

Learn all about Oregon marine reserve sites

Workshop will cover purpose, boundaries, regulations and enforcement

ARCH CAPE — What and where are Oregon's Marine Reserve Sites? Can I pass through the marine reserve on my boat? Are kayaking and other water sports allowed in particular protected areas?

Oregon is now home to five state-managed underwater parks in our oceans: Cape Falcon (near Manzanita), Cascade Head (near Lincoln City), Otter Rock (near Newport), Cape Perpetua (near Yachats), Redfish Rocks (near Port Orford).

Cape Falcon Marine Reserve is the northernmost site, located just offshore of Oswald West State Park between Arch Cape and Manzanita. The Cape Falcon site went into effect Jan. 1 and is 12.4 square miles.

Each reserve site has a unique sets of rules and regulations intended to protect ocean life and preserve the use of these areas as living laboratories. Navigating these new restrictions can be confusing.

The Oregon Department of Fish & Wildlife, in partnership with non-governmental partners, is offering a free workshop on marine reserve rules and their enforcement for the North Coast from 2 to 4 p.m. Sunday, Oct. 23.

The workshop will take place at the Arch Cape Fire Hall's meeting room, locat-



IMAGE COURTESY ODFW

A boat at sunset. Passive recreation is allowed inside marine reserves; people may walk, collect shells, boogie board, and boat (with disallowed fishing gear not deployed).

ed at 72979 U.S. Highway 101. The event is free and open to the public.

Join the workshop, and get your questions answered. Kelsey Adkisson of ODFW, Sergeant Todd Thompson of Oregon State Police Marine Fisheries Team, Friends of Cape Falcon Marine Reserve, and partners will be on hand to help the community get informed.

Presenters will review the details of the Cape Falcon Marine Reserve, regulations and enforcement, what uses are allowed, and how and what to do if you see a violation. Specifically, Oregon State Police will explain how a marine reserve operates for public use, share information about the Marine Fisheries Team approach and discuss enforcement challenges for marine reserves. There will be time for questions and answers from the public.

Braised cauliflower makes for a savory side

Anchovies, garlic and capers add to this delicious dish

By **KATIE WORKMAN**
ASSOCIATED PRESS

Any time capers mingle with anchovies and garlic, I'm happy. You might think these are very strong flavors, but when they are used sparingly they add a lovely layer of salty/savory flavor to whatever dish they grace.

When I serve this to my family, do I mention that there are anchovies in it? Nope, I don't. Do they think it's delicious? Yup, they do.

The cauliflower is browned in the pan before it's braised, and don't cook it too long in the liquid or it will lose its great, firm texture. If you want a vegetarian version, do skip the anchovies and use vegetable broth.

I was making this for the second time when I realized I didn't have fresh parsley,

so I grabbed a bag of baby arugula from the fridge and it was a happy amendment.

In fact, it made me realize that chopped arugula is a great alternative to chopped parsley on any number of dishes, offering a different slightly bitter and bracing green note. I'll be keeping arugula on hand for just this purpose.

Katie Workman has written two cookbooks focused on easy, family-friendly cooking, "Dinner Solved!" and "The Mom 100 Cookbook." She blogs at www.themom100.com/about-katie-workman/

BRAISED CAULIFLOWER WITH ANCHOVIES AND CAPERS

*Start to finish: 20 minutes
Servings: 6 to 8*

Ingredients:

1 large head cauliflower
2 tablespoons olive oil
1 teaspoon finely

minced garlic

2 tablespoons capers, drained

Coarse or kosher salt and freshly ground pepper to taste

4 anchovies, rinsed and minced

Splash dry white wine
1 cup less-sodium vegetable or chicken broth

½ cup flat-leaf parsley or 1 cup baby arugula leaves, roughly chopped (optional)

Directions:

1. Cut the cauliflower into small florets.

2. Heat the olive oil in a large Dutch oven or heavy stockpot over medium high heat. Add the cauliflower and cook, stirring occasionally until it starts to lightly brown in some spots.

3. Shove the cauliflower to one side and add the garlic, capers, and anchovies so that they hit the bottom of the pan, and season with salt and pepper. Stir into the olive oil until the garlic turns golden and you can smell everything.

4. Stir the mixture into the cauliflower, and season with salt and pepper, so the anchovy mixture coats the vegetables.

5. Pour in the wine and give everything a stir. Add the broth and bring to a simmer.

6. Cover the pan, and reduce the heat so the liquid remains at a simmer. Cook until the cauliflower is just tender but not mushy, from 8 to 10 minutes. If there is more than ½ cup liquid left, remove the cauliflower with a slotted spoon and simmer the remaining liquid until there is less than ½ cup, then pour it over the cauliflower.

7. Stir in or sprinkle over the parsley or arugula (if using). Serve hot or warm.

Nutrition information per serving: 84 calories; 43 calories from fat; 5 g fat (1 g saturated; 0 g trans fats); 2 mg cholesterol; 255 mg sodium; 7 g carbohydrate; 3 g fiber; 3 g sugar; 4 g protein.

BOOK REVIEW

Music critic writes personal history of pop music

By **ANN LEVIN**
ASSOCIATED PRESS

Ever wonder what makes pop music so irresistible? David Hajdu, a music critic and professor at Columbia's School of Journalism, has spent a long time thinking about the question.

In his new book "Love for Sale," he explores the combination of luck, talent and hard work that goes into making a hit: this "product of mass culture that reaches millions of people ... at one time and works for each person in a personal way."

He begins his story in the 19th century with the cultural changes wrought by the widespread publication

of sheet music and continues on into the 20th and 21st centuries with the rise of new music-making technologies: Tin Pan Alley, recordings, MTV and digitization.

Along the way he pauses to explore the significance of the Cotton Club, Billboard charts and transistor radio, and analyzes the complex roots of rock 'n' roll and a half-dozen other musical genres.

For the most part, it's an exhilarating read, though not surprisingly for such a self-described music nerd, Hajdu is prone to digress and never misses the chance to untangle the convoluted genealogy of a song.

A little more than half-

way through, he makes a startling confession: He has a "soft spot" for monaural sound. "The way I feel about it cannot be wholly explained as the fetishistic glamorization of archaic technology that typically afflicts geeks like me," he notes wryly.

Rather, it's because he can't process stereo sound well, the result of hearing loss he suffered in his youth from falling asleep night after night with one ear glued to his beloved transistor radio.

Similar reminiscences throughout the text serve to establish his musical bona fides and make this more lively and personal than a standard historical survey.

He's both critic and fan.

He ends with a touching coda on the difference between his musical taste as a youthful boomer and that of his teenage son, whose playlists include such contemporary artists as Jeremih, Natalie La Rose and Kid Ink.

Hajdu admits to liking quite a few of the songs but hiding his enthusiasm because he doesn't want to destroy for his son the signature experience of all great pop music — the way he felt, for instance, listening to the Rolling Stones' "Ruby Tuesday" circa 1967.

"Like a million kids around the world," he says, "I thought of the song as mine and mine alone."