

## CCC offers variety of enrichment classes

### Learn a new skill this spring with Clatsop Community College

ASTORIA — Spring is the time to start afresh. Enrich your life with a skill you've always wanted to pursue. Classes are held at the Clatsop Community College Astoria campus unless otherwise stated.

• **Cartooning:** Learn to draw caricatures from local artist David Poole. Have fun with the various techniques of cartooning using the human form. Bring pencil and paper to class. Offered at the Seaside South County Center, from 3:30 to 5:30 p.m., Tuesdays, March 31 to May 5. Cost is \$35

• **Digital Photography:** More Techniques for Camera & Computer: Explore your digital camera in this eight-week class. Focus on areas of photography that interest you, and learn the use and value of your camera features. Be familiar with your camera manual, and come prepared for a couple of field trips to practice what you have learned. Taught by Dwight Caswell, this class is held from 6:30 to 8:30 p.m. Tuesdays, March 31 to May 19.

• **Jewelry Metalsmithing:** Make your own silver, brass or copper jewelry by using hand tools and precious metals to create cut-work of your own design. Bring safety glasses, and contact the instructor at 503-325-0998 for a list of needed supplies. This class is taught by Virginia Hall from 6 to 8:20 p.m. Thursdays, April 2 to June 4. Cost is \$75.

• **Nature Journaling:** Man-

age stress and develop the skills and confidence to explore the local region. Learn to observe the world in a whole new way by keeping a nature journal. Four field days (about one every two weeks, from 9 a.m. to noon) on Saturdays will provide on-site practice. Class is taught by Julie Tennis from 5:30 to 7:30 p.m. Wednesdays, April 1 to May 6. Cost is \$55

• **Cast on & Knit:** It's time to do something with those balls of yarn you've been eyeing. Learn the stitches, how to cast on, bind off, fix a dropped stitch and more. Come away with a completed project and the skills to do more. Class is taught by Evy Berger from 1:30 to 3:30 p.m. Saturdays, April 4 to May 23. Cost is \$49 and includes all supplies needed to complete a swatch. Bring scissors and a measuring tape.

• **Meditation:** Explore ways to clear your mind, still your thoughts and increase concentration through this non-religious practice. Led by Ron Maxted, class is held from 6 to 7:30 p.m. Thursdays, April 2 to June 3. Cost is \$29.

• **Tai Chi for Health:** An ancient form of moving meditation. Movements are slow, gentle and round. Practiced on a consistent basis (about 10 minutes a day) you may see increased health and mental benefits. Developed by the National Arthritis Foundation, this class is generally practiced standing up but can also be

done sitting down. No experience required. Taught by Ron Graham from noon to 1 p.m. Wednesdays, April 1 to June 3.

• **Beginning Conversational Finnish:** Learn the language, and experience the culture of the far north. In addition to learning phrases you will also watch Finnish videos and sample Finnish food. Required books available at the CCC Bookstore include: "Finnish for Foreigners I" by Maija-Hellikki Aaltio and "Finnish Dictionary & Phrasebook" by Ville Ktaja. This class is taught by Helen Pitkanen from 6:30 to 8:30 p.m. Mondays from March 30 to June 1. Cost is \$75

• **Travel Tips:** Learn what works to make your international trip successful. Everything from the equipment needed to handling cultural differences. Learn about packing light, necessary documentation, traveling with medical considerations, prescriptions and diet restrictions, handling money and credit cards and more. Facilitated by LaRee Johnson with a variety of experienced travelers, class meets from 6:30 to 8:30 p.m. Thursdays, from April 2 to May 7. Cost is \$35.

Register now at [www.clatsopcc.edu/schedule](http://www.clatsopcc.edu/schedule) and search under Course Title or call 503-325-2402.

## Register for classes

Search under Course Title at

[www.clatsopcc.edu](http://www.clatsopcc.edu)

503-325-2402

## Rosburg Super Sale planned for March 28

### Find new treasures at Grays River Valley Center indoor sale

ROSBURG, Wash. — The second annual Community Indoor Super Sale will be held as a fundraising event for the Grays River Valley Center at Johnson Park from 10 a.m. to 4 p.m. Saturday, March 28.

The Grays River Valley Center is the Old Rosburg School, which has been developed as a community center for learning and human development activities for Wahkiakum County and the wider area of the lower Columbia River. It has many free resources for the community: a computer lab, an exercise room, an exchange and lending library, a gym that is maintained for area school use and aerobics, sewing classes, and most recently, the newly established food bank, which will be

open for tours and information the day of the sale.

Contributions of non-perishables will be welcomed on sale day and at any other time during open hours. For more information on center activities call 360-465-2960.

Hamburgers, hot dogs and beverages, prepared by the center, will be available for purchase, as well as baked goods by the Grays River United Methodist Church Friendship Circle. Forty-five sellers are participating in the Community In-Door Super Sale, along with an outdoor moving sale. Held in the gym and the halls this year, this break-the-back-of-winter sale event will feature a diverse list of items offered by community and area participants: antiques or vintage

items, collectibles, crafts, new and used or repurposed items, tools, and much more.

For more information, call 360-465-2740 or 360-465-2689, or email [cd-dutch@wwest.net](mailto:cd-dutch@wwest.net)

## Community Indoor Super Sale

10 a.m. to 4 p.m. Saturday, March 28

Grays River Valley Center

30 Rosburg School Road,  
Rosburg, Wash.

360-4465-2740

360-465-2689

## Sign up for water fitness class

### CCC offers Aquanastics class this spring

HAMMOND — Clatsop Community College offers an Aquanastics class this spring for women and men.

This water fitness class is energizing and strengthening, yet gentle on the joints. The exercises are designed to increase range of motion, flexibility and cardiovascular fitness.

Swimming ability is not required. Class is conducted in a 3-to-5-foot deep heated pool. Pool beach balls and noodles are provided free for class use and enjoyment. As an added bonus, students are given basic water health and safety tips.

Class is offered from 9 to 9:50 a.m. and from 10 to 10:50 a.m. Tuesday and Thursday beginning April 7 through May 21.

Class takes place at the KOA heated indoor pool, located at 1100 Ridge Road.

The KOA camp ground provides hot showers, rest rooms and a hot tub to relax the muscles after class. There is no additional fee for use of the pool.

Students need to arrive with swim suits on, and bring their own towels. Shampoo, conditioner and shower gel is provided in the newly remodeled show-

ers. Parking car tags need to be picked up at the main office at KOA before the first class. Students need to sign in before each class at the main office.

Only 12 students can attend these classes. The cost is \$45. Call 503-338-2402 to register.

The class will be lead by Kathleen Hudson, a water exercise professional with certification from the American Red Cross water safety program and the Arthritis Aquatic Training program. Hudson has taught water exercise classes at community colleges and YMCAs in St. Louis, Missouri in addition to leading Clatsop Community College's Aquanastics class for several years.

## NCRD to hold spring variety show

NEHALEM — The North County Recreation District will hold a spring variety show at 7 p.m. Saturday, March 28.

The show will include

students and first-rate vocalists. Enjoy circus entertainment as well as a hilarious "Who's on First?" skit.

The Beach Nuts will also perform broadcast news updates, so get ready for zany comedy with the audience

included. With Dave Bell as emcee, the entire evening will be a joy.

The NCRD is located at 36155 Ninth St. Admission to the variety show is \$5, and proceeds go toward the renovation of the NCRD theater.

