UPPER LEFT Box 118 CANNON BEACH OR 97110

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# Commit Random Acts of Kindness and Senseless Beauty!



"Never doubt a small group of thoughtful, committed citizens can change the world...indeed it is the only thing that ever has."

Margaret Mead

## Dr. Karkeys

It is nothing new for nutritious food or exercise to be thought eccentric or to be accepted. It is currently considered in the main groove to make intelligent choices about food and physical activity. Perhaps it's a good time, too, to take our brain out for a brisk walk and see what it's been eating.

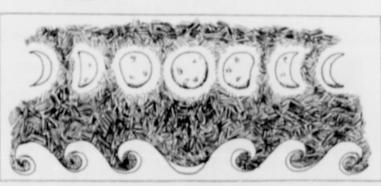
Much of the imput is from news media, both print, where the advertising dollar traditionally influnces content, and television, a media designed to minimize brain function. One might consider degrees of stimulation. If something goes into that patch bay betwen your ears and provokes further activity, it's probably on the side of life. If all it provokes is a gentle hum, it's probably nap time for "ze little grey cells, mon ami".

When we are informed of an airplane crash in Thailand, we cannot wrap a survivor in a blanket. Unless we convert distant need to local response, we gradually become immune to tragedy. We shut down the compassionate response to give assistance, because we are powerless, and so we become a bit less human.

The needs of humankind are limitless, as is our capacity to help. What we as individuals can do is examine that flicker of anger or resentment we feel when we are told of injustice or tragedy. Rather than smother that spark, we can transmute it to some activity that benefits, that heals or enhances.

We need to do this for ourselves. Our connections with our neighbors and with all of humankind are complex and unavoidable. To the degree that we allow these connections to atrophy, we submit to being less alive. This is never a good idea.

There are countless ways to escape sainthood. Most of us should. Few a suited for lives of service. However, when we are reminded of the worst parts of the human experience, it is a good idea to turn around and help someone. The alternative is to withdraw. It is a small matter of life and death.



Moons AND TIDES

WASHINGTO	N AND OR		COAST	noes
HIGH	A.M.		P.M.	
Done	h.m.	k	h.m.	h
1 Fri			12:50	7.2
2 Sat .	0:20	8.8	1:35	7.2
3 Sun	0:52	9.1	2:22	7.2
4 Man	1:28	9.2	3:09	7.2
5 Tue	2:06	9.2	3:54	7.1
6 Wed	2.52	9.0	4:49	7.0
7 Thu	3:44	8.7	5:42	7.0
B Fri	4.43	8.2	6:40	7.1
9 Sat C	5:55	7.6	7:39	7.4
10 Sun	7:18	7.1	8:35	7.4
11 Mon	8:38	6.9	9:25	1.4
12 Tue	9.52	6.9	10:10	1.1
13 Wed	10:55	7.1	10:53	9.2
14 Thu	11:52	7.2	11:35	9.3
15 Fri			12:45	7.3
16 Sar @	0.14	9.3	1:35	7.3
17 Sun	0.50	9.1	2:22	7.3
18 Mon	1:28	8.9	3:07	7.2
19 Tue	2:06	8.6	3:51	7.1
20 Wed	2.45	8.2	4:33	4.9
21 Thu	3:24	7.8	5:18	6.9
22 Fri	4:09	7.4	4:03	6.8
23 Sof	5:02	6.9	6:49	6.9
24 Sun 3	6.07	6.4	7:35	7.1
25 Mon	7 23	6.0	B:20	7.4
26 Tue	8:40	5.9	9:02	7.8
27 Wed	9.47	6.0	9:41	8.1
28 Thu	10.48	6.3	10:19	1.5
29 Fri	11.43	4.6	10.50	

CORRECTED FOR PACIFIC BEACHES

DAYLIGHT TIME						
IOW		A.M.		P.M.		
Diste	h.m.	B.	h.m.			
1 Fri	6:37	0.3	6:25	2.1		
2 5at •	7:16	0.7	7:02	2.1		
3 Sun	7.57	-1.0	7:43	2.5		
4 Mon	8:39	-1.2	8:25	2.7		
5 Tue	9:21	-12	9:09	2.8		
6 Wed	10:07	-1.0	10:02	2.9		
7 Thu	11:00	0.7	11:02	2.1		
8 Fri	11.53	0.3				
9 Sat C	0:15	2.8	12:55	0.2		
10 Sun	1:32	2.4	1:57	0.4		
11 Mon	2:46	1.8	2:54	0.1		
12 Tue	3.53	0.9	3:52	1.2		
13 Wed	4.53	0.0	4:42	1.5		
14 Thu	5:45	0.7	5:30	1.1		
15 Fri	6.33	-1.1	4:15	2.1		
16 Sat 4	7:16	-1.3	7:00	2.1		
17 Sun	8:01	-1.3	7:43	2.4		
18 Mon	8:40	-1.1	8:26	2.4		
19 Tue	9:21	0.8	9:10	3.0		
20 Wed	9.59	-0.4	9:53	3.1		
21 Thu	10:38	0.0	10:44	3.2		
22 Fri	11 20	0.4	11:39	3.3		
23 Sat			12:01	0.1		
24 Sun !	9 0:40	3.0	12:48	1.3		
25 Mon	1:47	2.6	1:42	1.7		
26 Tue	2.49	21	2:31	2.0		
27 Wed	3.48	1.3	3:23	2.1		
28 Thu	4.40	0.6	4:13	2.5		
29 Fri	5.28	-0.1	5:01	2.7		
30 Set	6.15	0.7	5:44	2.1		
31 Sun	6.57	-1.2	6:33	2.		

CORRECTED FOR PACIFIC BEACHES

POETS' CORNER

West Marine Dr., Astoria

From this porch
the street stretches along the river,
and the mountains spread their arms
to the coming clouds, and the mist
plays beneath the floor boards,
and moss grows in the cracks,
and from this porch the world
is the same distance away as it is
from any other porch on any other house
in any other city, under any other sky.

From this porch I count the pigeons on the roof of the brown warehouse, and the bridge over the river owns the air. The angle of the rooves is different here, the pigeons squat closer to the gutters, and the colors are foreign and unique. The tulips here open like hungry young women, and liquid life is the grey that sweeps this porch. Even the wood is different, having been soaked through so many times. This porch lives in the rain. From here the hillside rolls into the streets, and with it terraces of flowers stumbling, eager and weeping with growing.

Polly Buckingham

# BASEBALL

The Cubs are once again clawing thier way to the cellar, ah, spring.

## UPPER · LEFT · EDGE

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As we get bigger the ads might get cheaper or more expensive; we'll let you know.

Classified ads are \$5 and subject to abuse.

Letters to the Editor are encouraged, but remember we are covered under the First Amendment.

Threatening letters will not be published, however they will be graded, so don't forget - neatness counts.

#### THE TOXIC TRUCK IS COMING!

Get Rid Of Your Toxics And Begin Using Effective, Safe Substitutes

Household hazardous wastes. You might have a few: cans, bottles and containers with those ominous words "caution", "warning", or "danger" prominently displayed on their labels...the ones that have festered in corners of your garage or under the back porch for a number of years. You always wondered how to dispose of this mess properly. Here's your opportunity!

The Oregon Department of Environmental Quality Clatsop County is sponsoring and giving technical assistance to conduct a Household Hazardous Materials Collection Event. Three sites have been designated for drop-off of household toxics:

\*Cannon Beach - the midtown parking lot, located at Hemlock and Gower \*Seaside - the City public works shops, 1111 N. Roosevelt Drive \*Astoria - the Astoria High School park-

\*Astoria - the Astoria High School park ing lot, 1001 W. Marine Drive

Each site will be open on Saturday, May 16th from 9 a.m. until 3 p.m.

Participants need only bring their hazardous waste to the location of their choice. Commercial, radioactive, biological or explosives are unacceptable. All sortation and processing will be done by staff. You are encouraged to bring materials from neighbors who are shutins, invalids, or otherwise unable to bring their contribution to the clean-up.

... Continued on P. 2





### Recycling Center Schedule

COMMERCIAL & RETAIL RESIDENTIAL

Tuesdays and Thursdays 8 a.m. to 11 a.m. Weekly First and Third Saturdays 9 a.m. to 1 p.m. Monthly

"The monthly curbside orientation is held on the last Wednesday evening each month promptly at 6:30 p.m. at City Hall.