

**Cynthia McQuade, LCSW, LLC**  
**Offering Accessible Care**  
**via ONLINE THERAPY**

Online Therapy allows Oregon individuals, families, and couples the comfort of receiving care in the setting of their choice and cuts time spent commuting & in wait rooms.

**NOW ACCEPTING NEW CLIENTS**

503-507-8354  
 cynthiamcquade.lcsw@gmail.com  
 www.cynthiamcquadelcsw.com



CENTRAL COAST CHORALE  
 WITH *Women of Note*  
 + SHORELINE STOMPERS  
 PRESENT

**MARDI GRAS!**

CONCERT PARTY

**TUESDAY FEB 25**  
 1st PRES. CHURCH  
**NEWPORT**

Stompers Jazz Warm-up: **6:45 PM**  
 Concert: **7PM**

+ SILENT AUCTION  
 & *Dessert* Buffet  
 (for purchase)

**ADMISSION:** \$10 suggested donation  
**INFO:** www.centralcoastchorale.com

Rogers & Hammerstein's

CAP  
 Coastal Act Productions

*Cinderella*

**2020**  
 AT THE NEWPORT  
 PERFORMING ARTS CENTER

**FEBRUARY**  
 21, 22, 28, 29

**MARCH**  
 6 & 7

For Tickets: 541-265-ARTS (2787)  
 coastarts.org • capnewport.com

Kenny's Beachside  
**IGA**  
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**DELICIOUS BAY SCALLOPS**

**\$8.99**  
 lb

**FRESH PACIFIC ROCKFISH FILLET**

**\$6.99**  
 lb

Prices Good Through Feb. 25; fresh items subject to availability.

**IGA** **Seafood Marinara Over Linguine**

**Ingredients**

2 Tablespoons	olive oil, divided	1 Tablespoon	chopped fresh basil
1 cup	chopped onion	2 teaspoons	chopped fresh oregano
3 cloves	(large) garlic, minced	1 teaspoon	salt
1 3/4 cups	diced tomatoes, undrained	8 ounces	fresh or frozen medium shrimp
1 3/4 cups	chicken broth	8 ounces	fresh or frozen bay scallops
1 1/3 cups	(12 ounce can) tomato paste	1 pound	3linguine, cooked, drained and kept warm
1/2 cup	dry red wine or water		

**Directions**

Heat 1 tbsp oil in large skillet over medium-high heat. Add onion and garlic; cook for 2 minutes.

Add undrained tomatoes, chicken broth, tomato paste, wine, basil, oregano and salt. Bring to a boil. Reduce heat to low; simmer for 10 minutes.

Heat remaining oil in small skillet over high heat. Add shrimp and scallops; cook for 3 to 4 minutes or until shrimp turn pink and scallops are no longer opaque. Add to sauce. Cook for 2 to 3 minutes. Serve over hot linguine.