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Are you pickin' up what we're puttin' down!

The 32st Season of "SHANGHAIED IN ASTORIA" sponsored by local radio station the "The Bridge" 94.9 FM Where Music is First! opens Thursday July 7th! Tickets on sale NOW! www.astorstreetoprycompany.com.

THE PET FOOD INDUSTRY CLAIM their products are 'complete' nutrition and 'human food' is unsafe and unnecessary. Why then are people diseases like Diabetes, Pancreatitis and Cancer endemic in modern pet populations?

Commercial pet foods are not human grade products. That means 4D meat; dead, diseased, decayed or dying—not safe for human consumption. With the number of recalls, and the thousands of cases of animals sickened or killed by jerky treats & wheat germ from China, can we really feel confident these foods are always safe for our cats and dogs?

Kibble-only diets are especially harmful; the animal meat sources are dubious and grain is over used, especially wheat, rice and corn - all plants subject to heavy pesticides. The "grain free" products are packed with legumes like garbanzo beans and the poisonous cassava root to make up for the grain. Peas, the only vegetable with lactic acid (milk sugar), are pulverized into powder and labeled flour, meal or fiber. In one brand, peas are listed 3x as each of these products, amounting to 40% of total ingredients per bag!



photo: Aza Cody

Leaving large amounts of dry kibble in 'self serve' plastic containers is hazardous because of bacteria and mold growth. Plastic never really gets clean, it erodes. Clean with 90% alcohol and water once a week. Let dry thoroughly before re-filling. Put in just enough for 2 days at a time.

Most kibble is preserved with synthetic Vitamin E which degrades quickly. Keep bags tightly closed. Kibble using artificial preservatives should not be used. These chemicals cause serious cancer in lab animals.

Feeding dry only food can case urinary problems especially in males. Adding water, broth or herb tea to kibble will make your pet feel fuller and help with digestion too. No need to soak it unless your pet consumes without chewing.

Recent studies prove the addition of living food like wheatgrass, sprouts, spirulina, fresh herbs, eggs, cheese, real meat and fish can change the life of your pet.

Reducing dependence on commercial pet food and treats is healthy and fun.

Share with your loving family. They deserve Real Food.

Aza Cody is a licensed pet consultant and special diet cook with over 25 years experience. She'll teach CANINE COOKING; THE WAY TO YOUR DOGS HEART, an interactive class at the North Coast Food Web June 25, 2016. www.northcoastfoodweb.org

Join Aza Cody for Animal Gab Radio; Talk with a Tail on KMUN

July 12, @ 9:30am, and every 2nd Tue of the month. podcast available on the coastradio.org site Focusing on our 4 legged friends with fun facts, health tips and Real Food recipes.

Guest Interviews with Local & International Animal Lovers, Activists, Artists, Writers, Businesses, Cooks, Charities, Shelters and Services.

Commercial Pet Food Industry Recall Tracker, Rescue Services; Wildlife and Domestic, Spay and Neuter Advocacy and Information. Guide Dogs and Service Animal Stories.

Travel Information and Local Pet Friendly Businesses.

Pets Deserve Real Food

By Aza Cody

Smooth Sailing . . . Smoother Spirits: Pilot House Distilling

IT'S A PECULIAR FACT of human nature: people love a good scandal. Even if said scandal is actually an exhausting, nose-to-the-grindstone ordeal that distracts and inhibits those involved from doing what they do best—which, in Larry and Christina Cary's case, is running their award winning distilling business.

After two prior legal disputes involving name trademarks, newly (and permanently) christened Pilot House Distilling is moving forward, and inviting

longtime fans and the uninitiated alike to savor what's in store. Founded in 2013 and located in the heart of historic downtown Astoria, with an additional tasting room in Seaside, PHD has garnered bronze and silver medals for their Bar Pilot Cucumber Vodka and Jalapeño Lime Vodka at the 2014 Great American Distillers Festival in Portland, as well as a gold medal for their Columbia

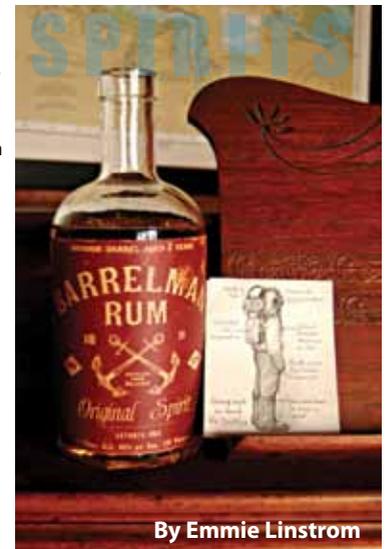


photo: E. Linstrom

By Emmie Linstrom

Absinthe the following year. Other popular spirits include an American-style Painted Lady Gin, A-O Whisky, and Thundermuck Coffee Liqueur. The newest arrival, the two-year bourbon barrel aged Barrelman Rum, will soon be joined by an Aquavit, done in conjunction with Baked Alaska Restaurant's Chris Holen. When asked what the most in-demand item has been of late, Christina Cary says "Tequila is very sought after, and by fall we should have our NW agave spirit released. I'm excited to educate the general public about it and its historical roots. This is what I attempt to do with all our products."

In addition to spirits, the collaborative Grumpy Dog Shrub drinking vinegars offer a uniquely delicious compliment to PHD's wares, ideal for cocktails/mocktails, salad dressings, desserts and digestive sipping. "This has been a tremendous addition to our spirit lineup," Cary says. "It's great to see people using these as mixers as well as cooking ingredients." (Tip: Grumpy Dog Tomatillo Jalapeño + Bar Pilot Jalapeño Lime Vodka + Grumpy Dog "Bloody Knuckles" Bloody Mary Mix = Whole Lotta Yum.)

Ultimately, Pilot House Distilling is dedicated to delivering the best to Astoria, whether it's relaxing over a flight in the tasting room or educating those interested in the distilling process. On the latter note, guests are invited to partake in a special distilling class July 16-17, which offers a basic hands-on introduction to the principles and practices of distilling, with topics including equipment selection, mash process, proofing and storage, as well as rum wash prepping and final rum distillation. (Seats are limited, so visit <http://www.pilothousedistilling.com> to sign up.)

Cary praises Astoria as the ideal locale for Pilot House Distilling, commenting that "Astoria is unique in that it's still a real town with a community."

- Located in Astoria, OR at 1270 Duane St, with additional tasting room in Seaside, OR at 10B N. Holladay.
- Hours: Tuesday through Saturday 12-6pm, Sunday 12-4pm. You can visit Pilot House Distilling and Grumpy Dog Shrubs at their Sunday Market stalls.