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**Detox challenge**

One Seaside woman leads others in cutting out sugar

**8 TRAVEL**  
**Historic Brownsmead**

This quiet country village east of Astoria awaits

**10 FEATURE**  
**Photo Contest**

Check out this year's winners and honorable mentions

**12 DINING**  
**Moroccan chicken**

Learn this simple and fantastic recipe in a pot

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**on the cover**

Jewel High School homecoming queen Justyce Tabor catches air at the Seaside Skate 'n Ride Park in this photo by Angela Fairless, 31, of Seaside. The photo won First Place in the 2014 Coast Weekend Photo Contest.

Submitted photo by Angela Fairless

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**Sou'Wester hosts workshop for women**  
Also enjoy live music by Lindsie Feathers, community market

SEAVIEW, Wash. — The Sou'Wester Lodge is hosting a Full Moon Gathering Workshop Jan. 3 to 5 for creative women and artists.

Creative consultant Caroline Marie Griffin, of Portland's Atelier Cornelia, will lead activities such as small group work, conversations, group meals, and lectures on topics such as meditation, yoga, arts and culture, holistic health, business expansion and more. The workshop will also feature morning meditation and yoga as well as winter bonfire and intention setting.

The workshop is meant to inspire creative growth and provide the opportunity for participants to reconnect with their social, emotional and creative networks.

Musician Lindsie Feathers will perform Saturday, Jan. 3 at the Sou'Wester Lodge. Leader of classic country band Ruby Feathers, she brings a mixture of delta country and rock 'n' roll by combining slide and finger picking with her powerful vocals. Special guest Giued Lutge will join Feathers' performance. Lutge plays washboard and washtub bass. She also plays with the Darlin' Blackbirds and occa-

sionally with the Pagan Jug Band.

The Sou'Wester Lodge will also host a Full Moon Pop-Up Shop from 1 to 4 p.m. Sunday, Jan. 4. This community market featuring vendors is free to the public.

Space is limited in the Full Moon Gathering Work-

shop, and registration is required. Cost is on a sliding scale, \$90 to \$140, depending on lodging accommodations. The Sou'Wester Lodge is located at 3728 J Place. To learn more or register, visit [www.ateliercornelia.squarespace.com](http://www.ateliercornelia.squarespace.com) or [www.souwesterlodge.com](http://www.souwesterlodge.com), or call 360-642-2542.



Submitted photo

Lindsie Feathers will perform at the Sou'Wester Lodge Saturday, Jan. 3.

**Full Moon Gathering Workshop**

January 3rd to 5th

Sou'Wester Lodge

3728 J Place, Seaview, Wash.

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Coast Weekend welcomes comments and contributions from readers. New items for publication consideration must be submitted by 10 a.m. Tuesday, one week and two days before publication.

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