



Submitted photo

Love Gigantic will perform at the Sou'Wester Lodge at 7 p.m. Saturday, Oct. 31.

## Love Gigantic to perform at Sou'Wester Hear 1970s-style rock 'n' roll at Halloween dance party

SEAVIEW, Wash. — The Sou'Wester Lodge will host the 1970s-esque rock music of Love Gigantic, performing at 7 p.m. Saturday, Oct. 31. Get spooky with rock 'n' roll and a dance party.

In the spring of 2012, after performing a wide range of music with incredible players for most of her life, lead singer Sarah King decided it was high time to put together a project of her own. It didn't take long for her to decide who the dream team would include. She asked those musicians to come out and play; naturally, they all said yes.

Along with King, the sextet of Love Gigantic features Chet Lyster on guitar; David Langenes on guitar; Lara Michell on keys; Arthur Parker on bass and Ryan Moore on drums.

The band's self-titled debut full-length album, "Love Gigantic," was released in August 2014. The band plays finely crafted fresh rock music reminiscent of Fleetwood Mac, Led Zeppelin and Southern California in the late 1970s.

"Collectively, the six members of Love Gigantic have an impressive resume that covers considerable musical ground

in the Portland scene and beyond," wrote Chris Young in a November 2014 article in Vortex Music Magazine. The band's debut full-length album was released in August 2014.

"Full of rich harmonies, some wicked guitar solos and perfectly placed percussion, the whole (album) feels like the complete package with more than a few earworms you'll likely find yourself softly humming after you've shut off the stereo ... It's obvious that music is a lifestyle for Love Gigantic and something they do for the love of it.

"What role doesn't it play?" they question. "Music makes everything else bearable. And it gives us a chance to wear fake leather pants."

The Sou'Wester is located at 3728 J Place. For more information, call 360-642-2542.

## CCC offers Aquanastics class for fun, health

HAMMOND — Clatsop Community College will again offer the gentle water exercise class of Aquanastics as part of its fall lineup of health-related classes.

Aquanastics will be held Tuesdays and Thursdays beginning Nov. 3 through Dec. 15. There will be no class Thanksgiving day. There will be two time options available from 9 to 9:50 a.m. or 10 to 10:50 a.m. Classes are limited to 12 students in each section taught by Kathleen Hudson. Cost is \$35.

Aquanastics water fitness is energizing and strengthening, yet gentle on the joints. The exercises are designed to increase range of motion, flexibility and cardiovascular fitness. Swimming is not required.

This 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 and will play some water games. This class is for both women and men.

Classes are held at the KOA heated indoor pool located at 1100 Ridge Road. The KOA campground 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 swimsuits on and bring their own towels. Shampoo, conditioner and shower gel is provided in the newly remod-

eled showers. Parking car tags need to be picked up at the KOA main office before the first class, and students will need to sign in at the main office before the start of each class.

Hudson is an experienced instructor who holds certifications from ARC Water Safety Instructor, Arthritis Aquatic Instructor Training program, and has completed A Matter of Balance, CMH and Aqua Aerobics training from Pismo Beach Athletic Club.

Registration is now open at [www.clatsopcc.edu/schedule](http://www.clatsopcc.edu/schedule), search under course title or call 503-338-2402.

For other inquiries, call Mary Kemhus at 503-338-2408 or email [mkemhus@clatsopcc.edu](mailto:mkemhus@clatsopcc.edu)

## Research coalition seeks artists for logo contest

CLATSOP, COLUMBIA and TILLAMOOK COUNTIES — Three scientists walk into an art studio — yes, this sounds like the beginning of a joke. That is why the newly formed North Coast Research Coalition is asking for help in developing a logo.

The North Coast Research Coalition is a matchmaker for local health researchers looking for academic expertise at Oregon Health & Science Uni-

versity and elsewhere. The coalition also provides support for organizations that have research interests and don't know how to take the next step. It serves as a conduit for information about research and research grants available for local projects.

"Academic-community partnerships encourage discovery of local solutions to challenging health problems," said Dr. Jackilen Shannon, director of the Integrated Program in Community Research at OHSU.

Under the umbrella of OHSU's Oregon Clinical Translational Research Institute, the NCRC aims to become a self-sustaining coalition spanning Clatsop, Columbia and Tillamook counties, to increase research capacity in the region.

"We want to provide our expertise in research to Oregon's rural communities, we want to support training and infrastructure development to support ongoing work in the communities when the research project is done," said Shannon.

Some recent research interests from the area involved

injury prevention of student athletes, access to health care, cancer screenings, wellness-exercise programs and cooking classes.

What does this type of health-related, community-based research look like in a logo? NCRC is holding a contest to find out.

The contest began Oct. 15 and runs through Nov. 30. Winners will be announced by Dec. 15. The artist of the winning entry will receive \$200.

Logo requirements include:

- The logo should be eye-catching, not too intricate and reproducible in various sizes without compromising appeal;

- The theme of the logo should be related to the mission of NCRC to improve community health by facilitating health-related research on the North Coast, increasing research capacity and engaging the local community to improve health in the region;

- The logo should look good in both color and black and white;

- Submitted logos must be original work of the artist.

For contest details, email Julia Mabry at [mabry@ohsu.edu](mailto:mabry@ohsu.edu). Scientists with artistic talent are encouraged to apply.

### PROFESSIONAL LIFE DRAWING CLASS @ ART PORT GALLERY ILWACO



ArtPort Gallery is pleased to offer a life drawing class for all levels on Fridays starting Nov. 6th from 10-1 p.m. at the port of Ilwaco at 177 Howerton Way. Cost is \$150.00 for six lessons.

All materials included except live model - estimated at \$5.00-8.00 a session. Taught by prominent, award winning, professional artist BETSEY NELSON. She describes her approach to drawing in these words: "The style is more about emotion than anatomy; using line and value and all that you sense to create more than 'reality' ". "The style is never ending and never the same".

Join the fun and discovery by signing up soon! Call instructor at 928-380-1532 or ArtPort Gallery at 360-244-5818.

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