

4 COASTAL LIFE
Library of the future
Manzanita holds a grand opening for its remodeled library

9 THE ARTS
Believing in the printed page
The last independent bookstore in Tillamook County

12 FEATURE
Is yoga for you?
North Coast yoga studios are a welcoming place to all

14 DINING
Mouth of the Columbia
Fort George Brewery's burger nights, upstairs specials shine

STEPPING OUT..... 5, 6, 7
CROSSWORD..... 17
CW MARKETPLACE..... 18, 19
GRAB BAG 23

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on the cover

Kristin Tschannen, founder of Seaside Yoga, treats her rheumatoid arthritis with yoga.

Photo by Dwight Caswell

See story on Page 12

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Learn about circulatory health from head to toe

Dr. Tracy Erfling gives free talk March 10

ASTORIA — Astoria Co-op Grocery hopes to get your blood pumping with its next Beers to Your Health monthly food and wellness talk on Thursday, March 10. The circulatory system is important, and a local naturopath will teach attendees why. Dr. Tracy Erfling's talk, "Head-to-Toes Circulatory Health," will start at 7 p.m. The free event will take place at the Fort George Lovell Showroom, located at 426 14th St.; all ages are welcome.

"This is a great time of year for a circulatory review since we're moving out of the cold and dark; we can plan ways to boost things we're doing for our circulatory system," Dr. Erfling said. "People might not be moving as much, and with the passing of that sedentary, heavy-food time of year, we want to start a clearing process. This should be a refreshing talk to get people excited about movement, activity and health."

All cells in the body need oxygen and nutrients as well as waste removal. This is an important role of the circulatory system. The heart, blood vessels, lymphatic system and blood itself work together to service the cells of the body.

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.

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Using the network of arteries, veins and capillaries, blood carries carbon dioxide to the lungs (for exhalation) and picks up oxygen. From the small intestine, the blood gathers food nutrients and delivers them to cells throughout the body.

Erfling will review this system, problems that can affect its function, and therapeutic ideas for health and healing. There are many ways to naturally boost your circulatory system, and exercise is one example.

"When we move our muscles, it assists the pumping of blood around the body.



Submitted photo

Naturopath Tracy Erfling will talk about circulatory health March 10 at the Fort George Lovell Showroom.

Generally we rely on the heart to do the work, but when we exercise it helps the whole circulatory system function more smoothly," Erfling said.

Erfling graduated from

Beers to Your Health

7 p.m. Thursday, March 10
Fort George Lovell Showroom

426 14th St., Astoria

All ages

Free

the National College of Natural Medicine in 2000. She has been practicing natural medicine in Astoria for 15 years (at a shared office with Astoria Chiropractic) and works at the Clatsop County Health Department doing family planning. Outside of medicine Erfling enjoys yoga, swimming, dog walking, the occasional beer, and shopping at the Co-op.

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