

Get fit with Aquanastics this fall

WARRENTON — Fall into fitness with Aquanastics. This Clatsop Community College class is an invigorating 50-minute water workout that's easy on the joints.

This multi-level class includes a warm-up; 30 minutes of cardiovascular training, muscular strengthening and conditioning with pool noodles; and a flexibility cool-down.

Water exercise provides the benefits of buoyancy and water resistance on muscles

in a heated indoor pool.

The ability to swim is not required. This is not a swimming class and is conducted in a 3-to-5-foot deep pool.

There is no pool fee. Cost for the class is \$39.

The class is for both men and women and is limited to 12 students per session.

Aquanastics meets twice a week on Tuesdays and Thursdays from Oct. 4 to Nov. 29. There are two sessions for students to choose from: 9 to 9:50 a.m. or 10

to 10:50 a.m. Class is held at the KOA Campground's pool, located at 1100 Ridge Road.

Class is taught by instructor Kathleen Hudson, who has certifications from ARC Water Safety, Arthritis Aquatic Instructor Training program and completed A Matter of Balance at CMH.

Preregister now at www.clatsopcc.edu/schedule and search in fall term for Aquanastics under Course Title, or call 503-325-2402.

Master gardeners can help you winterize your garden

ASTORIA — The Clatsop County Master Gardeners will present their annual Winterizing Your Garden event from 10 a.m. to 2 p.m. Saturday, Oct. 1 at the Clatsop County Fairgrounds.

Whether you have an acre of home garden beds or a few potted plants, winterizing properly means a healthier growing season next year. The Winterizing Your Garden event includes plant sale, lectures, demonstrations, a garden garage sale, and pH soil testing with master gardeners ready to problem solve and answer all home garden questions.

At 10:30 a.m., Phil Allen and David Campiche will give the talk "Foraging Fall Mushrooms." Allen and Campiche have years of experience chasing culinary wild mushrooms in the coastal region. Attendees will learn where to look, what to pick and how to savor them. An array of just-picked mushrooms, maps and recipes are promised.

At 1:30 p.m., Jim Karnofski will present "Healthy Soils for Healthier Bodies," a talk about soil regeneration and renewal with biological agriculture. Soil mineral balancing combined with microbe inoculants grow crops that achieve their top potential for nutrient density. This convergence of biology and technology with gardening provides tools for the home gardener to determine the minerals needed to achieve maximum soil health. Karnofski stresses paying attention to the microbial web of life in the soil to produce nutrient-rich food.

An all-day plant sale will entice gardeners to expand and create. All plants are locally grown and thrive on the North Coast. Gardeners can expect to find a wide variety: everything from dahlia tubers



SUBMITTED PHOTO

Learn about healthy soil and soil pH at the Winterizing Your Garden event Oct. 1 at the Clatsop County Fairgrounds.



PHOTO BY DANNY MILLER

Astoria gardener Joanie Chapel will share her knowledge and expertise to help gardeners winterize their dahlias.

to popular perennials including penstemon, daylilies, herbs, native ferns, cotoneaster shrubs, big leaf maples, Japanese maples, conifers and more.

Master gardeners will be on hand to share growing advice on all plants and help select the right plants for specific garden locations. Gardeners are advised to bring samples or photos of problem plants.

By popular request, the garden garage sale returns. Master gardeners and friends will offer recycled items for your garden pleasure: an assortment of tools, books, art, antiques, pink flamingos

and outdoor furniture are on the list of sale items. Over 100 pots from a gardener's estate will also be for sale.

Soil pH testing will also be available. Plants are healthier and thrive in soil that is the proper pH level. Your winterizing garden plan may include master gardeners' advice on correcting problem pH levels. Bring one cup of soil from your garden in a plastic ziplocked bag.

Joanie Chapel has over 100 dahlia varieties that she has been tending for over 25 years. Throughout the day she will share her knowledge and expertise to help gardeners winterize their dahlias.

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