

Art could keep pandemic doldrums at bay

Suffering from pandemic fatigue?

One of the best ways to get out of the doldrums and improve one's life view is to do art, said Jo Pomeroy, a professional artist and co-owner of Astoria Art Loft.

"You don't have to be a professional artist to do art," she said. "If you can draw only stick figures, that is fine, for this is the basis for figure drawing. Just go ahead and do your art."

Astoria Art Loft is holding its annual August art and music camp with 10 children this year. The studio worked with Clatsop County Public Health Department



Courtesy Jo Pomeroy

Astoria Art Loft co-owner Jeannette Davis puts brush to paper.

"Watching the children release their anxieties with their art and music made me think of how therapeutic art and music are, for everyone," Pomeroy said. "After observing and talking with people in our community, I find that depression, from mild to greater is commonplace."

In addition to being a professional artist, Pomeroy also is a trained therapist.

Art is a simple way those suffering from depression can help themselves, she said.

What materials are needed? Not many.

Paper, even a brown pa-

per bag, crayons, a pencil, a pen, colored pencils, chalk or pastels, paints (watercolor, acrylic, gouache, etc.), or scraps cut from magazines and paste.

Draw or paint anything, she recommends.

It can be "your self-portrait, cups and saucers, the view out your window, or something from your imagination," Pomeroy said. "Make a design that is pleasing to you. Play relaxing music while you are creating."

Think of being creative as a form of problem-solving. But avoid being critical and never say your creation is no good, she said.

"Invite your friends, children, grandchildren to an art party," she said.

"Use materials you have already and encourage your fellow artists to bring more. Encourage each artist to say what he/she likes about the artwork. ... Play background music. Save your sanity by doing art."

Nordic park effort wins cultural grant

Astoria Scandinavian Heritage Association received a \$27,034 grant from Oregon Cultural Trust to support research, design, fabrication and installation of interpretive panels at Astoria Nordic Heritage Park.

The award was part of \$2.7 million in funding given to cultural organizations across the state.

The \$1.2 million park project is along the Astoria Riverwalk and celebrates Astoria's Nordic

Other projects funded include development of an interactive digital media channel for nonprofit groups and independent media makers by Open Signal in Portland, a series of cultural programs by the Tower Theatre Foundation in Bend, restoration of access to cultural plants for Native Americans in Ashland, and development of the first Oregon Online African American Museum by Oregon Black Pioneers in Salem.

Members of the Astoria Scandinavian Heritage Association lead a march along the Riverwalk.



Do your kids a favor.

Make your funeral, cremation or cemetery plans in advance. We can help.



Brian Dutton, Owner

Ocean View
Funeral & Cremation Services
Serving the area since 2008

1213 Franklin Ave., Astoria
503 338-7200

www.OceanViewAstoria.com

GREAT RATES and FRIENDLY LOCAL? SERVICE?

Now that's a WIN-WIN!

From low-rate loans to quality savings products, we're here to help you turn your financial goals into reality.



Shelley
Fibre Family
Member
Since 2015



RED LEAF
Organic Coffee
NOW OPEN

Our Warrenton branch at 1771 SE Ensign Ln now features a Red Leaf Organic Coffee bar right inside the lobby!

Stop in to do your banking and treat yourself to a tasty espresso or pastry!

503.842.7523
www.tlcfcu.org

fibrefamily f llikeTLC

NCUA
Federally Insured
By NCUA

TLC
A DIVISION OF FibreFederal
CREDIT UNION

85 W. Marine Dr. Astoria
2315 N. Roosevelt Dr. Seaside
1771 SE Ensign Ln. Warrenton