



learn a little Raise your glass; reduce your plastic

The Science Pub series in Pacific City will continue this Thursday, Jan 30, with a presentation on the impacts of marine debris and microplastics from Dorothy Horn, PhD candidate at Portland State University.

Horn studies the impacts of microplastics on nearshore marine organisms. Her research is funded by the National Science Foundation Graduate

Research Fellowship, which has allowed her to investigate shoreline plastic pollution in Oregon, California, Hawaii and elsewhere in the Pacific Ocean.

In Thursday's presentation, Horn will present some of her research findings and delve into the topic of marine debris and how it impacts coastal ecosystems and marine organisms. She promises to also provide a positive note on ways people can

make changes to help with this growing problem.

The presentation, which is free and open to all, will run from 6 to 8 pm at Pelican Brewing, 33180 Cape Kiwanda Drive.

For more information, contact Caleb Mentzer, by email at assistant@nestuccawaters.org or by phone at 541-513-2604.

The healthiest CHIP around

A dietary education program in Lincoln City is offering the Holy Grail for health-conscious food lovers — eat more, weigh less.

The Complete Health Improvement Program, or CHIP, also promises lower blood pressure, lower cholesterol and lower grocery bills.

Presented by physicians and other volunteer staff from Samaritan North Lincoln Hospital, CHIP is a simple, 30-day lifestyle education program that helps participants discover ways to take charge of their health with safe, simple and deliberate lifestyle choices.

Free information sessions will be on offer from 6 to 6:30 pm on Monday and Tuesday, Feb. 17 and 18, at the Seventh-day Adventist Church Fellowship Hall, 2335 NE 22nd Street.

Following the information sessions, the program begins with a comprehensive initial health screening on Friday, Feb. 21, followed by evening meetings on Mondays, Tuesdays and Thursdays for five weeks, ending April 2. Each meeting includes discussion and videos on topics including heart disease, diet and exercise along with a delicious meal prepared by the group leaders.

Tuition is charged for the CHIP sessions, with discounts available for accompanying spouses or friends. Some scholarships are available.

For complete information and to register plan to attend one of the information sessions or email Bobbi Ordelleide at bordelleide@gmail.com or leave a message at 541-992-3856.

For more information about CHIP, go to chiphealth.com.

GROUT EXPECTATIONS

Mosaic is an intricate art form, requiring creativity, patience and precision. But even absolute beginners can create treasures with Lincoln City mosaicist Joanne Daschel on hand to bring the pieces together.

Daschel's lineup of winter classes begins this Saturday, Jan. 25, with "Mosaic Votive Light" presented in partnership with Oregon Coast Community College. Participants will learn to make a small, three-dimensional, glass-on-glass mosaic using an upcycled jar as the base. The class

will run from 10 am to 3 pm, with tuition \$25 plus a \$10 materials fee.

On Saturday, Feb. 2, again in partnership with the college, Daschel will lead a "Glass Mosaic Mirror Frame" class from 10 am to 3 pm. Students will decorate a simple, 10 inch-square mirror frame with glass mosaic tiles and learn to grout on their own. Tuition is \$30 plus a \$20 materials fee.

On Saturday and Sunday, March 7 and 8, Daschel will present "Make a Floral Suncatcher," leading students through the process of making an eight-inch suncatcher with stained glass. The class will run from 10 am to 4 pm on Saturday and 10 am to noon on Sunday. Tuition is \$125.

In addition to workshops, Daschel runs Mosaic Studio Sessions for people with previous mosaic experience, offering project guidance along with use of her tools and studio space.

Sessions run from 1 to 4 pm each Tuesday through Feb. 25.

Sessions are \$15 per session, or four for \$40.

All classes take place at the Lincoln City Cultural Center, 540 NE Hwy. 101.

For details or to register, go to joannedaschel.com/mosaicclasses.

Lavender suncatcher



At last; some healthy screen time

Whatever you throw your heart into this year, make sure it's in good shape first, with a little help from Samaritan Health Services.

Samaritan Heart & Vascular Institute is offering free heart health screenings in Newport and Lincoln City.

The Newport screenings will take place on Saturday, Feb. 1, at the Center for Health Education at Samaritan Pacific Communities Hospital, 740 SW Ninth S. On Saturday, Feb. 29, screenings will be offered at Samaritan Lincoln City Medical Center, 2870 NE West Devils Lake Road.

In both cases, screenings will run from

8 am to noon.

Appointments take about 30 minutes and include a full lipid panel with total cholesterol, glucose and blood pressure checks. Copies of test results will be provided so participants can follow up with their primary care provider.

Eight hours of fasting is required for accurate test results, and no food or beverages other than water should be consumed after midnight the night before the test. Heart-healthy refreshments will be provided at each screening for people to enjoy after their tests are complete.

Registration is required. To schedule an appointment, call 1-855-543-2780.