

Help plant willows, restore wetland habitat

North Coast Land Conservancy will host a stewardship day with hot cocoa

SEASIDE — Help celebrate 10 years of healthy habitat at Thompson Creek. North Coast Land Conservancy will hold a willow-planting party and celebration at its Thompson Creek and Stanley Marsh Habitat Reserve from 10 a.m. to 1 p.m. Saturday, Dec. 3.

In December 2006 NCLC acquired 80 acres at Thompson Creek and Stanley Marsh, on the east side of Seaside, and began restoring the wetlands.

The area has grown to become one of the land conser-

vancy's most visible success stories, with coho salmon migrating up Thompson Creek to spawn every winter and beavers building dams in Stanley Marsh, further enhancing the wetlands' habitat for fish and other wildlife.

On Dec. 3, staff and volunteers with NCLC will gather to plant more willows, which shade the creek and provide food and building materials for beavers. Attendees will also trek up the creek to watch salmon spawning and sip mugs of hot cocoa, toasting the project's decade of success. Members of the Wild North Coast chapter of Trout Unlimited will partner with other volunteers on this stewardship day.

Volunteers of all ages and abilities are welcome. Attendees should gather at the pump house at Thompson Creek. Contact Melissa Reich at melissar@nclctrust.org to let her know you're coming.

Bring a lunch, and prepare to get muddy. The event will take place rain or shine (barring extreme weather). There are no toilets on the property. Dogs are not allowed at NCLC habitat reserves.

To get to the habitat reserve, from U.S. Highway 101 at the north end of Seaside, turn east on Lewis and Clark Road. Take the first right onto Thompson Falls Drive, then an immediate left into a gravel parking area at the pump house.

Tolovana Hall hosts herbal medicine class

CANNON BEACH — In the West, whenever we're ailing we've become accustomed to taking a pill. But sometimes pills have adverse effects. And sometimes they're incredibly expensive or habit-forming. Sometimes they don't even work at all.

All the while though — and since long before — Chinese herbal traditions have offered natural remedies that prevent illness, supplement physical challenges, and increase vitality and wellbeing. To shed light on these long-held healing traditions, D.J. Ankenbrandt presents "Ancient Tonic Herbalism," a free class taking place at 1 p.m. Saturday, Dec. 3 at Tolovana Hall.

Ankenbrandt, who moved to the North Coast this summer, is the owner of Cintamani Tonics, an herbal extract company and consulting practice. For over a decade Ankenbrandt has studied

herbal medicine and the healing qualities of plants. He spent the last seven years apprenticing with tonic herbalist Rehmanna Dean Thomas and is a carrier of the Gate of Life lineage.

Ankenbrandt's consulting practice is primarily focused on creating personalized herbal blends to meet a client's specific needs.

He also regularly teaches classes on herbal medicine.

"As a tonic herbalist and educator, my ultimate goal is to share information that people can integrate into their lives to create positive and lasting impact and change," Ankenbrandt says. "I feel that tonic herbs are unique and profound gifts that can help us achieve this goal, which inspires me to teach about their use and the lineage-based traditions from which they come. I am always happy to offer free classes on this topic because

I find it to have extraordinarily great value."

During the presentation, Ankenbrandt will explore how Chinese herbal traditions have developed over the last 5,000 years and how people can integrate these techniques into their lives.

"These natural, plant-based remedies are used to increase physical vitality, prevent sickness and nourish our being on every level," says Ankenbrandt. "We will explore the actions and benefits of many tonic herbs that have been safely used for thousands of years, and you will also get the chance to taste over 30 different powdered extracts from the full spectrum Cintamani Apothecary."

The event is free and open to all. Tolovana Hall is located at 3779 S. Hemlock St. For more information, call 541-215-4445 or visit tolovanaartscolony.org

'Dear Santa' sheds light on St. Nick's many mysteries

TILLAMOOK — Composed of a number of short scenes, "Dear Santa" ranges from the hilarious to touching. Written by Rob Frankel and directed by Ann Harper, this Tillamook Association for the Performing Arts production opens Friday, Dec. 2 and views Santa Claus from various viewpoints: from a child who alphabetizes her Christmas list and sends it out in August, to children at various stages of belief — and disbelief.

In "Dear Santa," Santa and his helpers shed light on many of the mysteries surrounding old St. Nick, including why you don't always get the gift you ask for, how Santa delivers all those presents in one night, how he finds children spending Christmas away from home, and how his power transcends the boundaries of race, gender and religion.

Of course, sometimes being Santa isn't all that great — your helpers fight over who is the best, and occasionally you get arrested for shoplifting by



SUBMITTED PHOTO

A portion of the "Dear Santa" cast gathers around a table for rehearsal, joined by director Ann Harper.

those of little faith. But in the end, it is the faith of the many that sustains Santa.

"Dear Santa" opens Dec. 2 and runs through Dec. 17. Friday and Saturday performances begin at 7 p.m. while Sunday matinees begin at 2 p.m. Doors open 30 minutes prior to curtain.

At the Opening Night Gala on Dec. 2, every ticket purchase includes complimentary hors d'oeuvres and a beverage of choice.

Tickets for this production are on sale. Reserved seating is available through Diamond Art Jewelers, lo-

cated at 307 Main St. in Tillamook; call 503-842-7940 for reservations. Tickets are \$15 for adults and \$10 for children 12 and under.

Celebrating over 35 years in Tillamook, TAPA is a nonprofit community theater dedicated to providing high quality performing arts experiences through entertainment, education, and community participation. TAPA's Barn Community Playhouse is located at 1204 Ivy St. For more information, email info@tillamooktheater.com or visit www.tillamooktheater.com

SEARCHING FOR INNER PEACE?

Come meet with us...

SUNDAYS
10:30 AM

GOD
FIRST

Astoria Church of Christ

692 12TH STREET
(TOP OF 12TH AND GRAND)
ASTORIA, OR 97103



BIBLE-BASED

503.325.7398

WWW.CHURCHOFCHRISTASTORIA.COM
WWW.FACEBOOK.COM/ASTORIACHURCHOFCHRIST