

Listen up!

A guide to North Coast-made podcasts

BY ALYSSA EVANS

Do an internet search for “Oregon podcasts” or “Washington state podcasts,” and you’ll find numerous suggestions, many of which come from Portland and Seattle.

While it’s easy to find a quality podcast to listen to that’s produced from the West Coast, it becomes a tad trickier when trying to find podcasts local to the North Coast. Rather than making you sifting through the dozens of tourist-focused podcasts about our coastal towns, here is a list of some regionally-produced podcasts.

Consider plugging into one of these shows while self-isolating at home for some background noise and a connection to the coast.

15 Minutes of Shame: bit.ly/2A7UerZ

Ilwaco High School senior Tristan Trudell hosts the comedy podcast “15 Minutes of Shame,” where he discusses cur-

rent events. Topics range from “Tiger King” Joe Exotic, to celebrating Christmas. Trudell’s comedy brings a lightheartedness to serious subjects, and gives listeners a snippet of what upcoming generations might think of today’s world.

The Secret Podcast: thesecret.gallery/podcast/

The Secret Gallery’s podcast features discussions with owners Chris Minnick, Jill McVarish and other artists. The twist? Episodes aren’t only about art and often feature quirky topics.

Watershed Wellness Astoria: bit.ly/3fm5VLP

Watershed Wellness founders Eric Grey and Amanda Barp explain different focuses of health, often through conversations with health practitioners.

Nostalgia Rewind: bit.ly/2WapdMB

Actor Josh Gad joins cast members of “The Goonies” to celebrate the film’s 35th anniversary. The group talks about what they’re up to currently, and what filming the movie was like.

Headphones Recommended: facebook.com/Headphones-



Coast Community Radio
hosts a variety of
podcasts.

Rec/
Astoria resi-
dent Michael
Shipley sits
down with
local business
owners, like Lisa
Parks of Brut Wine
Bar and Mic Daniel-
son of NorseWest Wood-
shop, to learn more about how
businesses function and the people

the
who run the businesses.

Coast Community Radio: bit.ly/2YEqGw6

Coast Community Radio hosts a variety of podcasts. All the programs broadcast on air and are available online through the

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