Run.** Wear purple! \$10, 8am at the Naselle Assembly of God parking lot.

#### Saturday 11

##### MUSIC

David Drury. Jazz guitar. 6 - 8:30pm at the Bridgewater Bistro in Astoria.

Quarteto Nuevo. Classical, eastern European Folk, Latin and Jazz. \$15 - \$35, 7pm at the Liberty Theater in Astoria.

Off with Their Heads. 7pm at the Labor Temple in Astoria.

Jamie Stillway and Eric Skye. Jazz. \$20, 4pm at the Peninsula Arts Center in Long Beach.

Richard Petrich & Brian Chodoroff. Acoustic rock, 7-9pm at The Other Brother's Bar in Cannon Beach. No cover.

North Orgeon Coast Symphony Spring Concert. Peter and the Wolf. \$10, 3pm at St Catherine's Episcopal Church in Nehalem.

##### VISUAL ART

Second Saturday Art Walk. 5 - 8pm in downtown Astoria.

##### THEATER & PERFORMANCE

**Into the Woods.** Musical. \$10, 6:30pm at the Astoria High School Auditorium.

**Grease-The Musical.** Presented by Lincoln City Playhouse for Youth. 3 performances, 1pm, 4pm, and 7pm at the Lincoln City Cultural Center.

##### HAPPENING

**Astoria Automotive Swap Meet.** \$5 admission, 8am - 2pm at the Clatsop County Fairgrounds, Astoria.

**Pouring at the Coast.** A craft beer festival. \$, 3 - 8pm at the Seaside Convention Center.

#### Sunday 12

##### MUSIC

**North Orgeon Coast Symphony** Spring Concert. Peter and the Wolf. \$10, 3pm at the Larsen Center in Astoria.

**The Horsenecks.** Roots/Traditional. No cover, 6pm in the Lovell Building at Fort George in Astoria.

**Tiller's Folly.** Celtic. \$35, 7pm at the Lincoln City Cultural Center.

##### THEATER & PERFORMANCE

**Pacific Story Slam.** Live storytelling performance competition. 6pm at Maggie's at the Prom in Seaside.

#### Tuesday 14

##### LECTURE & LITERARY

**Writers Meet & Greet.** A networking event. Free, 6:30 - 8pm at Astoria Brewing Co.

##### HAPPENING

Pi Day. A celebration of Pi. 1:59 - 5pm at CCC in Astoria.

#### Wednesday 15

##### MUSIC

**Kathryn Rose.** Celtic. \$15, 4pm at the Peninsula Arts Center in Long Beach.

##### THEATER & PERFORMANCE

**Pacific Story Slam.** Live storytelling performance competition. 6pm at the Worker's Tavern in Astoria.

##### HAPPENING

Clatsop County Job and Career Fair. 1 - 2:30pm, Patriot Hall, CCC. Astoria.

#### Thursday 16

##### MUSIC

**Megan Alder.** Swing/Americana. 7pm at Pickled Fish in Long Beach.

##### THEATER & PERFORMANCE

**Into the Woods.** Musical. \$10, 6:30pm at the Astoria High School Auditorium.

**Pacific Story Slam.** Live storytelling performance competition. 6pm at North Beach Tavern in Long Beach.

**The Champagne Charlie Stakes.** Comedy. 20, 7:30pm, at the Theater West in Lincoln City.

#### Friday 17

##### MUSIC

**Finnegan Blue.** Americana, Irish, Bluegrass. \$15 - \$35. 7pm at the Liberty Theater in Astoria.

**Megan Alder.** Swing/Americana. 6pm at Shelburne Pub in Seaview.

##### John Orr's St Patrick's Day Blowout.

Guitars and song. 7-9pm at The Other Brother's Bar in Cannon Beach. No cover.

**Pipedance.** Irish music plus corned beef & cabbage dinner. \$34, 6pm at the Lincoln City Cultural Center.

##### VISUAL ART

**Quilting at the Beach.** Peninsula Quilt Guild Quilt Show. \$1 admission includes quilt raffle ticket. 10am - 4pm at the Columbia Pacific Heritage Museum in Ilwaco.

##### THEATER & PERFORMANCE

**Into the Woods.** Musical. \$10, 6:30pm at the Astoria High School Auditorium.

**Steel Magnolias.** Drama. \$12 - \$16, 7pm at the Fort Columbia Theater, Chinook.

**Spotlight Dance Cup.** Dance competition performance. At the Seaside Convention Center. [spotlightevents.com](http://spotlightevents.com)

**Cannon Beach Comedy Festival.** Stand Up Comedy, featuring Kyle Kinane, Brent Weinbach, Arlo Weierhauser, Shain Brenden, and more. \$20 for each night, \$35 weekend pass. At the Coaster Theater in Cannon Beach. [cannonbeachcomedyfestival.com](http://cannonbeachcomedyfestival.com)

**The Champagne Charlie Stakes.** Comedy. 20, 7:30pm, at the Theater West in Lincoln City.

##### 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.

##### TUESDAY

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

##### WEDNESDAY

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

**Triva at the Merry Time.** Trivia with host Sara Lu. 21+ . Sign-ups 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 and more. 5 - 7pm at WineKraft 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. Accepts SNAP EBT, cash, check, or debit/credit payments. Also accept Farm Direct checks seasonally (FDNP). Shop online at [northcoastfoodweb.localfoodmarketplace.com/](http://northcoastfoodweb.localfoodmarketplace.com/)

**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.

##### SUNDAY

**Fort George.** Always a LIVE Band. 6pm-8pm in the Lovell Building at Fort George Brewery in Astoria. Food and Drink. All Agers. No Cover.

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



LIVE Jazz favorites, plus Joey spins the 78's on his DIY Victorola. Its miraculously truly analog. **Guitar Noir, Thurs 5-7pm. Winekraft in Astoria**



## Saturday 18

### MUSIC

**Ryan Curtis and Jeremy Meyer.** Country. \$5 - \$10, 8 - 11pm at the Labor Temple in Astoria.

**Chelsea Lafey & Richard T.** Jazz and rock vocals and guitar to get you thru the nite! 7-9pm. The Other Brother's Bar in Cannon Beach. No cover.

**She's Speaking - Live.** A celebration of women in song. \$25, 7-9pm at the Lincoln City Cultural Center.

### VISUAL ART

**Quilting at the Beach.** Peninsula Quilt Guild Quilt Show. \$1 admission includes quilt raffle ticket. 10am - 4pm at the Columbia Pacific Heritage Museum in Ilwaco.

### THEATER & PERFORMANCE

**Into the Woods.** Musical. \$10, 2pm at the Astoria High School Auditorium.

**Steel Magnolias.** Drama. \$12 - \$16, 7pm at the Fort Columbia Theater, Chinook.

**Spotlight Dance Cup.** Dance competition performance. At the Seaside Convention Center. [spotlightevents.com](http://spotlightevents.com)

**Cannon Beach Comedy Festival.** Stand Up Comedy, featuring Kyle Kinane, Brent Weinbach, Arlo Weierhauser, Shain Brenden, and more. \$20 for each night, \$35 weekend pass. At the Coaster Theater in Cannon Beach. [cannonbeachcomedy-festival.com](http://cannonbeachcomedy-festival.com)

**Brighton Beach Memoirs.** A coming of age comedy. \$20 - \$25, 7pm at the NCRD Performing Arts Center in Nehalem.

**The Champagne Charlie Stakes.** Comedy. 20, 7:30pm, at the Theater West in Lincoln City.

### MUSIC

**Marian Diccio.** \$15, 4pm at the Peninsula Arts Center in Long Beach.

**St Paddy's Day Dinner and Open Mic.** \$35, 5 - 9pm at the historic Chinook School Event Center.



**REDWOOD REVUE** brings a refreshing variety of American roots music to the here and now. Influenced by American pioneers from Bill Monroe to Jerry Garcia, Redwood Revue has a solid grasp for roots music with a west coast feel. And you can be the judge of that yourself, as you grab a burger and sip some fine, fine brew at the ever-giving Fort George Sunday night LIVE music.

**Sunday, March 19. 6-8pm in the Lovell Room, FGB in Astoria, corner 14 and Duane. No cover.**

### HAPPENING

**Unwined.** Wine Tasting Event. 21+, \$, 5:30 - 8pm at the Liberty Theater McTavish Room in Astoria.

## Sunday 19

### MUSIC

**Redwood Revue.** Americana. No cover, 6pm in the Lovell Building at Fort George in Astoria.

**John Reischman & The Jaybirds.** \$30, 7-9pm at the Lincoln City Cultural Center.

### VISUAL ART

**Quilting at the Beach.** Peninsula Quilt Guild Quilt Show. \$1 admission includes quilt raffle ticket. 10am - 3pm at the Columbia Pacific Heritage Museum in Ilwaco.

### THEATER & PERFORMANCE

**Steel Magnolias.** Drama. \$12 - \$16, 2pm at the Fort Columbia Theater, Chinook.

**Spotlight Dance Cup.** Dance competition performance. At the Seaside Convention Center. [spotlightevents.com](http://spotlightevents.com)

**Brighton Beach Memoirs.** A coming of age comedy. \$20 - \$25, 2pm at the NCRD Performing Arts Center in Nehalem.

### HAPPENING

**Vernal Equinox Labyrinth Walk.** Candlelit, with contemplative piano music by Jennifer Goodenberger. 6 - 8pm at Grace Episcopal Church in Astoria.

**Whiskey, Wetlands and Wildlife.** North Coast Land Conservancy hosts a fundraiser at Blaylocks Whiskey Bar in Astoria. 3:30pm to 5:30pm. Tickets and info at [NCLCtrust.org](http://NCLCtrust.org)

Free WA State Parks Day. 6am - 6pm.

## Monday 20

### MUSIC

**Artist/Music Showcase.** 7- 0pm at the Tillamook Fairview Grange.

## Tuesday 21

### HAPPENING

**AAUW Honoring the Honorable Event.** Honoring the contributions of Judges Paula Brownhill, Cindee Matayas, and Dawn McIntosh. Dinner at 6pm, followed by the three judges sharing some of their career highlights. \$20, call /text 503-791-3070 for reservations.

## Thursday 23

### THEATER & PERFORMANCE

**The Champagne Charlie Stakes.** Comedy. 20, 7:30pm, at the Theater West in Lincoln City.

### HAPPENING

**Festival of Illusions.** At the Lincoln City Cultural Center.

## Friday 24

### MUSIC

**Scott Strickland.** Austin Rock n' Soul Recording Artist on tour. At KALA in Astoria. Tickets \$20. At door, or online at [kalaastoria.com](http://kalaastoria.com)



MARCH 18 • LIBERTY

## Finnegan Blue

**WHETHER YOU'RE IRISH** or Finnish or Hispanic, or maybe you're a wonderful toss-up, Liberty Theatre is bringing a family band of musicians to celebrate St. Patty's in robust flare. Sibling duo Anna Lee and Willie Fleming, joined by their dad Bill, take Americana clear off the rails! Hot-wired by Finnegan Blue's high-energy, you'll find inspiration in their original tunes, and commonality in traditional Irish and Bluegrass covers.

Then comes New Orleans style Second Line. Tunes that get the people following the music parade. That's when the trombones come out. "Oh when those Saints, go marching in... Oh Yea!" Could be a congo line. Bring the kids and the adults for a celebratory night of high-spirited and joyful band music.

**Saturday, March 18, 7pm. Gen admission. \$15 - \$35. Doors open at 6pm. Bring your sippy cups. Tickets: [libertyastoria.showare.com](http://libertyastoria.showare.com)**

### VISUAL ART

**Filaments - Opening Reception.** By the Weaving Guilds of Oregon. 5 - 7pm at the Fiber Arts Gallery in the Lincoln City Cultural Center.

### THEATER & PERFORMANCE

**The Waverly Gallery.** A Memory Play. \$20, 7:30pm at the Ten Fifteen Theater in Astoria.

**Steel Magnolias.** Drama. \$12 - \$16, 7pm at the Fort Columbia Theater, Chinook.

**Suite Surrender.** Comedy. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

**Brighton Beach Memoirs.** A coming of age comedy. \$20 - \$25, 7pm at the NCRD Performing Arts Center in Nehalem.

**The Champagne Charlie Stakes.** Comedy. 20, 7:30pm, at the Theater West in Lincoln City.

### HAPPENING

**Oregon Ghost Conference.** \$15 weekend pass, tickets for classes and events sold separately. At the Seaside Convention Center. [oregonghostconference.com](http://oregonghostconference.com)

**Festival of Illusions.** At the Lincoln City Cultural Center. [LincolnCity-CulturalCenter.org.Showtimes](http://LincolnCity-CulturalCenter.org.Showtimes)

## Saturday 25

### MUSIC

**Henry Chadwick.** 7pm at the Sou'wester in Seaview.

### THEATER & PERFORMANCE

**Pacific Story Slam.** Live storytelling performance competition. Grand Championship. 6pm at the Worker's Tavern in Astoria.

**North Coast Comedy Night.** Featuring Sam Miller, Adam Pasi. 18+, \$10, 8pm at the Liberty Theater in Astoria.

**The Waverly Gallery.** A Memory Play. \$20, 7:30pm at the Ten Fifteen Theater in Astoria.

**Steel Magnolias.** Drama. \$12 - \$16, 7pm at the Fort Columbia Theater, Chinook.

**Suite Surrender.** Comedy. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

**Brighton Beach Memoirs.** A coming of age comedy. \$20 - \$25, 7pm at the NCRD Performing Arts Center in Nehalem.

**The Champagne Charlie Stakes.** Comedy. 20, 7:30pm, at the Theater West in Lincoln City.

### HAPPENING

**Oregon Ghost Conference.** \$15 weekend pass, tickets for classes and events sold separately. At the Seaside Convention Center. [oregonghostconference.com](http://oregonghostconference.com)

**Festival of Illusions.** At the Lincoln City Cultural Center. [LincolnCity-CulturalCenter.org.Showtimes](http://LincolnCity-CulturalCenter.org.Showtimes)

## Sunday 26

### MUSIC

**Lucas Lawson.** No cover, 6pm in the Lovell Building at Fort George in Astoria.

**Contra Dance at the AAMC.** Old Time String Duo The Horsenecks supply live music for a lively dance night. Partner Dancing but no partner required. At 7pm Caller Dave Ambrose gives tips and instructions. Dance at 7:30. \$10 admission. Kids under 12 Free. At the Arts & Movement Center on 10th and Commercial in Astoria.

**Tel Aviv Wind Quintet.** \$20, 2 - 4pm at the Raymond Theater in Raymond.

**She's Speaking - Live.** An evening of celebration of women in song. \$20, 4pm at River City Theater in Ilwaco.

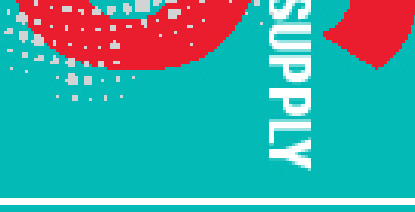
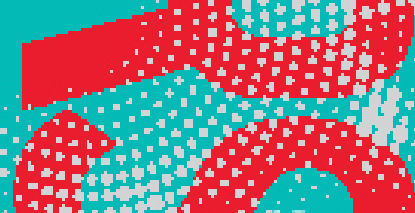
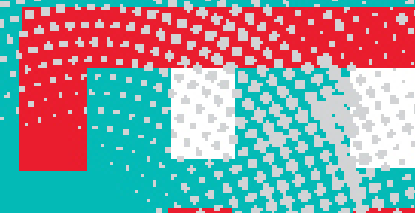
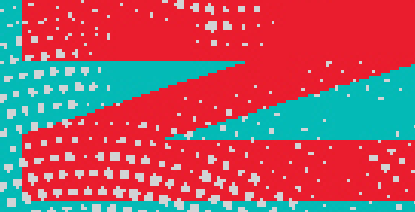
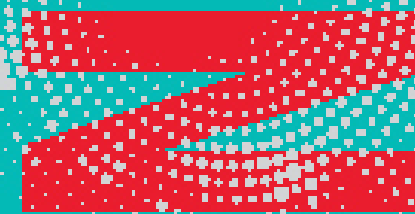
### THEATER & PERFORMANCE

**The Waverly Gallery.** A Memory Play. \$20, 3:30pm at the Ten Fifteen Theater in Astoria.

**Steel Magnolias.** Drama. \$12 - \$16, 2pm at the Fort Columbia Theater, Chinook.

**Brighton Beach Memoirs.** A coming of age comedy. \$20 - \$25, 2pm at the NCRD Performing Arts Center in Nehalem.

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Vincent Jones Centeno - Piano, Band Instruments  
Paul Brady - Piano  
Jason Lambert - Guitar and Bass Instructor  
Shelley Loring - Woodwinds  
Kristin Hammond - Piano and Organ  
Sarah Cohen - Artistic Director of Dance

**Music ~ Dance ~ Performing Arts**

## Spring Equinox Labyrinth Walk

March 19th 6-8pm

Contemplative piano music performed by Jennifer Goodenberger. Open to the public. No charge. Donations welcome. Grace Episcopal Church Hall 1545 Franklin Astoria

**Also at Grace Episcopal Church**  
On The Way To Easter  
Fridays in Lent

**Contemplative music: 12-1pm**  
With optional self-guided Stations of the Cross.  
Non-denominational. Open to all.

3/10 Stephen Herman, Celtic Cross

3/17 Longview Trio: Denise Reed, Piano;  
Mike Woods, Cello; Judy Jones, Violin

3/21 Shelley Loring, Flute



### HAPPENING

**Oregon Ghost Conference.** \$15 weekend pass, tickets for classes and events sold separately. At the Seaside Convention Center. oregonghostconference.com

**Festival of Illusions.** At the Lincoln City Cultural Center. LincolnCity-CulturalCenter.org.Showtimes

### Monday 27

#### HAPPENING

**Festival of Illusions.** At the Lincoln City Cultural Center. LincolnCity-CulturalCenter.org.Showtimes

### Tuesday 28

#### HAPPENING

**Festival of Illusions.** At the Lincoln City Cultural Center. LincolnCity-CulturalCenter.org.Showtimes

### Wednesday 29

#### HAPPENING

**Festival of Illusions.** At the Lincoln City Cultural Center. LincolnCity-CulturalCenter.org.Showtimes

### Thursday 30

#### MUSIC

**Desperate Electric.** 7pm at the Haunt in Astoria.

#### THEATER & PERFORMANCE

**The Waverly Gallery.** A Memory Play. \$20, 7:30pm at the Ten Fifteen Theater in Astoria.

**The Champagne Charlie Stakes.** Comedy. 20, 7:30pm, at the Theater West in Lincoln City.

#### HAPPENING

**Festival of Illusions.** At the Lincoln City Cultural Center. LincolnCity-CulturalCenter.org.Showtimes

### Friday 31

#### VISUAL ART

**Peninsula Art Association Spring Art Show.** 10am - 4pm At the Old Train Depot in Long Beach.

#### THEATER & PERFORMANCE

**The Waverly Gallery.** A Memory Play. \$20, 7:30pm at the Ten Fifteen Theater in Astoria.

**Steel Magnolias.** Drama. \$12 - \$16, 7pm at the Fort Columbia Theater, Chinook.

**Suite Surrender.** Comedy. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

**Brighton Beach Memoirs.** A coming of age comedy. \$20 - \$25, 7pm at the NCRD Performing Arts Center in Nehalem.

#### The Champagne Charlie Stakes.

Comedy. 20, 7:30pm, at the Theater West in Lincoln City.

#### HAPPENING

**Festival of Illusions.** At the Lincoln City Cultural Center. LincolnCity-CulturalCenter.org.Showtimes

### Saturday 1

#### MUSIC

**Tribute Mania!** One night, 3 bands: Back Into Black (an AC/DC tribute), Jett-A-Tarr (Pat Benatar/Jeanette Jett tribute), and Poison'us (Poison tribute). \$25, 7:30pm at the Liberty Theater in Astoria.

**Pink Martini with China Forbes.** \$100 - \$200, 7pm at the Coaster Theater in Cannon Beach.

#### VISUAL ART

**Peninsula Art Association Spring Art Show.** 10am - 4pm At the Old Train Depot in Long Beach.

**Seaside Art Walk.** 7 - 7pm on Broadway St. and Holladay Dr. in Seaside.

**THEATER & PERFORMANCE**  
**The Waverly Gallery.** A Memory Play. \$20, 7:30pm at the Ten Fifteen Theater in Astoria.

**Steel Magnolias.** Drama. \$, 7pm at the Fort Columbia Theater, Chinook.

**Brighton Beach Memoirs.** A coming of age comedy. \$20 - \$25, 7pm at the NCRD Performing Arts Center in Nehalem.

**The Champagne Charlie Stakes.** Comedy. 20, 7:30pm, at the Theater West in Lincoln City.

#### HAPPENING

**The Fool's Quest Tarot Night.** Master card reader Julia Hesse presents a night of tarot and exploration. 4-7pm. Drop in. \$5 admission. At Weird Sisters Freak Boutique in Astoria.

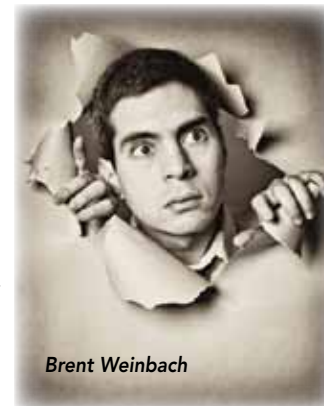
## TOLOVANA ARTS COLONY PRESENTS Cannon Beach Comedy Festival March 17-18

BRENT WEINBACH is one of a cavalcade of comedians in the CB Festival. Recipient of the Andy Kaufman Award, which recognizes innovation in stand-up comedy, Weinbach's brand says, "experimental" on his show flyers, and the L.A. Weekly calls him "... disturbingly brilliant" Of his work he says, weird, and stupid, and visual and post-modern, and random and other stuff.

Funding from a Tourism and Arts grant from the city of Cannon Beach, Tolovana Arts Council puts this on, and they're drawing from a top-shelf list. Get your tickets fast, only so many seats at the Coaster Theater and Portland's play ground is pouring in.

Two days of stacked performances on March 17-18. Headliners include Kyle Kinane (Comedy Central, Netflix), Brent Weinbach (Winner of the Andy Kaufman Award), along with Arlo Weierhauser, Shain Brenden, Kate Murphy, Phil Schalberger and more.

**Tickets: \$35 for 2 nites, or \$20 each nite. At tehCoaster Theater in Cannon Beach. Tickets at cannonbeachcomedyfestival.com**



Brent Weinbach

## North Coast Comedy Night @ The Liberty

CLATSOP COUNTY'S biggest comedy show returns with two new comedians, and a new night of laughs.

Featured comedian **Adam Pasi** is a Portland comic who lies about being from Seattle on social media to confuse his friends. He's the only 2-time winner of the Portland's Funniest Person competition, is afraid of dolls and loves his mom. Equally.

Headlining comedian **Sam Miller** is a comedian from Olympia Washington. He's 6 foot 6, 360 pounds, and has 2 kids (one of them is on purpose). He's been married for 11 years and has been clean and sober for 14 years. Sam likes to make jokes about what it's like to be a sober parent. He also likes to make jokes about what jail is like in Yakima. Sam recently signed a record deal with Grammy-winning producer Dan Schlissel. Sam was runner-up in the 2021 Seattle International Comedy Competition, won the Comedy on Trial Competition in 2017. For 3 consecutive years he won awards in "The Best of Olympia" issue of the Weekly Volcano. Go Sam!!!!

**MARCH 25. Best entertainment deal in town, and that's no joke. \$10. 8pm. 18+ please. At the Liberty in Astoria.**



Sam Miller

## GRAB YOUR PARTNER

**AND** dosey doe. If you don't know what that familiar hayseedy term actually means, you'll find out at the next **Contra Dance at the AAMC**, for sure. However, no need to come with a partner. Contra Dance is informal and at any point in time, you may be partnering with a stranger, and all you'll both care about is doing your part in the DNA dance link, and maybe catching your breath, with a big smile on your face.

Old timey duo **The Horsenecks** provide the live tunes, **veteran caller Dave Ambrose** gives the dance calls, as "The Caller." Dave gives a short lesson at 7pm, before the official hour of dance at 7:30pm. Not required but helpful if you're new to this beautiful, vintage Americana pastime.

**Sunday, March 26, 7:30pm. Admission \$10. Free for 12 and under. All ages family affair. At the AAMC in downtown Astoria, 10th and Commercial. Enter through side door on 10th. Questions, call Dave at 503.741.8412.**



Contra Groove



## Astoria Visual Arts UPROOTED by Anna Kaufman

ASTORIAN ANNA KAUFMAN, a recent graduate of Vassar College, transports viewers into a multi-sensory, interactive experience into an ongoing social and political battle that often divides the population of rural Oregon—the environmental and ecological impact of clear cutting old growth forests. The exhibit, **Uprooted**, captures the feel of the forest floor, the smell of the earthy notes of wood, sounds of rivers, birds and frogs in stark contrast to the feeling and sounds made by the timber industry. The exhibit opens March 11 and runs through April 1.

Kaufman moved to Astoria during the pandemic, after having spent her childhood in the hot, dry concrete desert of Los Angeles. This dramatic change left her feeling uprooted. She spent days hiking Oregon trails, identifying, drawing, and researching flora and fauna for her environmental studies. She slowly began to understand, recognize, and feel at home in her new environs of Astoria.

One day while hiking with her mother on a trail she frequented, they came across a new clear-cut in the forest. They both stood among the decimated landscape, shaken, and cried. Along with crushed beer cans and candy bar wrappers, unoccupied big yellow bulldozers littered the trail. A vital piece of her home had been erased. Faced with an unrecognizable, irreversibly transformed landscape, Kaufman's feelings of uprootedness were reawakened.

In Clatsop County, as in many heavily logged areas, the population is highly divided in their feelings about the logging industry.

On the one hand, many people live here because they are awed by the natural beauty of the area, while other residents trust logging to be environmentally sustainable. Many are supported by the high-paying jobs provided by the logging industry. Forestry and the timber industry are a topic we do not discuss with our neighbors. This exhibit looks to engage the community and build awareness and compassion for this taboo subject.

**Astoria Visual Arts is located at 1000 Duane Street in Astoria is open Fridays and Saturdays from 12:00 to 4:00pm. visit [www.astoriavisualarts.org](http://www.astoriavisualarts.org).**



Anna Kaufman. *Uprooted* presents a multi-sensory interactive experience with a focus on clear cuts.

## THENtherehereNOW Rachel Siegel at KALA Gallery

THEN THERE, HERE NOW, is an exhibition with an eclectic mix of works created by artist Rachel Siegel. The exhibit includes older and newer works with themes of time & place; environment, landscape, home & people; embodiment & disembodiment. This micro retrospective features works of mixed media, collage, digital photography, illustrations, and installation.

A multi-media and installation artist and educator, Siegel now resides in Astoria and teaches photography for Portland Community College. Her creative work includes advocacy and organizing community art projects along with teaching and creating artwork. She began to utilize art as a social tool while an undergraduate student, at UC Berkeley, graduating with two Bachelor of Arts degrees in the Practice of Art and Peace & Conflict Studies, the latter is a trans-disciplinary major, which allowed her to examine ways to facilitate a just society through art.

**View the exhibit on March 11 Art Walk and thru March. KALA, 1017 Marine Dr. in Astoria. By appt. call 503.338.4878.**



**FEM-PASTICHE** These digital collages juxtapose the internal body and the external natural world. The Pastiche of images composing these prints are from various sources, including scans of plant material, original paintings, drawings, photographs and found medical text and diagrams. The images are concerned with how we function as an organism and how we function within nature as a bigger organism that contains us. Life cycles are brought into play in these images with reproduction and death both referenced in the materials.

## Figure & Face at CBAA Gallery

THE CANNON BEACH ARTS Association & Gallery present "Figure & Face" exhibition. This art exhibition highlights the subject of portraiture and figurative works, featuring Laura Ross Paul and a variety of local and regional artists. This exhibition will be on view through March 26, 2023.

**LAURA ROSS-PAUL** began painting professionally for over four decades and has been represented by nine different galleries on the West Coast from Seattle to Laguna Beach. Her figurative paintings can be described as mystical and psychologically compelling.

Here is some insight to consider while viewing the exhibition. When a scene depicts multiple people but further away, it is about the scene or experience in its entirety. Depictions of the subjects facing away from the viewer, it is about the activity or relationships taking place in the scene. When a face or full person is observing the viewer, facing the viewer with eyes closed or looking to the distance, it is about the emotion or hidden stories of the person or soul.

**The CBAA & Gallery is located in Mid-Town Cannon Beach, 1064 S Hemlock. Open Wed – Sun 11-4pm.**



Laura Ross Paul "Immerged Head I" Oil Wax on Board

## Trails End Art Gallery

TRAILS END ART ASSOCIATION (TEAA) Gallery will open a new exhibit in March featuring Oil Paintings by artist **MICHAEL MULDOON**. An opening reception for the artist is held on March 4 during the Gearhart ArtWalk, from 2-5pm. The exhibit will be available for viewing through March 26..

Muldoon is an interpretive oil painter portraying his impressions of a scene. He loves color and strives to use it to represent the many dimensions of shadow, light and shapes. Painting with both a brush and a knife, he creates a canvas covered in bold, yet thoughtful color and texture.

Muldoon's artistic journey followed a life of teaching, coaching, the military, and then 30 years in sales and marketing. He loved his job but loves retirement even more for the time it gives him with family, friends, travel, and oil painting.

Muldoon studied at the Scottsdale Art School, and with his mother, Betty Brower, nearly 97, an accomplished artist in both oils and watercolor for over 65 years. He continues to paint with her during summers here on the Oregon coast.

**Trails End is located at 656 A Street in Gearhart. Open Fri-Sun 11-3pm. [www.trailsendart.org](http://www.trailsendart.org) 503)717-9458 E-mail [trailsendartassociation@gmail.com](mailto:trailsendartassociation@gmail.com)**



Clam Diggers, oil on canvas

## Hoffman Center March Gallery Show

**CHRISTINE HARRISON** has lived on the Oregon Coast for the past twenty-five years. She is one of the founding members of Art Accelerated, an arts non-profit for Tillamook County artists. Harrison's deep connection to coastal land, weather, and water has greatly influenced her art. She looks to capture a sense of place in her work, which led to her investigation of botanical dye printmaking. Using local flora and fauna to make dyes and ink for artmaking, Harrison is able to physically embody the landscape. The pieces in this show were all made using local tannins and botanical prints.



Jan Branham, *Into the Abyss*



Shane Sjogren

**JAN BRANHAM** is a printmaker who splits her time between Manzanita and Corvallis. Branham's work is from her collection "Ansisters and Mancesters." The pieces incorporate collage and print making, such as linocut, woodblock, monoprint, collagraph, as well as the mixing of media to satisfy the artist's image making curiosity. The collection is inspired by snapshots of the artist's relatives and family friends taken 1920-1950s on a Kodak Brownie camera. Branham chose individuals from the snapshots, drew them in larger format, added embellishments and created printed, collaged, and mixed media images to develop a narrative.

**SHANE SJOGREN** resides in Wheeler. The colossal vegetation of the forests and the pulse of the Pacific inform Sjogren's ceramic works. His ideas flourish from observations of the environment of the Oregon Coast. Throughout the process, Sjogren's initial inspiration transforms rapidly as the work progresses. The resulting piece often contains the dual purpose of function and diversion—a kelp leaf may seem to consciously flow into the form of a flower vase.

**Opening Reception: March 4, 3-5pm, with artists in attendance. View thru March 24, Thursdays – Sundays 12-5pm. The not-for-profit Hoffman Center for the Arts is located at 594 Laneada Avenue, Manzanita, Oregon.**



Christine Harrison, *Autumn Aura #1*

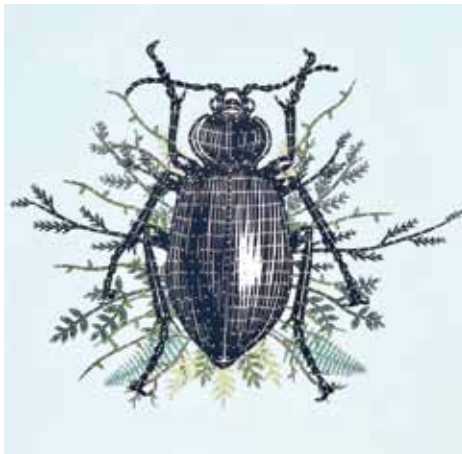


## Kim Hamblin Outskirts of Biophilia IMOGEN Gallery

IMOGEN welcomes back Kim Hamblin and her complex hand cut paper assemblages. Known for her intricate compositions on wood panel, created with paper, acrylic paint, steel nails and an X-Acto knife, Hamblin brings a new series titled "Outskirts of Biophilia". Within this series she takes a deeper consideration into the relationship between humankind and the wild, still drawing inspiration from her love of biology, botany and anatomy. The exhibition opens during Astoria's Second Saturday Artwalk March 11 from 12 – 8 pm; stop by and meet Kim, she'll be at the gallery 5- 7 pm. The exhibition will remain on view through April 3.

Kim Hamblin of Sheridan, Oregon is a woman who wears many hats. Besides being known throughout the northwest for her intricate paper – cut assemblages, she is also a farmer, realtor, music festival organizer, and wine-maker. Hamblin and her husband own a 50-acre farm called Roshambo ArtFarm located in the Willamette Valley where they also hosted the Wildwood Music Festival. Her interests and talents are vast but always intersect with her artistic endeavors.

Specific to her artwork, inspiration is gleaned from her lifelong love of the sciences. The focal point of her work is a compelling blend of imagery and process, becoming quintessential to each finished piece. Hamblin's use and application of materials is a unique blend of paper cutting, painting and mixed media, culminating in an industrial yet delicate composition. She considers her process a form of meditation as she hand cuts paper and then mounting to painted wood panel. She then meticulously adds small nails



Biobeetle, Kim Hamblin, 27x27.

to further tessellation and texture, bringing a more industrial nature to the delicateness of pattern revealed in each paper cut. The juxtaposition between paper and steel makes for a unique and striking finished composition.

Hamblin's imagery is always indicative of her love of science. As her show title implies, Outskirts of Biophilia she focuses on that direct parallel. Biophilia, a term first coined by psychologist Erich Fromm and later evolved into scientific theory by biologist Edward O. Wilson, literally is defined as "love of life" and describes the

human drive to connect with nature and other living things. This is the very crux of Hamblin's work, with a twist thrown in.

About this series she states, "We humans tend to simultaneously spiritualize and destroy our natural world. Yet, as a whole, we rarely value nature enough to fully protect it. By valuing nature for only it's 'resources', we tend to destroy habitat for our own enrichment without understanding that we are slowly destroying ourselves in the process."

Hamblin has exhibited her work throughout the northwest, including past recognition the "Best of Show" award for Art in The Pearl, one of the Northwest's esteemed art festivals held annually in Portland. She is also a recipient of two purchase awards from the Oregon State University's Art About Agriculture where her work is included to their permanent art collection.

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

## CCC Royal Nebeker Gallery Presents: Faculty and Familiars

THE ROYAL NEBEKER GALLERY presents Faculty and Familiars, a show highlighting the diverse artwork created by the CCC Art Faculty plus a selection of invited artists. Post opening reception, the show will be on display through March 23, the exhibit free and open to the public.

The featured artwork encompasses a wide range of media representing the various disciplines taught in the art curriculum: drawing, painting, printmaking, ceramics, and photography. CCC Art faculty participating in the show are Richard Rowland (ceramics), Ben Rosenburg (printmaking), David Homer (photography and graphic design), Kristin Shauck (design, drawing, painting, and art history), and Lucien Swerdloff (recently retired/historic preservation and graphic design). The exhibit also includes the following practicing artists: Ryan Procheska (CCC Historic Preservation

Director and painter/sculptor/builder), Kirsten Horning (CCC Distance Learning Specialist and printmaker), Peter Williams (VP of Academic and Student Affairs and photographer), Colin Meston (Ceramicist), and Dave Faville (Mixed-media painting). The show also features two very accomplished artists who have recently passed away who also shared a very special connection with two faculty members: Daniel Swerdloff, father of Lucien Swerdloff, and Pamela Todd Shauck, mother of Kristin Shauck.

**The CCC Royal Nebeker Gallery, located at 1799 Lexington Avenue in Astoria, is ADA accessible. The gallery hours are from 10:00 a.m. – 4:00 p.m. Monday through Thursday, and on weekends and holidays by appointment only. For more information, please contact Kristin Shauck by phone (503-338-2472) or e-mail**

## CREATIVE WORKSHOPS

### Driftwood Garland Workshop

Enjoy a relaxing afternoon creating your own driftwood garland. All supplies, including driftwood and tools. Garlands are 3 feet in length. Workshop fee: \$85

**Saturday, March 25 from 3-5pm.**

At the NCRD in Nehalem (Schoolhouse room). For registration email: [emerald-drift@gmail.com](mailto:emerald-drift@gmail.com)

### ART BARN, Tuesday, March 7th at Tolovana Hall.

ART BARN is an open studio. A jam session. A friendly place to hang out with other creative minds, doodle, tie-dye, strum, weave or whatever else catches your fancy.

March 7, 6-8pm. Feel free to bring snacks, friends, art supplies, guitars and so on. At Tolovana Hall, 3779 S. Hemlock St. in Cannon Beach. FMI., email [tolovanaartscolony@gmail.com](mailto:tolovanaartscolony@gmail.com) or call 541-215-4445.

### Drawing with Sharon Amber

A beginning introduction to drawing, including shading, figure studies and more. A welcoming, supportive and easy environment. about community coming together to be creative. Sharon encourages students to bring pencils and pens they like. She'll provide paper.

Tuition is \$5 per class, but no one will be turned away for lack of funds.

**Thursday Nights, 6:30pm. \$5 per class. At Tolovana Hall 3779 S. Hemlock in Cannon Beach.**



## Ethereal Figure Paintings: L McDonald At Riversea Gallery



L.McDonald, Into the Depths, 28x22

GLIMPSES is a solo exhibition of expressionist figure paintings by Portland artist L McDonald, opening Saturday, March 11 during Astoria's Artwalk, which runs from 12:00 to 8:00. Meet the artist from 5:00 to 8:00 and enjoy a lively evening of art, music, and conversation. The artwork will remain on view through April 4, 2023.

McDonald paints ethereal figures immersed in abstracted surroundings, applying delicate layers of color to build sensitive yet powerful compositions. Throughout three decades of making art, she has been fascinated with the human form and the compelling effects of gesture and expression.

Recurrent themes of close relationships and contemplative solitude appear throughout Mc-

Donald's work. She paints intuitively, following her instincts to change and exaggerate features and gestures to enhance a composition, a concept, or a mood. She exults in the freedom to paint what emerges from a deep subconscious level. Her figures are imperfect by choice. She embraces awkwardness and ambiguity, which she sees as a profound part of the human experience.

"We see glimpses of each other in different moments," McDonald muses. "But each glimpse is a fragment of who we really are. I paint what I imagine. It feels much richer with not one, but several points of view and countless interpretations and nuances."

McDonald has consistently exhibited her artwork for thirty years in galleries and juried art shows. This is her second solo show at RiverSea Gallery where she has been a represented artist since 2018.

**RiverSea Gallery is open daily at 1160 Commercial Street in Astoria.**

## Coastal Oregon Artist Residency Pays to Make Art from Reclaimed Materials

ASTORIA (February 20, 2023) – Recology Western Oregon and Astoria Visual Arts (AVA) are pleased to announce the sixth round of the Coastal Oregon Artist Residency. Two artists will receive access to discarded materials from the Astoria Transfer Station, a stipend of \$1,000 per month for 4 months, studio space at Recology's Warrenton-based facility and, at the close of the residency, a public exhibition in Astoria. **The deadline to apply is March 31.**

### Eligibility

Eligible candidates are career-level artists that work in any medium and reside in Clatsop, Columbia or Tillamook County in Oregon or Pacific or Wahkiakum County in Washington. Artists must reside within a respective driving distance of one hour from the Astoria Transfer Station. The four-month residency commences on June 1, 2023 and ends on September 30, 2023 with a public exhibition during Astoria's Artwalk in October. Previous COAR participants are not eligible to apply.

For the full prospectus with details on how to apply, please visit [www.astoriavisualarts.org](http://www.astoriavisualarts.org). For questions about the residency, please contact Recology at [rwoeducationandoutreach@recology.com](mailto:rwoeducationandoutreach@recology.com).

Through this residency opportunity Recology and AVA support the creation of art from recycled, repurposed and discarded materials to encourage the public to conserve natural resources and promote new ways of thinking about art and the environment.

Recology is an employee-owned company that provides integrated services to more than 889,000 residential customers and 112,000 commercial customers in California, Oregon, and Washington.

Recology's mission represents a fundamental shift from traditional waste management to resource recovery. Recology's vision is to create a world without waste by developing and discovering sustainable resource recovery practices that can be implemented globally.





## MEET THE PUPS!

By Kate Cooper • Animal Rescue Volunteer



**BIG BUD**



**LOUISE**

HERE are two of our current beauties. Both have been at the shelter a while and could really do with finding their forever homes.

**MEET BIG BUG!** Really this sweet boy should be named 'Big Love', as he is just a bundle of affection! Big Bug is a three-and-a-half-year-old boxer-pibble mix. He came to the shelter from an owner who couldn't care for him. He has lived with other animals. When we recently took him through the cat enclosure he was kind of fascinated by the cats! He would be fine in a home with children. Big

Bug is very gentle and just has the sweetest nature. He is a good-looking boy with the brightest brown eyes, and a really lovely brindle coat. He enjoys playing with toys, especially the blue ball you see him with in this photo! And Bug loves being outside. Since being at the shelter he has learnt to walk much better on the

leash (before coming to us we don't believe he had walked on a leash).

Our other featured sweetheart is **LOUISE**. Louise is a 6 year old Australian Cattle Dog. Within her first few minutes at the shelter, we learned that Louise is sweet, adorable and very playful. She likes her people and will lavish them with affection. What Louise is wary of are strangers, other dogs, cats and small animals. Some would say who can blame her! Louise walks really well on a leash. She enjoys rides in the car. Fetch

is her favorite game, but she is not always good at returning the ball! When she is playing, she wants you to interact with her. She comes when she is called. Louise has lots of energy this needs an outlet. Like most of her breed, she wants to have a job to do and will be very happy herding her people! She might even be a good agility dog. The perfect family, couple or person for Louise would have no other animals and would spend time with her on walks and/or hikes, playing in the yard and doing other physical activities. A big yard with a 6 foot fence would be wonderful!

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

By Tobi Nason

## word wisdom

**Overwhelmed? Don't Run...**

WHEN MANY THINGS PILE up in a life, a person might say, "I'm Overwhelmed."

And it's tempting to run. Get in the car and just go, anyplace. That doesn't work because wherever you go, there you are. You, your problems, concerns. Unless you go into a coma, and even then... who knows. Problems tend to snowball if unattended. Ever see a hoarder's home? How does that happen? That first layer of TP on the bathroom floor, the first bag of garbage not attended to...

Things can get overwhelming- too many responsibilities, not enough time or energy or money. But you do not need to stay overwhelmed. That is a response, your response, to overwhelming circumstances.

I've been there. One concrete example: is my divorce of many years ago. Two young kids, a big house to sell, and plan on moving... Talk about overwhelmed! I just wanted to bury myself in blankets and take a two year nap.

I did not stay overwhelmed for long. A best friend started feeding me some coping skills and tricks

that I, in my depressed state, could not imagine. Truly practical advice. If asked a question or someone demands an immediate response, my new response was "I'll have to get back to you on that." Over and over. It's your right to think things out. This line drives control freaks crazy, btw.



This friend, let's call her Katie, also, in her calming manner, would help me sort out too much to do into do-able bits. Write it down. Monday- get boxes for packing. That sort of thing. Focus on lining up the beginnings of a bigger process, especially if your life looks like one big jumble of miscellaneous concerns, all of varying degrees of importance. Write a timeline. Make it realistic.

Keep things simple. Too much attention to any one thing is another form of burying your self in a blanket. You may need to settle for ok. Good enough.

Pare down your life temporarily. Go simple until you feel more in control of your personal chaos. Take time. Be kind to yourself.

Lastly, find yourself a Katie. Level-headed, smart, patient. Someone willing to "walk with you." Without my Katie, I'm pretty sure I'd be in far worse position than I am today. I handled my overwhelming situation with some success, something I feel good about to this day.

An addendum about Katie: after my divorce, I got my Master's degree and I moved my little family to the coast. We kept in touch. She went back and got her J. D. ( law degree). She told me she saw what had happened to me—divorce, and wanted to be prepared in the case that she was ever in that spot. I guess we both learned from each other.

*Tobi Nason is a counselor located in Warrenton. (503) 440-0587. Available also for house calls.*



## 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

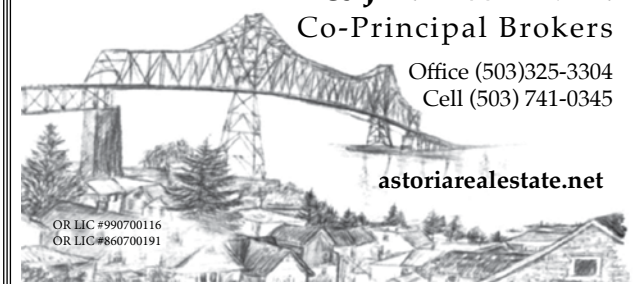
**503-861-7387**  
Tuesday thru Saturday  
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**BEST PICTURE**

**Prediction: Everything Everywhere All at Once** The Daniels' indescribable sci-fi, fantasy, family drama action thriller has been cleaning up on the awards circuit and seems a lock for the Best Picture Oscar. Despite the breakneck pace and kaleidoscopic effects, the takeaway is this: despite having infinite variations of herself in alternate universes, the path Evelyn takes inevitably leads her back to those she loves. Michelle Yeoh, plays harried Laundromat owner Evelyn Wang, who is frantically preoccupied with preparing for an IRS audit and her grandfather's upcoming birthday party, so much so that milktoast husband Waymond (Ke Huy Quan) can't get a word in edgewise to discuss serving her with divorce papers. Evelyn barely notices when daughter Joy (Stephanie Hsu) brings her girlfriend to the birthday party. Everything changes just before Evelyn meets with hard-as-nails IRS caseworker Deirdre Beaubeirdra (Jamie Lee Curtis) when Waymond takes Evelyn aside and places a headset on her head. As Evelyn sees all her lives scroll before her, Waymond tells her that the existence of every world in the multiverse is threatened by an evil agent of anarchy named Jobu Tupaki. Only Evelyn can save them by mastering the art of 'verse-jumping' to correct past errors and restore balance to the multiverse.

**Other Nominees:** *All Quiet on the Western Front* / *Avatar: The Way of Water* / *The Banshees of Inisherin* / *The Fabelmans* / *Tár* / *Top Gun: Maverick* / *Triangle of Sadness* / *Women Talking*

**BEST DIRECTOR**

**Prediction: Daniel Kwan and Daniel Scheinert (Everything Everywhere All at Once)** The directing team collectively called The Daniels started out as music video directors,

*The 95th Academy Awards will be held Sunday, March 12, 5 p.m. PDT.*

a readily-apparent influence on the frenetic pace of their movie. Previously, the only feature they had directed was the inauspicious Daniel Radcliffe farting-corpse movie *Swiss Army Man*. The Daniels began developing the idea that would turn into EEAEO in 2010, when they became interested in the concept of multiverses. Their first draft focuses on the husband, not the wife and was named Jackie Chan, no coincidence, since the Daniels wrote the lead with the action star in mind. Then, the directors changed the focus to the wife, reasoning that it would make the husband-wife story more relatable. As in the earlier draft, they named the character Michelle Wang for the actor they had in mind – Michelle Yeoh. The character's name was eventually changed to Evelyn.

**Other nominees:** *Martin McDonagh (The Banshees of Inisherin)* / *Steven Spielberg (The Fabelmans)* / *Todd Field (Tár)* / *Ruben Östlund (Triangle of Sadness)*

**BEST ACTOR**



**Prediction: Austin Butler (Elvis) Contender: Brendan Fraser (The Whale)** Austin Butler had been an since his early teens, but when the little-known actor landed the lead role of the legendary rocker Elvis Presley it worried him so much he said he "didn't sleep for about two years." Butler needn't have lost sleep. He nailed the role, portraying Elvis from fresh-faced teen obsessed with African-American music to the overnight sensation to his Hollywood years, career rebirth in the late '60s to drug-addled decline, all while being in a love/hate relationship with his joined-at-the-hip manager Colonel Tom Parker (Tom Hanks). Butler was the odds-on favorite for the Oscar until Brendan Fraser, in a career performance, won the Screen Actors Guild Best Actor award and thrust himself into the Oscar race. In *The Whale*, Fraser plays Charlie, a man so overweight he cannot leave his apartment. In fact, Charlie, who weighs 600 lbs., struggles with the basics like moving and breathing. He's in dire shape. His daughter, Ellie (Sadie Sink), despises him. His spiky nurse Liz (Hong Chau) informs him congestive heart failure will

take him within weeks, but Charlie, despite, his gorging on junk food, despite his physical and emotional isolation, and misery isn't depressed. He lives life even when all seems against him.

**Other nominees:** *Colin Farrell (The Banshees of Inisherin)* / *Paul Mescal (Aftersun)* / *Bill Nighy (Living)*

**BEST ACTRESS**

**Prediction: Cate Blanchett (Tár) Contender:**



**Michelle Yeoh (Everything Everywhere All at Once)** In *Tár*, Blanchett gives a shattering performance as world-famous conductor Lydia Tár, a character almost completely unlikeable yet still hard to take ones eyes away from. At the outset, Tár is riding high, a wealthy lead conductor of the Berlin Philharmonic, the world is her oyster. But her path to success was littered with people she used, namely students and protégés she promoted if they allowed her sexual favors. When Tár's personal assistant Francesca, reveals that an embittered ex-protégé is sending Tár crazy emails, Tár's brushes Francesca's concerns aside, turning her attentions to a fetching young cellist that she promotes to lead in the piece she is rehearsing. But when the ex-protégé commits suicide, and the conductor's history of indiscretions becomes public, her personal and professional worlds collapse. After upsetting Blanchett by winning the Screen Actors Guild Best Actress award, Michelle Yeoh is in a neck and neck race with Blanchett for the Oscar. Yeoh's character in *Everything Everywhere All at Once* carries the movie as much as Blanchett does hers, but Evelyn is a much more emotionally accessible and relatable character than the privileged, remote Lydia Tár, despite her brilliance. As close to a tossup as exists. Generally the SAG winner repeats at the Oscars, but as the Hollywood Reporter pointed out, on the rare occasion when the Oscars pick differently it's usually a white actor over an actor of color.

**Other nominees:** *Ana de Armas (Blonde)* / *Andrea Riseborough (To Leslie)* / *Michelle Williams (The Fabelmans)*

**BEST SUPPORTING ACTOR**

**Prediction: Ke Huy Quan (Everything Everywhere All at Once)** Probably as close to a lock as there is as Quan won pretty much all awards due to being in the most commercially-successful of the nominees and his irresistible back story. As a child actor in the '80s, Quan was in two huge hits, playing Short Round in *Indiana Jones and the Temple of Doom* and Data in *The Goonies*. However, like a lot of child actors, once he reached adulthood, acting work dried up and Quan left acting behind for 20 years for a career as a stunt coordinator. In 2018, after seeing an all-Asian cast in the successful Hollywood movie *Crazy Rich Asians*, Quan was inspired to give acting another try. Fortuitously, that very same year the Daniels began casting EEAEO. Initially, the directors struggled to cast the role of Waymond Wang, until Kwan director discovered Quan actor on Twitter and realized he was the right age for the character. Two weeks after getting an agent, Ke Huy Quan was called to audition for the film.

**Other nominees:** *Ciaran Hinds (Belfast)* / *Kodi Smit-McPhee (The Power of the Dog)* / *Jesse Plemons (The Power of the Dog)* / *J.K. Simmons (Being the Ricardos)*

**BEST SUPPORTING ACTRESS**

**Prediction: Jamie Lee Curtis (Everything Everywhere All at Once)** Another actor enjoying a career resurgence is Jamie Lee Curtis, a child of Hollywood, who debuted in *Halloween* at 18 and enjoyed a long career, although mostly in genre films, until announcing her retirement in 2006. Only a year later she returned to filmmaking and eventually, to the horror franchise that made her famous. The 2018 *Halloween* sequel was a huge hit, with the film having the best opening ever for an over-55 star. Since then, Curtis starred in an even bigger mainstream hit, *Knives Out*. Now 64 years old, Curtis received her first-ever Academy Award nomination for her very amusing performance as monstrous IRS agent Deirdre Beaubeirdre in EEAEO. After winning SAG, the well-liked Curtis seems a sure bet for her first Oscar.

**Other nominees:** *Angela Bassett (Black Panther: Wakanda Forever)* / *Hong Chau (The Whale)* / *Kerry Condon (The Banshees of Inisherin)* / *Stephanie Hsu (Everything Everywhere All at Once)*



# FREE WILL ASTROLOGY

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♈ 11° 6' 27" ♉ 7° 15' 54" ♊ 0° 48'

## MARCH 2023

**ARIES** (March 21-April 19): In 1993, I began work on my memoirish novel *The Televisory Oracle*. It took me seven years to finish. The early part of the process was tough. I generated a lot of material I didn't like. Then one day, I discovered an approach that liberated me: I wrote about aspects of my character and behavior that needed improvement. Suddenly everything clicked, and my fruitless adventure transformed into a fluidic joy. Soon I was writing about other themes and experiences. But dealing with self-correction was a key catalyst. Are there any such qualities in yourself you might benefit from tackling, Aries? If so, I recommend you try my approach.

**TAURUS** (April 20-May 20): Two Taurus readers complained that my horoscopes contain too much poetry and flair to be useful. In response, I'm offering you a prosaic message. It's all true, though in a way that's more like a typical horoscope. (I wonder if this approach will spur your emotional intelligence and your soul's lust for life, which are crucial areas of growth for you these days.) Anyway, here's the oracle: Take a risk and extend feelers to interesting people outside your usual sphere. But don't let your social adventures distract you from your ambitions, which also need your wise attention. Your complex task: Mix work and play; synergize business and pleasure.

**GEMINI** (May 21-June 20): Astrologer Jessica Shepherd advises us to sidle up to the Infinite Source of Life and say, "Show me what you've got." When we do, we often get lucky. That's because the Infinite Source of Life delights in bringing us captivating paradoxes. Yes and no may both be true in enchanting ways. Independence and interdependence can interweave to provide us with brisk teachings. If we dare to experiment with organized wildness and aggressive receptivity, our awareness will expand, and our heart will open. What about it, Gemini? Are you interested in the charming power that comes from engaging with cosmic contradictions? Now's a favorable time to do so. Go ahead and say, "Show me what you've got" to the Infinite Source of Life.

**CANCER** (June 21-July 22): "Only a lunatic would dance when sober," declared the ancient Roman philosopher Cicero. As a musician who loves to dance, I reject that limiting idea—especially for you. In the upcoming weeks, I hope you will do a lot of dancing-while-sober. Singing-while-sober, too. Maybe some crying-for-joy-while-sober, as well as freewheeling-your-way-through-unpredictable-conversations-while-sober and cavorting-and-reveling-while-sober. My point is that there is no need for you to be intoxicated as you engage in revelry. Even further: It will be better for your soul's long-term health if you are lucid and clearheaded as you celebrate this liberating phase of extra joy and pleasure.

**LEO** (July 23-Aug. 22): Poet Mary Oliver wondered whether the soul is solid and unbreakable, like an iron bar. Or is it tender and fragile, like a moth in an owl's beak? She fantasized that maybe it's shaped like an iceberg or a hummingbird's eye. I am poetically inclined to imagine the soul as a silver diadem bedecked with emeralds, roses, and live butterflies. What about you, Leo? How do you experience your soul? The coming weeks will be a ripe time to home in on this treasured part of you. Feel it, consult with it, feed it. Ask it to surprise you!

**VIRGO** (Aug. 23-Sept. 22): According to the color consultant company Pantone, Viva Magenta is 2023's color of the year. According to me, Viva Magenta is the lucky hue and power pigment for you Virgos during the next ten months. Designer Amber Guyton says that Viva Magenta "is a rich shade of red that is both daring and warm." She adds that its "purple undertone gives it a warmth that sets it apart from mere red and makes it more versatile." For your purposes, Virgo, Viva Magenta is earthy and exciting; nurturing and inspiring; soothing yet

arousing. The coming weeks will be a good time to get the hang of incorporating its spirit into your life.

**LIBRA** (Sept. 23-Oct. 22): If you are not working to forge a gritty solution, you may be reinforcing a cozy predicament. If you're not expanding your imagination to conjure up fresh perspectives, you could be contributing to some ignorance or repression. If you're not pushing to expose dodgy secrets and secret agendas, you might be supporting the whitewash. Know what I'm saying, Libra? Here's a further twist. If you're not peeved about the times you have wielded your anger unproductively, you may not use it brilliantly in the near future. And I really hope you will use it brilliantly.

**SCORPIO** (Oct. 23-Nov. 21): Storyteller Martin Shaw believes that logic and factual information are not enough to sustain us. To nourish our depths, we need the mysterious stories provided by myths and fairy tales. He also says that conventional hero sagas starring big, strong, violent men are outmoded. Going forward, we require wily, lyrical tales imbued with the spirit of the Greek word *metis*, meaning "divine cunning in service to wisdom." That's what I wish for you now, Scorpio. I hope you will tap into it abundantly. As you do, your creative struggles will lead to personal liberations. For inspiration, read myths and fairy tales.

**SAGITTARIUS** (Nov. 22-Dec. 21): Many astrologers don't give enough encouragement to you Sagittarians on the subject of home. I will compensate for that. I believe it's a perfect time to prioritize your feelings of belonging and your sense of security. I urge you to focus energy on creating serenity and stability for yourself. Honor the buildings and lands you rely on. Give extra appreciation to the people you regard as your family and tribe. Offer blessings to the community that supports you.

**CAPRICORN** (Dec. 22-Jan. 19): If you are like 95 percent of the population, you weren't given all the love and care you needed as a child. You may have made adaptations to partly compensate for this lack, but you are still running a deficit. That's the bad news, Capricorn. The good news is that the coming weeks will be a favorable time to overcome at least some of the hurt and sadness caused by your original deprivation. Life will offer you experiences that make you feel more at home in the world and at peace with your destiny and in love with your body. Please help life help you! Make yourself receptive to kindness and charity and generosity.

**AQUARIUS** (Jan. 20-Feb. 18): The philosopher Aldous Huxley was ambitious and driven. Author of almost 50 books, he was a passionate pacifist and explorer of consciousness. He was a visionary who expressed both dystopian and utopian perspectives. Later in his life, though, his views softened. "Do not burn yourselves out," he advised readers. "Be as I am: a part-time crusader, a half-hearted fanatic. Save the other half of yourselves for pleasure and adventure. It is not enough to fight for the land; it is even more important to enjoy it." Now I'm offering you Huxley's counsel, Aquarius. As much as I love your zealous idealism and majestic quests, I hope that in the coming weeks, you will recharge yourself with creature comforts.

**PISCES** (Feb. 19-March 20): Piscean author and activist W. E. B. Dubois advised us to always be willing to give up what we are. Why? Because that's how we transform into a deeper and stronger version of ourselves. I think you would benefit from using his strategy. My reading of the astrological omens tells me that you are primed to add through subtraction, to gain power by shedding what has become outworn and irrelevant. Suggested step one: Identify dispiriting self-images you can jettison. Step two: Visualize a familiar burden you could live without. Step three: Drop an activity that bores you. Step four: Stop doing something that wastes your time.

**HOMEWORK: WHAT'S SOMETHING YOU'D BE WISE TO LET GO OF? WHAT'S SOMETHING TO HOLD ON TO TIGHTER? NEWSLETTER.FREEWILLASTROLOGY.COM**



## The Pacific Story Slam is Back!

THE Pacific Story Slam is Back - A multi-bar collaboration and competition. Seaside vs. Astoria vs. Long Beach. Win the Championship trophy and claim your town as the best storytelling town on the coast!

"What is a Story Slam?"

A story slam is a live storytelling performance competition where members of the audience stand up and tell a story to a theme. The stories must be true, they must be YOURS and they must be told in 5 minutes or less.

Who can participate?

Any member of the audience can put their name in the basket to tell a story. ALL members of the audience will be given a ballot and be asked to vote for the best storyteller.

Can I tell a story at more than one bar?

Absolutely! Even if it's only to be an audience judge or to checkout the competition.

Monthly winning storytellers will

go on to compete in the GRAND Championship March 25th at Workers Tavern with guest storyteller judges Eleanor Cathleen O'Brien hot off her Scotland Fringe Festival show and Cat Powell-Hoffman recently of The Moth at the Arlene Schnitzer in Portland!

The monthly themes for the 2023 Pacific Story Slams will be the same at each bar.

January - Bad Influence

February - Customer Service

March - Luck

MARCH 25 Grand Championship  
Champion's Choice/at Workers

LOCAL DATES:

Workers Tavern in Astoria

Wednesday, 3/15 6pm

North Beach Tavern in Long Beach

Thursday, 3/16 6pm

Maggie's On The Prom in Seaside

Sunday, 3/12 6pm

Questions? Call the participating venues.

## Women's History Quiz

Answers

- b. the anniversary of women winning the right to vote
- c. 1971
- c. 1920
- a. 72 years (from the first Women's Rights Convention in 1848 to 1920)
- c. Susan B. Anthony Amendment
- c. suffragist
- d. the Bill of Rights
- d. 16 (New Zealand (1893), Australia (1902), Finland (1906), Norway (1913), Denmark (1915), USSR (1917), Canada (1918), Germany (1918), Poland (1918), Austria (1919), Belgium (1919), Great Britain (1919), Ireland (1919), Luxembourg (1919), the Netherlands (1919), Sweden (1919))
- c. New Zealand





## Placebos and Paternalism

A GUEST SPEAKER in my medical-ethics class recounted a long-ago scenario where a healthcare provider from the United States started a practice in a developing country. He found that his patients attributed their ailments to sorcery, and no biomedical explanation he could offer would alter their beliefs. Unsure how to help, he chose to try the placebo effect: he rigged a lightbulb so that it would turn on when a patient touched it, and he explained that the light turning on was a signal that their curse had been dispelled, whereupon he would provide a treatment indicated for their ailment. The next day, he discovered a line of prospective patients around the block.

Our speaker asked us whether or not the physician had acted ethically. Some students argued that he worked within the patients' worldview and after addressing their concerns, he'd gained their trust sufficiently to prescribe effective treatments. Others (including me) were troubled. Couldn't he have earned patients' trust through a respectful relationship instead of deceit? The story also didn't address the underlying inequity of the doctor-patient relationship, exacerbated by their cultural and socioeconomic disparities. It assumed that because the patients were poor and had limited educational opportunities, they were ignorant and superstitious, and this rather than mistrust of the physician's colonialist expectations was the reason they refused to accept his biomedical views.

Use of placebos has gained an unsavory reputation from anecdotes

like this one, as well as a long history of "miracle cures" that either do nothing or poison the recipient. Yet the placebo effect has also been touted as evidence of the mind's power to affect physical health, and the placebo control group is fundamental to medi-



cal research Contemporary physicians also admit to using placebos clinically. A 2008 study surveyed internists and rheumatologists and concluded that about half had prescribed a placebo treatment at least once (Marco Annoni, "The Ethics of Placebo Effects in Clinical Practice and Research," *International Review of Neurobiology* 139 (2018): 463-84).

P. Lichtenberg and colleagues note that placebos are misrepresented as ineffective sham treatments. Neurobiological studies show changes in brain chemistry (such as endorphin release) after administration of a placebo; even if the substance is inert, psychological factors like optimism about the treatment produce measur-

able physiologic changes (P. Lichtenberg, U. Heresco-Levy, and U. Nitzan, "The Ethics of the Placebo in Clinical Practice," *Journal of Medical Ethics* 30 (2004): 551-54; 551). Their hope is that physicians will consider using placebo treatments with patients who do not experience success with (or who experience severe adverse effects from) conventional treatment(s) (553). The key, as Marco Annoni phrases it, is to be transparent about placebo treatment without over-emphasizing it so that the patient loses confidence in its potential benefits.

Complementary practitioners are often asked about homeopathy, acupuncture, and energy medicine as placebo treatments, as they either work contrary to science or there isn't yet an accepted explanation for them. Some practitioners have responded by using only evidence-informed botanical medicine, nutrition, and physiotherapy. Others have redefined placebo as evidence of the mind-body's extraordinary self-healing capacity, with energy medicine gently encouraging that process.

Medical science has learned a great deal, and there's much more yet to be learned. Perhaps someday soon, a plausible mechanism of action will be hypothesized, and then proven, for unconventional treatments. Until then, perhaps the most ethical approach is informed consent and transparency: to admit that we don't yet know how these treatments work, but their antiquity and persistence across time makes them worth trying because even if they prove to be placebos, the placebo effect itself is powerful.

## CMH HOSTS VARIETY OF SUPPORT GROUPS AND CLASSES Programs open to the public

**Diabetes Prevention Program:** CMH's Diabetes Prevention Program starts Tuesday, Jan. 31, 2023, and runs weekly on **Tuesday evenings from 5:30 to 6:30 p.m.** in the CMH Columbia Center Coho Room, 2021 Marine Dr., in Astoria. This program is CDC-recognized and based on research. It is focused on healthy eating and physical activity. Registration is required.

**Grief Support Group:** The grief support group is for anyone experiencing the loss of someone. This group is a safe place to explore the challenges you face as you journey on your unique path of grief. The group meets **every third Thursday monthly**, from 4:30 to 6 p.m. in the Lower Columbia Hospice office, 2120 Exchange St., Ste. 203 in Astoria.

**Tobacco Support Group to Stay Quit:** If you've quit tobacco (smoking/vaping/nicotine) and are looking for encouragement to stay quit, join the support group at CMH. Meetings will be held the **first Thursday (noon to 1 p.m.) and last Thursday (5:30 to 6:30 p.m.) monthly** in the Coho Conference Room, 2021 Marine Dr., in Astoria. The group will run from March 2 through August 31.

**Weekend Birth Class:** This nurse-led class covers labor and pain management, nutrition, infant care, breastfeeding, and self-care after baby is born. **This is a one-day course on certain Saturdays from 9 a.m. to 4:30 p.m.** in the CMH Columbia Center Coho Room, 2021 Marine Dr., in Astoria. Registration is required. Upcoming class dates include March 4, April 15 and June 3. More classes will be scheduled for the second half of 2023.

**WomenHeart Heart Disease Support Group:** WomenHeart is a support group for women to help them learn about heart disease, including how to prevent or how to manage and live more fully once diagnosed. **The group meets several times a year on most third Wednesdays of the month at 6:30 p.m. via Zoom.** The link is accessible at [columbiamemorial.org/events](http://columbiamemorial.org/events).

To register for the above events or learn more about them, visit [columbiamemorial.org/events](http://columbiamemorial.org/events).

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## FOOD GROOVE

I ACTUALLY LOVE COOKING FOR A GANG. Not a chain gang or street gang, more like a horde. Not an angry horde, more like a crowd. Never mind all that! Oh lord, please don't let me be misunderstood. The thing is, when attempting to feed the multitudes or whatever you call them, a plethora of dietary oddities inevitably arise to challenge what would otherwise be my idea of the perfect menu.

I am of the curmudgeonly opinion that most of these culinary misdemeanors are the result of reading too much internet crapola. Or self-diagnosed health issues. Or blaming your current stomachache on whatever you ate last. Or being raised by parents who tucked their own food issues into your inheritance. Or some other silliness I am unable to imagine. I'm not talking about the tiny percentage of us who have actual medical issues related to specific foods. Granted, we humans have messed with the production of our food stuffs to the point that our bodies often do not recognize what we've just put into them as food and justifiably object by making us miserable in turn. The very best defense is to know your farmer, eat in season, choose organic when possible, eat a wide variety of foods and COOK, damn it. Just cook. It's the single best way to foster good health and spread love.

Admittedly, I could, as my mom so charmingly often said, "gork off" at any minute from my lifetime of questionable food choices. I imagine it will be some combination of arterial blockage and bad karma from having eaten so many things that are now completely unacceptable. I have, over time bid farewell to Beluga caviar, foie gras, commercially produced meat and poultry, Peeps and more. I'm willing to adapt when consuming a specific food represents a serious harm to the planet. Failing that, I will eat or try pretty much anything. I believe that failing to encourage our children to do the same condemns them to a life of narrow experience and annoying behavior.

More to the point, what to cook? Times like these demand a buffet. There is no way to accommodate everyone in a large group with a single entree. One size does definitely not fit all. I opt to have something for everyone and leave it to them to deal with their own pécadillos. The down side is the necessity for lots of signage or standing by to answer questions. My tiny allotment of patience has me printing table tents and leaving guests to their own devices while I pour a little something and rummage around for my tolerance.



### CHEW ON THIS!

by Merianne Myers



## MESSING WITH SUCCESS COCONUT BANANA MUFFINS

Makes 8 regular size or 16 to 18 mini muffins  
Preheat oven to 375

- 1 1/4 cups all-purpose flour\*1
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 2 ripe bananas, mashed
- 1/2 cup (1 stick) butter, melted and slightly cooled\*2
- 2/3 cup sugar\*3
- 1 egg\*4
- 1/2 teaspoon vanilla
- 3/4 cup sweetened, flaked coconut\*5

• Line muffin tin with paper liners or grease liberally.

• Whisk together flour, baking powder, and salt in a bowl.  
• Whisk together bananas, butter, sugar, egg, vanilla, and 1/2 cup coconut in a large bowl until combined well, then fold in flour mixture until flour is just moistened.

• Divide batter in lined tin and sprinkle with remaining 1/4 cup coconut. Bake until muffins are puffed and golden, about 25 minutes. Transfer to a rack and cool slightly.

• \*1: For gluten-free, I prefer Bob's Red Mill 1 to 1 GF flour. It is the only product I have found that results in good taste, texture and loft without having to make calculations or purchase an array of special ingredients.

• \*2: For dairy free, substitute 1/4 unsweetened applesauce or 1/3 cup vegetable oil

• \*3: For sugar-free, substitute 1/2 cup honey, or 1/2 cup maple syrup or 1/2 cup agave syrup or 1 teaspoon stevia.

• \*4: For vegan, replace the egg with an extra 1/4 cup mashed banana or 1/4 cup plain yogurt or 1/4 cup unsweetened applesauce or 1 Tablespoon chia or flaxseed meal whisked into 3 Tablespoons water and allowed to thicken or your favorite egg substitute

• \*5: I like the big, flat, unsweetened, flaked coconut best

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## The Architect Hound

### The Flippin Castle

ONE OF THE MOST enjoyable aspects of my role as Architect Hound for this monthly rag is having the opportunity to explore parts of the North Coast for architectural delights that I might otherwise have overlooked. The Thomas Flippin House (1900) in Clatskanie, known locally as 'The Castle', certainly rates as one of those finds.

Last year, on a visit to the Clatskanie library, I introduced myself as an architectural historian looking for information about the history and architecture of Clatskanie. The librarian perked right up and asked me if I knew about the "flippin' castle"? Somewhat taken aback, I allowed that did not, but was keen to have a look. I got directions to the 'The Castle' at 620 SW Tichenor, about six blocks southwest of Highway 30. Upon arrival, I immediately understood why the house gained the moniker of 'castle'. The grandiose, twin-towered, two-story late Victorian mansion certainly looks like it was built for royalty.

Thomas Flippin (1868-1942) was the son of Oregon Trail pioneers who settled in the lower Columbia area in the 1850s. Thomas started modestly in the logging industry as a 'skid greaser'. He was able to purchase a large tract of timber at a good price that he turned into a fortune at a rather young age. To show off his wealth, he hired an architect from central California to design his 'castle' in 1898.

Completed in 1900, the Flippin House is an unusual blend of Queen Anne and Colonial Revival architectural styles. The prominent twin towers, open front porch, variety of windows and dormers, and decorative shingle cladding are all typical elements of the Queen Anne style. However, the massing and overall appearance of typical Queen Anne style residences are always asymmetrical. The Flippin House facade is completely symmetrical! The central entry, evenly



By Eric Wheeler

spaced windows and dormers, and open portico (porch) with classical columns and decorative railing atop, are all elements of the Colonial Revival Style. The formal bi-lateral symmetry of this turn-of-the-century mansion places it clearly in the Colonial Revival tradition. Is it then, a Queen Anne or a Colonial Revival? It is both. The Flippin House is a great example of West Coast fusion architecture that is both Queen Anne and Colonial Revival!

Another architectural treat of the Flippin House is the group of decorative shingle symbols in the south gable end (pictured). It is not too much of



a stretch to see a comet, star and man-in-the-moon in the black on white shingle pattern. Why those symbols? It is theorized that the Flippins might have been fans of the very popular English author and futurist, H G Wells. His fantasy novel "The First Men on Moon" was published in 1900; the year the

Flippins moved in to their new house. What do you think?

Apparently, Mrs. Flippin tired of town life and the Flippins left the house and were divorced within three years. The house changed hands a number of times over the years but has remained essentially intact both inside and out. This National Register listed property is owned by the Clatskanie Senior Citizens, Inc. since 1979, and is operated as a house museum and special events venue by the Clatskanie Historical Society.

**The Flippin Castle is open for tours by appointment. Two bedroom suites are available for overnight stays.**

**For more information contact: Deborah Hazen 503-338-8268**

### Buoy Beer Lager Fest is Back!

Join Buoy Beer on the Waterfront May 12-13, in the original Lager Fest spot!

Buoy has partnered with more than a dozen West Coast breweries including Astoria Brewing, Block 15 Brewing, Fort George Brewery, Figueroa Mountain Brew Co., North Jetty Brewing, Sunriver Brewing, Obelisk Beer Co., pFriem Family Brewers, Reach Break Brewing, Steeplejack Brewing, Sisu Brewing, Mirage Beer Co., and more.

Run on the River Half Marathon, 10K and 5K, is also back, sponsored by Buoy Beer, is a fundraiser for Astoria Parks and Rec which helps individuals and families access health and wellness opportunities through scholarships. That takes place on Saturday the 13th. Participants and volunteers (receive a Lager Fest mug), can start signing up today.

LIVE music with Astoria's power-pop band Holiday Friends kicks off on Friday, from 3-8pm. Saturday, from 11am to 8pm, enjoy live music with The Hackles and more, springtime lagers from partner breweries, Buoy specialty lagers, sign up for the Buoy Beer Club for great perks and in general celebrate the month of May!

**Sign up for tokens now and get your tasting mug FREE. Go to [buoybeer.com](http://buoybeer.com)**



Come May, Buoy's Vienna Lager will return, which embodies a classic Austrian-style lager brewed with Vienna and Pilsen malts. It's then cold-fermented and lagered for 5 weeks and bittered with Magnum and Saphir hops for a toasty, slightly caramelized flavor.

### PNW 2021 Heat Dome Nature Matters Talk Explores What Caused it & What's in Store for the Future?

IN LATE JUNE 2021, the Pacific Northwest experienced a heat wave of historical proportions. Several locations broke their all-time high temperature record, often by several degrees. Impacts of the heat were profound and tragic on humans and the natural environment, with hundreds of people losing their lives across the region. In this talk, Dr. Paul Loikith will break down the progression of meteorological factors that caused this extraordinary heat wave.

**The 7pm presentation on Thursday, March 23, 2023, takes place in the Lovell Showroom at the Fort George Brewery. The event is free and open to the public. Doors will open at 6 p.m. for those wanting to purchase dinner or beverages before the event.**

During this heat wave, Canada set a new national high temperature record of 121 degrees while Washington set a new state record of 120 and Oregon tied its previous all-time high of 119 degrees. The most influential meteorological factor was a massive, record-breaking area of hot high pressure above the Earth's surface centered over central British Columbia. The feature, also known as a "heat dome, developed and strengthened over the course of several days due to a complex combination of weather events spanning the North Pacific. We will look at how the strength, location, and timing of this massive ridge of high pressure contributed to the extreme heat experienced at the surface through several mechanisms and why this event was so much more severe from previous extreme heat waves. The state-of-the-science understanding of the role that global warming played in the event and what this heat wave tells us about the risk of future extreme heat across the Pacific Northwest will also be discussed.

*Dr. Paul Loikith is an associate professor of weather and climate science in the Department of Geography at Portland State University where he is the director of the Portland State Climate Science Lab. Dr. Loikith's research focuses broadly on the atmospheric drivers of extreme weather and climate events at regional to global scales and how these drivers are influenced by a warming climate.*

### Columbia Clay Open House

COLUMBIA CLAY Ceramic Studio and Classes is opening in Astoria. **An open house will be held on Saturday, March 11 from 1-4pm.**

Run by Molly Schulps, the 1600 square foot studio is well equipped with 2 large electric kilns, slab roller, extruder, potter's wheels and workspace. CC will offer classes, various workshops and studio memberships.

Molly was a professor of ceramic arts for over 20 years and has maintained an active professional art practice. You can find her artwork locally at Imogen gallery in Astoria. Her work is in many private collections, as well as public. Molly teaches all levels of throwing, hand-building and ceramic sculpture. She has taught glaze chemistry, 3D design, and drawing.

You can find more information and a roster of classes and instruction beginning this month.

**Go to: [www.columbiaclay.com](http://www.columbiaclay.com) and [instagram: @columbia\\_clay](https://www.instagram.com/columbia_clay)**



Molly Schulps

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Questions? Contact Julia Hesse, [insight@juliahesse.com](mailto:insight@juliahesse.com).





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South Bay Wild Inc. is a small, family owned & operated commercial fishing vessel harvesting and marketing high quality sustainable seafood

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We're a Full Service Italian Deli offering sandwiches and small plates for dining in!

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Check out our MENU options online. Then call ahead!  
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Building a strong community, serving delicious and organic foods, and fostering joyous work for every worker

Open Now For Inside Dining  
8am to 3pm  
Open 7 Days A Week

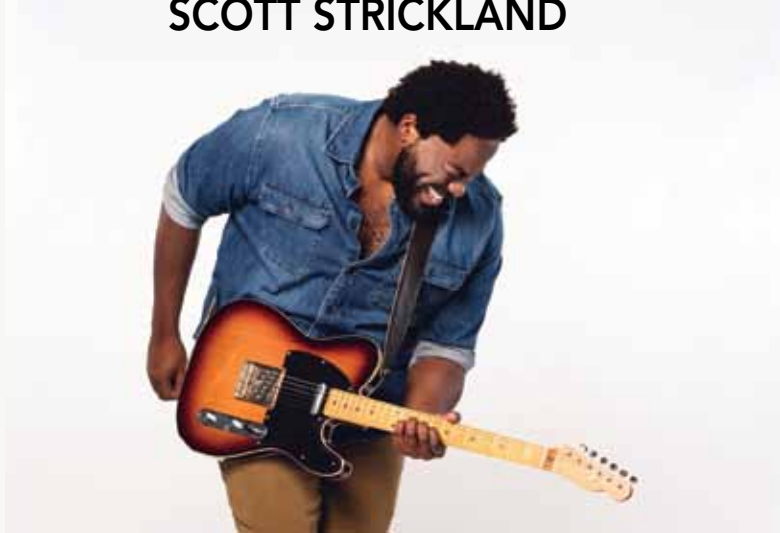


1493 DUANE  
503-338-7473



# COMING UP AT KALA

AUSTIN SINGER SONGWRITER  
SCOTT STRICKLAND



Leader of The Scott Strickland Band Rock/Soul Project

**Friday March 24, 7:30pm**

with Austin  
Singer Songwriter  
Natalie Price

TICKETS: \$20



TICKETS ONLINE AND AT THE DOOR DOORS OPEN 7PM

## SKAMOKAWA SWAMP OPERA

**Friday  
April 14  
7:30pm**

TICKETS: \$20



TICKET LINK: [kalaastoria.com](http://kalaastoria.com)

## *Internationally Renowned* **THE TIPTONS** SAXOPHONE QUARTET AND DRUMS



### ALL-FEMALE SAX QUARTET

AMY DENIO · alto sax, clarinet, voice JESSICA LURIE oprano/alto/tenor sax, voice  
SUE ORFIELD tenor sax, voice TINA RICHESON baritone sax, voice  
Special Guest XAVIER LECOUTURIER (drums, percussion) from Seattle.

**Friday MARCH 10**

**7:30pm**

**@ KALA**

Performance Space  
1017 Marine Dr  
Astoria

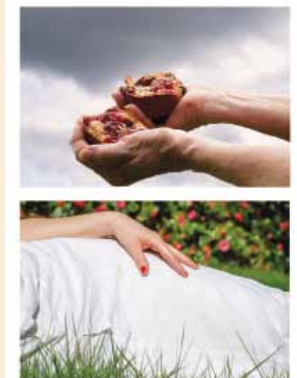
*"... some of the most lusciously irreverent music in jazz ... They are deviously entertaining ... one catchy, harmonically rich number after another, drawing on styles from Romany brass to Soca to dixieland and many points in between.*

*~ The New York Music Daily*

## THENtherehereNOW

RACHEL SIEGEL  
A Micro-Retrospective  
Multi-media/Collage/Digital  
Photography/Installation

Saturday March 11  
Astoria Art Walk



KALA GALLERY and Performance Space 1017 Marine DR. in Astoria 503.338.4878