

Alone: 'The best thing we can do is to carry items to be prepared'

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they love full time. The pair recently hosted an "Experience Alone" Wilderness Skills workshop at Soapstone Retreat, the coastal property Apelian bought in 2013 which sits about 12 miles from Nehalem.

Apelian previously hosted a workshop with Jose Amoedo, who also appeared on Season No. 2 of Alone and plans to continue hosting workshops with Alone participants.

A little more than 22 acres, the property features a cabin built by prominent architect Will Martin using the Fibonacci number series — spatial proportions found in nature. (Martin designed Pioneer Courthouse Square in Portland.)

The land's pristine condition along Soapstone Creek has also led to special protections, as the North Coast Land Conservancy holds a conservation easement on the prop-



Photo by Aaron Breniman

Apelian helps assist a workshop participant with proper bow-drill form during primitive fire-building training.

erty for its protected fish spawning habitat, lack of invasive species and diversity of wildlife.

The Soapstone Women's writing group purchased the site in 1999 from Martin's estate, and many writ-

ers have spent weeks over the years working at the property. Soapstone provided more than 375 residencies from 1998 to 2010.

Notable among them was Portland writer Cheryl Strayed, who spent two weeks there preparing the first half of her memoir "Wild." The book was published in 2010 and later adapted for a film starring Reese Witherspoon.

Survivor psychology

During the recent workshop, participants spun hand drills, built primitive shelters without tools, built traps and practiced other skills. Discussion topics included everyday carry items, bug out bags, emergency medicine, water collection, plant foraging, shelter and clothing choices. Survivor psychology and mindset permeated every topic.

During a primitive fire-building demonstration, Kay emphasized the importance of knowing the skills,

but that in a survival situation one shouldn't come to rely upon them with today's available tools.

"If you ever find yourself doing this, you've already screwed up about 10 times," Kay said. "The best thing we can do is to carry items to be prepared."

While their TV experience offered them the opportunity to test their self-sufficiency and ability to survive alone, they both believe strongly in the importance of community.

"When we put on a workshop, I want people to leave feeling empowered to learn more, to take the knowledge that they've learned here and explore that more," Apelian said.

Aaron Breniman is a writer, outdoor enthusiast, search-and-rescue member and communications consultant living in Portland, when he's not backpacking, fishing or chasing sunrises. Follow him on Twitter at @aaronbreniman or on Instagram at @akbnpdx.

THE DAILY ASTORIAN LISTINGS Evening listings FRIDAY-SUNDAY

FRIDAY EVENING													JUNE 9	
A	L	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	
2	KATU	(2) NBA Basketball Playoffs Golden State Warriors at Cleveland Cavaliers Site: Quicken Loans Arena (L)	Jimmy Kimmel	Paid Program	Paid Program	Wheel of Fortune	Jeopardy!	KATU News at 11	(35) Jimmy Kimmel					
4	KOMO	(4) NBA Basketball Playoffs Golden State Warriors at Cleveland Cavaliers Site: Quicken Loans Arena (L)	Jimmy Kimmel	Wheel of Fortune	Jeopardy!	20/20		KOMO 4 News	(35) Jimmy Kimmel					
5	KING	(5) NBC Nightly News	KING 5 News	KING 5 News	Evening	America's Got Talent "Auditions" Colorful and hopeful performers compete.	Dateline NBC	KING 5 News	(35) Tonight Show					
6	KOIN	(6) KOIN 6 News at 6	CBS Evening News	Extra	Ent. Tonight	MacGyver "Magnifying Glass"	Hawaii Five-0	Blue Bloods "Personal Business"	KOIN 6 News @ 11	(35) Colbert				
7	KIRO	(7) KIRO 7 News	CBS Evening News	The Insider	Ent. Tonight	MacGyver "Magnifying Glass"	Hawaii Five-0	Blue Bloods "Personal Business"	KIRO News	(35) Colbert				
9	KGW	(9) KGW News at 6:00 p.m.	Live at 7	Inside Edition	America's Got Talent "Auditions" Colorful and hopeful performers compete.	The Originals (N)	Reign "Blood in the Water" (N)	Dateline NBC	KGW News at 11	(35) Tonight Show				
3	KRCW	(3) Last Man Standing	Last Man Standing	Modern Family	Modern Family			KGW News at 10	Two and a Half	Two and a Half	Met Your Mother			
10	KOPB	(10) Burt Wolf: Travels	Business (N)	PBS NewsHour	Father Brown "The Star of Jacob"			The Highwaymen Live at Nassau Coliseum	Yoga for Arthritis					
12	KPTV	(12) 6 O'Clock News	Timbers in 30	Family Feud	Family Feud	Lucifer "Weaponizer"	Lucifer "Weaponizer"	10 O'Clock News	11 O'Clock News	2 Broke Girls				
13	KPDX	(13) Mike & Molly	Mike & Molly	Big Bang Theory	Big Bang Theory	FOX 12's 8 O'Clock News on PDX-TV	FOX 12's 9 O'Clock News on PDX-TV	Family Guy	Family Guy	American Dad	Cleveland Show			
13	KCPD	(13) Modern Family	Modern Family	Big Bang Theory	Big Bang Theory	FOX 12's 8 O'Clock News on PDX-TV	FOX 12's 9 O'Clock News on PDX-TV	Q13 News at 10	Most Wanted	The Simpsons				
20	TBS	(20) Seinfeld	Seinfeld	Seinfeld	Seinfeld	★ ★ Limitless (2011, Mystery) Anna Friel, Bradley Cooper.	Q13 News at 9	★ ★ Knight and Day (2010, Action) Tom Cruise, Cameron Diaz.	Friends	Friends				
22	KZJZ	(22) Two and a Half	Two and a Half	Last Man Standing	Last Man Standing	Modern Family	Modern Family	Big Bang Theory	Big Bang Theory	Friends	Friends			
29	ESPN	(29) (5:30) NCAA Track & Field Division I Championship (L)				SportsCenter	SportsCenter	SportsCenter With Scott Van Pelt	Van Pelt presents the day in sports.	SportsCenter				
30	ESPN2	(30) NCAA Baseball Division I Tournament (L)				NFL Live	NFL Live	Jalen & Jacoby (N)	30 for 30 "Believable"					
31	NICK	(31) Henry Danger	Henry Danger	Game Shakers	The Thundermans	Sizzling Summer Camp	Full House	Full House 1/2	Full House	Friends	Friends			
32	DISN	(32) Jessie	Liv Maddie Cali	Liv Maddie Cali	Andi Mack	Stuck Middle (N)	Andi Mack (N)	Bizaardvark	Andi Mack	Camp Rock 2: The Final Jam (10) Alyson Stoner.	(50) Stuck Middle			
34	FAM	(34) (4:10) ★ ★ ★ Harry Potter and the Deathly Hallows: Part 1 (50) ★ ★ ★ Harry Potter and the Deathly Hallows: Part 2 (2011, Adventure) Emma Watson, Rupert Grint, Daniel Radcliffe.												
35	FMC	(35) Movie	(55) ★ ★ ★ Let's Be Cops (14) Damon Wayans Jr., Nina Dobrev, Jake Johnson.	(45) FXM Presents	★ ★ ★ The Watch (2012, Comedy) Vince Vaughn, Ben Stiller.	(55) FXM Presents	The Watch (2012, Comedy) Ben Stiller.							
36	LIFE	(36) Grey's Anatomy "Damage Case"	★ ★ What to Expect When You're Expecting (2012, Comedy/Drama) Matthew Morrison, Dennis Quaid, Cameron Diaz.					Catastrophe (N)	Catastrophe (N)	Catastrophe (N)	Catastrophe (N)			
38	ROOT	(38) Mariners Access	MarinersPre-game	MLB Baseball Toronto Blue Jays at Seattle Mariners Site: Safeco Field -- Seattle, Wash. (L)				Post-game	MLB Baseball Toronto Blue Jays at Seattle Mariners					
39	FST	(39) (5:00) NASCAR Racing Rattlesnake 400	NHRA Drag Racing Summernationals	MLB Whiparound (L)				UFC FN Weigh-In "Lewis vs. Hunt"	Skip and Shannon: Undisputed					
43	SPIKE	(43) Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops			
44	COM	(44) (15) Futurama	(50) Futurama "31st Century Fox"	(25) South Park	South Park	South Park	★ ★ Big Daddy (1999, Comedy) Joey Lauren Adams, Jon Stewart, Adam Sandler.	Ancient Aliens "City of the Gods" (N)	(05) Ancient Aliens "The Science Wars"	(05) Ancient Aliens "Destination Mars"				
45	HIST	(45) Ancient Aliens "The Returned"	Ancient Aliens "The Alien Architects"				Live PD "Rewind"	Live PD Live access inside the country's busiest police forces. (L)						
46	A&E	(46) Live PD												
47	TLC	(47) Say Yes-Dress	Say Yes-Dress	Say Yes-Dress	Say Yes-Dress	Say Yes-Dress	Say Yes-Dress	Say Yes-Dress	Say Yes-Dress	Say Yes-Dress	Say Yes-Dress	(05) Say Yes-Dress	(35) Say Yes-Dress	
48	DISC	(48) Dual Survival "Out of the Ashes, Part I"	Dual Survival "Out of the Ashes, Part II"	Dual Survival "Grin and Bear It"	Dual Survival "Grin and Bear It"	Yukon Men "Escape Plan" (N)	Yukon Men "Escape Plan" (N)	Last Frontier "Cattle Drive Chaos"	Alaska/Frontier "Of Moose and Men"					
49	NGEO	(49) Caribbean's Deadly Underworld	Edge of the Universe A non-stop journey from here through the cosmos.					National Geographic "510 Ep14"	Year Million "Mind Meld"					
50	TNT	(50) ★ ★ ★ Olympus Has Fallen (13) Morgan Freeman, Aaron Eckhart, Gerard Butler.	★ ★ American Sniper (2014, War) Sienna Miller, Luke Grimes, Bradley Cooper.											
51	AMC	(51) (4:00) Fury (2014, War) Brad Pitt.	★ ★ Saving Private Ryan (1998, War) Matt Damon, Edward Burns, Tom Hanks.											
52	USA	(52) Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family			
53	FOOD	(53) Diners, Drive-Ins	Diners, Drive-Ins	Diners...Dives "Guy's Hometown Tour"	Food (N)	GINOMOUS Food	Diners...Dives (N)	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins			
54	HGTV	(54) Island Hunters	Island Hunters	Island Hunters	My Dream Home	My Dream Home	My Dream Home	House Hunters (N)	House Hunters (N)	House Hunters (N)	House Hunters (N)			
56	FX	(56) (5:00) ★ ★ ★ Star Trek Into Darkness (13) Zachary Quinto, Chris Pine.	★ ★ World War Z (2013, Action) Mireille Enos, Daniella Kertesz, Brad Pitt.											
57	CNN	(57) Anderson Cooper 360	CNN Special	Anderson Cooper 360	Anderson Cooper 360	Anderson Cooper 360	CNN Special	CNN Special	CNN Special	CNN Special	CNN Special			
58	FNC	(58) The Five	Hannity	Tucker Carlson Tonight	Tucker Carlson Tonight	The Five	Hannity	Hannity	Tucker Carlson Tonight					
61	CNBC	(61) Shark Tank	Shark Tank	Shark Tank	Greed "A Wolf in Priest's Clothing"	American Greed: Scam	American Greed: Scam	American Greed "Deadly Payout"	Paid Program	Paid Program				
63	BRVA	(63) ★ ★ Miss Congeniality 2: Armed and Fabulous (05) Regina King, Sandra Bullock.	★ ★ Miss Congeniality (00, Com) Michael Caine, Benjamin Bratt, Sandra Bullock.	★ ★ Miss Congeniality (00, Com) Michael Caine, Benjamin Bratt, Sandra Bullock.										
64	TCM	(64) Movie	(45) Looking at London	★ ★ The Pleasure Seekers (64, Rom) Carol Lynley, Pamela Tiffin, Ann-Margaret.	★ ★ Rich, Young and Pretty (51) Jane Powell.	(15) To Paris With Love Alec Guinness.								
65	SYFY	(65) ★ ★ The Scorpion King (02) Kelly Hu, Steven Brand, Dwayne "The Rock" Johnson.	★ ★ Underworld: Evolution (06) Scott Speedman, Tony Curran, Kate Beckinsale.	★ ★ Ghost Rider (2007, Action) Eva Mendes, Wes Bentley, Nicolas Cage.										
69	RFD	(69) County Report (N)	FarmHer	The Jimmy Dean Show	Cumberland High.	Rural Eve. News	C. Reunion "Marty Robbins Special"	County Reporter	Virginia Dreams	Time Life Library				

SATURDAY EVENING													JUNE 10	
A	L	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	
2	KATU	(2) KATU News at 6	Paid Program	Jeopardy!	Wheel of Fortune	To Tell the Truth	In An Instant "Deliver Us From Evil" Lindsay and her family follow a cult leader. (N)	KATU News at 11	(35) Honor/Wrestle					
4	KOMO	(4) KOMO 4 News	Wheel of Fortune	Jeopardy!	To Tell the Truth	In An Instant "Deliver Us From Evil" Lindsay and her family follow a cult leader. (N)	KOMO 4 News	(35) Honor/Wrestle						
5	KING	(5) KING 5 News	The Voyager	Wilderness Vet	World of Dance "The Qualifiers 2"	Dateline NBC Investigative features are covered.	KING 5 News	Sat. Night Live						
6	KOIN	(6) KOIN Local 6 at 6	Weekend News	Entertainment Tonight Weekend	Blue Bloods	48 Hours	48 Hours	KOIN 6 News @ 11	(35) Paid Program					
7	KIRO	(7) Weekend News	KIRO 7 News	Entertainment Tonight Weekend	Blue Bloods	48 Hours	48 Hours	KIRO News	(35) Scandal					
9	KGW	(9) Inside Edition	Straight Talk	Wilderness Vet	Journey	World of Dance "The Qualifiers 2"	Dateline NBC Investigative features are covered.	KGW News at 11	Sat. Night Live					
3	KRCW	(3) The Middle	The Middle	Modern Family	Modern Family	Bones "The Bond in the Boot"	Bones "The Man in the Mansion"	Person of Interest	Person of Interest	Person of Interest	Person of Interest			
10	KOPB	(10) A Conversation With Bill Moyers	Rick Steves' Heart of Italy	Rick Steves' Heart of Italy	Rick Steves' Heart of Italy	Rick Steves' Heart of Italy	Rick Steves' Heart of Italy	Concert in Hyde Park	Join Paul Simon in this 2012 concert. (N)	Weddings of				
12	KPTV	(12) (4:00) MLB Baseball (L)	Paid Program	Paid Program	Spirit Mountain Grand Floral Parade			10 O'Clock News	Love Connection					
13	KPDX	(13) Mike & Molly	Mike & Molly	Portland Timbers	MLS Soccer FC Dallas at Portland Timbers (L)	Portland Timbers	Portland Timbers	CSI: Miami "Rush"	West Coast Wrestling Connection					
13	KCPD	(13) (4:00) MLB Baseball Bal./N.Y. (L)	Paid Program	Big Bang Theory	Modern Family	Modern Family	Modern Family	Q13 News at 10	Most Wanted	Love Connection				
20	TBS	(20) 2 Broke Girls	2 Broke Girls	2 Broke Girls	2 Broke Girls	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Full Frontal	Angie Tribeca			
22	KZJZ	(22) Bones "The Bond in the Boot"	The X-Files "Three of a Kind"	The X-Files "Biogenesis"				Q13 News at 9	Most Wanted	Name Game	Name Game	Anger Manage	Anger Manage	
29	ESPN	(29) NCAA Baseball Division I Tournament Site: TD Ameritrade Park -- Omaha, Neb. (L)				SportsCenter	SportsCenter	SportsCenter	SportsCenter	SportsCenter	SportsCenter			
30	ESPN2	(30) NCAA Baseball Division I Tournament (L)				30 for 30 "Believable"	30 for 30 "Believable"	30 for 30 "Phi Slama Jama"						
31	NICK	(31) The Loud House	Henry Danger	Sizzling Summer Camp	Thundermans (N)	NickyRickyDicky	Henry Danger	Game Shakers	★ ★ Ice Age: Dawn of the Dinosaurs (09) Voices of Maile Flanagan, Eunice Cho.					
32	DISN	(32) Bizaardvark	Bizaardvark	Walk the Prank	Walk the Prank (N)	MECH-X4	Lab Rats: Elite	Stuck in Middle	Andi Mack	K.C. Undercover	K.C. Undercover			
34	FAM	(34) (5:00) Aladdin Voices of Robin Williams.	(05) ★ ★ ★ Up (09, Animated) Christopher Plummer, Delroy Lindo, Edward Asner.	(20) ★ ★ ★ Mulan (1998, Animated) Eddie Murphy, BD Wong, Ming-Na Wen.										
35	FMC	(35) (5:00) ★ ★ ★ Gone Girl (14) Rosamund Pike, Ben Affleck.	(50) ★ ★ ★ Gone Girl (2014, Mystery) Rosamund Pike, Missi Pyle, Ben Affleck.											
36	LIFE	(36) The Other Mother (17) Kimberley Crossman, Tyler Christopher, Annie Wersching.	The Wrong Neighbor (2017, Thriller) Andrea Bogart, Steve Harris, Michael Madsen.	(05) Mommy's Prison Secret (17) Sarain Boylan, Niamh Wilson, Kelli Williams.										
38	ROOT	(38) (3:30) Drag R.	MarinersPre-game	MLB Baseball Toronto Blue Jays at Seattle Mariners Site: Safeco Field -- Seattle, Wash. (L)				Post-game	MLS Soccer FC Dallas at Portland Timbers					
39	FST	(39) (5:00) UFC UFC Fight Night (L)	UFC UFC Fight Night	UFC UFC Fight Night	UFC UFC Fight Night	UFC UFC Fight Night	UFC UFC Fight Night	UFC Fight Post "Lewis vs. Hunt" (L)	TMZ Sports (N)	(25) FIFA Soccer				
43	SPIKE	(43) Cops	Cops	Cops	Cops	Cops	Cops	★ ★ Shooter (2007, Action) Michael Peña, Danny Glover, Mark Wahlberg.	★ ★ The Hangover (2009, Comedy) Bradley Cooper, Zach Galifianakis, Ed Helms.	(05) American Pickers				
44	COM	(44) (5:45) ★ ★ ★ The Hangover (09, Com) Bradley Cooper, Zach Galifianakis, Ed Helms.	★ ★ The Hangover (2009, Comedy) Bradley Cooper, Zach Galifianakis, Ed Helms.											
45	HIST	(45) American Pickers "From A to T"	American Pickers "The Mainiacs"	American Pickers: Bonus Buys "Picking the Northeast" The guys try to buy from a super-handyman. (N)	American Pickers: Bonus Buys "Picking the Northeast" The guys try to buy from a super-handyman. (N)	Live PD "Rewind"	Live PD Live access inside the country's busiest police forces. (L)							
46	A&E	(46) Live PD												
47	TLC	(47) Say Yes-Dress	Say Yes-Dress	Say Yes-Dress	Say Yes-Dress	Say Yes To Dress: UK "Sibling Support"	Brides get tough love from their sisters.	Yes Dress (N)	Yes Dress (N)	(05) Yes Dress UK "Sibling Support"				
48	DISC	(48) Alaskan Bush "Dead in the Water" (N)	Alaskan Bush "One Brown Down" (N)	Alaskan Bush Pe. "All Falls Down" (N)	Alaskan Bush Pe. "Field of Dreams" (N)	Alaskan Bush Pe. "Field of Dreams" (N)	Alaskan Bush Pe. "Field of Dreams" (N)	Alaskan Bush "Wind and a Prayer" (N)	Devil's Canyon					
49	NGEO	(49) Wicked Tuna "Hissy Fit"	Wicked Tuna "Purple Rain"	Wicked Tuna "The End Is Nigh"	Wicked Tuna "The Time is Now"	Wicked Tuna "The Time is Now"	Wicked Tuna "The Time is Now"	Genius "Einstein: Chapter Seven"	Wicked Tuna "The Time is Now"					
50	TNT	(50) (5:15) ★ ★ Divergent (2014, Action) Kate Winslet, Miles Teller, Shailene Woodley.	★ ★ The Hunger Games (2012, Action) Josh Hutcherson, Liam Hemsworth, Jennifer Lawrence.	★ ★ The Hunger Games (2012, Action) Josh Hutcherson, Liam Hemsworth, Jennifer Lawrence.	★ ★ The Hunger Games (2012, Action) Josh Hutcherson, Liam Hemsworth, Jennifer Lawrence.	★ ★ The Hunger Games (2012, Action) Josh Hutcherson, Liam Hemsworth, Jennifer Lawrence.	★ ★ The Hunger Games (2012, Action) Josh Hutcherson, Liam Hemsworth, Jennifer Lawrence.	Animal Kingdom "Eat What You Kill"	Animal Kingdom					
51	AMC	(51) (5:00) ★ ★ ★ The Godfather (1972, Drama) Al Pacino, James Caan, Marlon Brando.	★ ★ Red (2010, Action) Mary-Louise Parker, John Malkovich, Bruce Willis.	★ ★ John Wick (14, Action) Adrianne Palicki, Bridget Moynihan, Keanu Reeves.	★ ★ John Wick (14, Action) Adrianne Palicki, Keanu Reeves.	★ ★ John Wick (14, Action) Adrianne Palicki, Keanu Reeves.	★ ★ John Wick (14, Action) Adrianne Palicki, Keanu Reeves.	★ ★ John Wick (14, Action) Adrianne Palicki, Keanu Reeves.	★ ★ John Wick (14, Action) Adrianne Palicki, Keanu Reeves.	★ ★ John Wick (14, Action) Adrianne Palicki, Keanu Reeves.	★ ★ John Wick (14, Action) Adrianne Palicki, Keanu Reeves.	★ ★ John Wick (14, Action) Adrianne Palicki, Keanu Reeves.	★ ★ John Wick (14, Action) Adrianne Palicki, Keanu Reeves.	
53	FOOD	(53) GINOMOUS Food	Incredible Edible	Chopped "Grill Masters: Episode One"	Chopped "Grill Masters: Episode Two"	Chopped "Grill Masters: Episode Three"	Chopped "Grill Masters: Episode Four"	Chopped "Grill Masters: Episode Five"	Chopped "Grill Masters: Grand Finale"					
54	HGTV	(54) Property Bros. "More Time for Family"												