May 21, 2015 Meeken Constraints

COASTAL LIFE

One man's float

Contributor Matt Love tries out a sensory deprivation tank

THE ARTS

Amanita Gallery

This Manzanita gallery features detailed, fantastic artworks

FEATURE

ArtPort Gallery

New cooperative gallery at the Port of Ilwaco offers a mix of fine art

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Mouth of the Columbia

Castaways Restaurant & Tiki Bar is a North Coast gem

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on the cover

Artist Rebecca Read examines "Vessel of Emergence" by artist David Campiche in the new ArtPort Gallery located at the Port of Ilwaco, which opened May 2.

Photo by Dwight Caswell

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COAST WEEKEND EDITOR: REBECCA SEDLAK **COAST WEEKEND PHOTOS: JOSHUA BESSEX**

ADVERTISING MANAGER: **BETTY SMITH**

CONTRIBUTORS:

DWIGHT CASWELL MATT LOVE JON BRODERICK **RYAN HUME**

Experience summer on the land NCLC offers free guided hikes, outings

North Coast Land Conservancy is offering a series of 20 guided outings to the public beginning in early June and continuing through Septem-

Most of the outings take place between Warrenton and Manzanita, plus one north of Pacific City and another south of Depoe Bay.

They include two wildflower walks - on a seashore cliff and in a rare type of coastal wetland - and a foraging expedition seeking wild edibles. Two hikes at Oswald West State Park will explore the ecological connections between the shoreline and Cape Falcon Marine Reserve offshore. Birding and geology walks are planned at the National Park Service's Yeon Property north of Gearhart, and a vigorous hike will lead participants up Boneyard Ridge on Tillamook Head.

Summer on the Land outings are led by expert staff and volunteer guides, and most are two hours in length. All outings are free, but participants must sign up in advance to help NCLC keep groups small.

This year, registration is being staggered by month: Registration for June events is open now, and registration for July events opens in the first week of June.

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.

To submit an item, contact Rebecca Sedlak

Phone: 503.325.3211 Ext. 217 or 800.781.3211

Fax: 503.325.6573 E-mail:

rsedlak@dailyastorian.com Address: P.O.Box 210 • 949 Exchange St. Astoria, OR 97103

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Coast Land Conservancy has been working since 1986 to conserve and connect the landscape of the Oregon Coast from the Columbia River to northern Lincoln County. The private, nonprofit land trust works to ensure that this extraordinary region is a place where healthy communities of people, plants and wildlife can all thrive.



Submitted photo courtesy of North Coast Land Conservancy Participants enjoy an On the Land outing at Neacoxie Forest Habitat Reserve in Gearhart.

For details or to register, visit the North Coast Land Conservancy's website, **NCLCtrust.org**

