Author series hosts Molly Gloss | You are what you eat: how women's food

CANNON BEACH — Prize-winning novelist Molly Gloss will be the March speaker at the Cannon Beach Library's Northwest Author series, highlighting the publication of her new book, "Falling From Horses," at 2 p.m. Saturday, March 14. The talk is free and open to the public.

Gloss is a fourth-generation Oregonian and lives in Portland. In her latest novel, set in 1938, she explores the darkest part of the Great Depression. The main character, 19-year old Bud Frazer, becomes weary of the meager rewards of the rural rodeo circuit and boards a bus, hoping to find a job as a stunt rider in the movies. In a matter-of-fact, laconic, authentic voice, Frazer describes the year he tried to break into the movies, as well as his childhood growing up on a hardscrabble Oregon ranch and his lifelong friendship with Lily Shaw, whom he met on the bus ride. Gloss strips away any romantic notions of ranch life or moviemaking with detailed descriptions of long days of work and the tricks used on horses in filming.



Submitted photo

Molly Gloss will appear at the Cannon Beach Library on March 14.

Gloss is the bestselling author of "The Jump-Off Creek," "The Dazzle of the Day," "Wild Life" and "The Hearts of Horses." Her work has earned numerous awards, including an Oregon Book Award, a Pacific Northwest Booksellers Award, the James Tiptree Jr. Award and a Whiting Writers Award.

The Cannon Beach Library is located at 131 N. Hemlock St. For information, call 503-436-1391, or visit www.cannonbeachlibrary.org



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choices today affect future generations Astoria Co-op monthly lecture focuses on OHSU study

ASTORIA — "Eat healthy," you hear it all the time; doctors, media and friends encourage us to eat better for our health. It is easy to say, but it is not always easy to do. A group of community members participated in a project: taking pictures of things that help them eat healthy as well as things that make it harder.

Oregon Health and Science University's Oregon Rural Practice-based Research Network recently finished a research project on what affects maternal nutrition in Clatsop County. This was a "Photo Voice" project where 10 women took pictures of their food environment, in an attempt to identify the barriers and facilitators to good nutrition.

OHSU Research Assistant and Community Liaison Julia Mabry is taking the resulting presentation around Clatsop County to those interested in food, medicine and health. She will be the speaker at Astoria Co-op Grocery's Beers to Your Health lecture Thursday, March

"The results are moving, compelling and personal. The women's stories about healthy eating are important for the public to hear," Mabry said.

The presentation will cover why it's important to study maternal nutrition and its effect on epigenetics, or chronic illness in the future. It will also address how personal behavior fits into the larger context of our environment. How our society's food environment could change for the better will be up for discus-

Beers to Your Health, Astoria Co-op Grocery's monthly food and wellness lecture, takes place at the Fort George Brewery Lovell Showroom. Doors open at 6 p.m., and the talk starts at 7 p.m. This event is free and open to all ages.

Audition for summer musical 'Cinderella'

CHINOOK, Wash. — It's that magical time of year when the Peninsula Association of Performing Artists invites all to the open auditions for "Cinderella: The Enchanted Edition." PAPA will recreate the magic and the essence of a story that continues to capture the hearts of audiences around the world. All ages are welcome to audition; adults must accompany any child who is under 16 years old.

Auditions will take place from 2 to 4:30 p.m. Saturday and Sunday, March 14 and 15 at Fort Columbia Theater located off U.S. Highway 101. Actors should be prepared to read (from a provided script or one of the actor's choosing) a monologue, to sing and try simple movements. An accompanist will be present.

Key character parts include:

· Cinderella, a young lady

with a kind heart who dreams of escaping from her busy, lonely life;

- Cinderella's Fairy Godmother, a wise and compassionate magical guide;
- The Stepmother, a proud, vain woman whose only concern is her wealth and seeing her two daughters marry well;
- · Grace, the awkward step-
- Joy, the sullen stepsister;
- · Prince Christopher, a charming prince who wishes to marry for love;
- · Lionel, the prince's loyal steward:
- · Queen Constantina, the Prince's mother;
- · King Maximillian, the Prince's father;
- · Charles, a cat who becomes a coachman;
 - Four White Mice, who be-

come the carriage horses;

• and a Dove, who becomes a footman.

"Cinderella" is a timeless and enchanting tale of imagination and elegance, a musical trademark of Rodgers & Hammerstein that comes to life in this retelling of a young woman who dreams of a better life. Caught in the snare of an uncaring and neglectful stepfamily, and with the prince's ball just around the corner, Cinderella needs to find the strength and courage to make everything she's ever imagined come true.

"Cinderella: The Enchanted Edition" will inspire the audience to chase after their dreams and rediscover that anything is impossible.

Taken from the teleplay by Robert L. Freedman with book and lyrics by Oscar Hammer-

stein II, Rodgers & Hammerstein's "Cinderella: The Enchanted Edition" was adapted for the stage by Tom Briggs with music by Richard Rodgers.

PAPA's "Cinderella: The Enchanted Edition" will be directed by Barbara Poulshock. No Discover Pass is required to enter the park for auditions. The play will run from July 10 to Aug. 9. To schedule a private audition, call 360-271-2879

The Peninsula Association of Performing Artists brings the world of music and theater to both locals and visitors on the Long Beach Peninsula. An array of local volunteer talent creates a community theater that is family-oriented, high quality and fun. Skilled actors, dancers, singers, musicians, artists and technicians have the magic to entertain audiences of all ages. For more information, visit www.papatheater.com

Crowdfunding campaign seeks to finance next North Coast Squid literary journal

MANZANITA — The Manzanita Writers' Series is kicking off a crowdfunding campaign to raise funds to print and launch the fourth addition of the North Coast Squid, a local literary journal.

The fourth North Coast Squid, which showcases work of writers and artists who live on the North Oregon Coast or have a strong connection to the area, will be published in April.

The crowdfunding campaign, through Indiegogo, is just one part of the overall budget. The rest of the expenses are covered through in-kind donations of submission management, design time, editing, and with Squid sales.

Donation amounts range from \$25 to \$500. In thanks for each donation, a

perk is available.

Perks vary, from a copy of the Squid with your name on the donor page, a signed print of the cover image, to a literary agent review of your book proposal. You can even have a character named for you in Portland author Phillip Margolin's next novel.

The campaign funding goal is \$3,000, with a stretch goal of \$5,000. This would allow a few pages of color on the inside as well as the cover of the journal, to showcase local art included with the writing. Any amount raised past the goal will go to the next magazine.

To donate, visit www.indiegogo.com and type North Coast Squid in the search box. The campaign ends at 11:59 p.m. Wednesday, March 18.

The Manzanita Writer's Series is a program of the Hoffman Center, a nonprofit dedicated to bringing arts, education and culture to the community.