



Submitted photo

In the Painting From the Inside Out workshop held at Tolovana Arts Colony this June, participants will focus on the process and experience of painting rather than technique.

Learn to paint from the inside out at Tolovana Arts Colony

CANNON BEACH — “Life is a creative process,” says Anne Pechovnik one of the facilitators of Painting From the Inside Out, an upcoming workshop at Tolovana Arts Colony this June. By focusing on the experience of creating, rather than technique, in this workshop artists and non-artists have the chance to explore what engages and what limits their creative energy. Painting From the Inside Out will be held from 7 to 9 p.m. Friday, June 5 and continue from 10 a.m. to 5 p.m. Saturday, June 6.

“What one learns in the workshop applies not just to making art but to living as a whole,” Pechovnik says. “In fact, many participants may have no art experience or aspirations and attend simply seeking growth and personal insight.”

Using tempera paints and large sheets of paper, participants paint from their own inspiration and at their own pace. Discussions, both individual and group, focus on the experience of the painting, not the paintings themselves. In order to create a safe and respectful environment, participants agree not to comment on one another’s work. Facilitator Aziza Balle says, “There’s nothing that you have to do

correctly. You get to just paint. There is so much permission. It’s a very freeing experience.”

Balle and Pechovnik, both based in Portland, are trained under Stewart Cubley, founder of The Painting Experience and coauthor of the book “Life, Paint and Passion.”

Through her studio, Paint to Discover, Balle has been facilitating process painting for over six years in a number of settings including agencies, classrooms and adult care facilities. She has experience with a range of populations including children and adolescents, the elderly, persons experiencing illnesses and dementia, and those in 12-step programs.

Pechovnik, of Pathfish Studio, has been leading workshops in her home studio since 2012. She is a nurse and a zen practitioner. “All of my experience comes into play facilitating painters,” she says. “Process painting is meditation on paper. It offers not just insight but opportunities to exercise new and underdeveloped ways of moving toward what feels most alive.”

To register, contact Lisa at Tolovana Arts Colony by calling 503-440-0684 by May 22. The \$99 fee includes tuition and all materials.

Celebrate Cinco de Mayo

Hispanic council hosts free festival

ASTORIA — Thanks to generous grants and sponsorships from the Northwest Health Foundation, the Lower Columbia Hispanic Council will host its second annual Cinco de Mayo Fiesta & Festival.

The event will take place from 3 to 8 p.m. Saturday May 2 at the Astoria Event Center, located at 255 Ninth St. The festival is an all-ages indoor/outdoor event with entertainment and activities for the whole family. Admission is free.

Ninth Street between Commercial and Marine Drive will be closed to traffic, and tents will be setup for food vendors. Monte Alban, the Lower Columbia Hispanic Council and various other individuals will sell an assortment of Mexican foods. The Hispanic council will also sell mar-

Cinco de Mayo Fiesta & Festival

3 to 8 p.m. Saturday, May 2

Astoria Event Center

255 Ninth St., Astoria

Free

garitas and beer.

The event will feature live music by local DJ Sonidos Eres, culture musical performances, and interactive Zumba dance lessons by Nayelli Dalida of the Astoria Arts and Movement Center.

There will be a salsa recipe contest in which participants will bring their homemade salsa and a panel of



Damian Mulinix/EO Media

Young girls wait along the edge of the stage at the Astoria Events Center as mariachi Corona Continental prepare to play during the Cinco de Mayo Fiesta and Festival Saturday.

judges will award one the best salsa in Astoria.

The Astoria Art Loft will have a booth outside where they will provide complimentary kid’s face painting and other arts and craft activities.

Although many people mistake Cinco de Mayo as being Mexico’s Independence Day, the holiday is

actually a celebration of a victory over the French in the Battle of Puebla in 1862. Over the years, however, the holiday, which is arguably more popular in the U.S. than in Mexico, has evolved into less of a commemoration of that victory and more into a day of cultural celebration. That is the spirit in which this event is planned.

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