

Welcome back sea otters at Nature Matters

Learn about Oregon sea otter recovery at monthly lecture

ASTORIA — For the last century, the chances of seeing a sea otter playing in the waves off Cannon Beach or Depoe Bay were virtually zero. But that may be changing.

In the last several years, confirmed sea otter sightings along the Oregon Coast have revived hope that these intelligent, social animals may once again flourish off local shores.

Head to the Fort George Lovell Showroom for “Welcome Back Otter,” the next Nature Matters lecture at 7 p.m. Thursday, Nov. 19. Nature Matters is free and doors open at 6 p.m.

Philip Fensterer of Oregon Zoo and Marielle Cowdin of Oregon Wild are teaming up to talk about sea otters in Oregon. Fensterer will give the bulk of the presentation from the perspective of his 16 years of experience caring for Oregon’s ambassador sea otter



Submitted photo

Learn about Oregon sea otter recovery at Thursday, Nov. 19.

population at the Oregon Zoo. Cowdin will follow up with Oregon Wild’s advocacy work and how the public can get involved in sea otter recovery.

Fensterer has worked with the sea otters at the Oregon Zoo since the Steller Cove exhibit opened in 2000. He has found wild sea otters in Seward, Alaska; Tofino, Brit-

ish Columbia; and Monterey, California, and says he looks forward to the day when he can count on seeing sea otters on the Oregon Coast.

Nature Matters takes place the third Thursday of each month October through May. It’s hosted by Lewis and Clark National Historical Park, North Coast Watershed Association and Fort George Brewery.

Immerse yourself in wellness at CCC

ASTORIA — Wellness educator Angela Sidlo, of Waves of Change Wellness Center, will teach several classes at Clatsop Community College this fall.

Explore holistic aromatherapy for skin care in “Easy Steps to Great Looking Skin,” offered from 9 a.m. to noon Saturday, Nov. 14 at the CCC main campus. Cost is \$20 registration and \$15 to the instructor at class for supplies.

Students will learn how to choose and create natural skin care products using carriers, herbs, botanicals and essential oils in this hands-on class. They will learn about various essential oil properties and benefits and which carriers and herbs to use for certain skin care types.

“Anti-Inflammatory Diet Cooking” will be held from 9 a.m. to noon Saturday, Nov. 21. Cost is \$29 registration and \$15 paid to the instructor at class for supplies. This class will be held at Peace Lutheran Church, located at 565 12th St.

An anti-inflammatory diet is a powerful way to eliminate chronic pain, avoid illness and reduce reliance on medication. Students will learn which foods to eat and avoid as well as strategies to comfortably transform the everyday approach to eating for long-term healthy habits. Students will create healthy dishes; recipes will be included.

“Self-Care for Vibrant Pain-Free Living” will be held from 9 a.m. to noon Saturday, Dec. 5 at the CCC main campus located at 1651 Lexington Ave. This completes the fall term series. Cost for this class is \$20 registration

and \$15 to instructor at class for supplies.

Learn how to discover where the body’s limitations are and how to correct them with easy to do, at home, self-care techniques. This class will explore individual programs for each student and incorporate integrative therapies of Qigong, aromatherapy, mindfulness and lifestyle upgrades that can easily blend into a daily routine to add years to a person’s life, and gain an optimal level of movement and freedom.

Register at www.clatsopcc.edu/schedule and search under Course Title or call 503-325-2402.

Crossword Answer

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