

McDougall brings folk, bluegrass

GEARHART — McDougall will perform from 7 to 10 p.m. Friday, Dec. 23 at McMenamins Sandtrap Pub's Livingstone's Room. The performance is free and open to all ages. The pub is located at 1157 N. Marion Ave.

McDougall brings a big sound and a big beard. His blend of original music and traditional tunes blend Americana, folk and bluegrass in one package.

With his imagination

dwelling in the real places of his past and present, as well as in the possible future, McDougall's songs may seat you by a coffee-can fire in the middle of a dry California riverbed, pull you up onto a freight train in the lush springtime of the Pacific Northwest, raise your voice in hymns with the en-

tire family on a Thanksgiving afternoon, or hasten your good-bye to civilization as you ramble on with all your possessions on your back.

McDougall carries on the relevant tradition of oral history and folklore, making it a part of everyday life and sharing it with those around him.

Crossword Answer

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R	A	Z	O	R		I	T	I	N	E	R	A	N	T		K	I	D	S	

A
'universal
language'
solves
all

See you at the PAC
Jan. 13

The Illahee Apartments



Easy To Find,
Hard To
Pronounce.

1046 Grand Avenue
Astoria, OR 97103

503-325-2280

Dare to Dance for The Harbor

ASTORIA — Join the Dare to Dance Party to benefit The Harbor on Saturday, Dec. 24, from 8:30 to 9:30 a.m.

The event is for ages 12 and older and will be held at the Astoria Arts & Movement Center, located at 342 10th St., with a suggested admission donation of \$10.

This community event is a Zumba and dance fitness class featuring nine instructors from up and down the North Coast.

Zumba fitness is practiced in 180 countries. A typical class will use mostly Latin rhythms as well as Bollywood and Top 40 music in a choreographed dance led by an instructor. Though the movements are choreographed, it's easy for any first-time dance fitness student to pick up.

Instructors at the event will include: Joy Sigler, who teaches at Astoria Arts & Movement Center and Tolovana Community Hall in Cannon Beach; Marta Guitron, who teaches at Astoria Arts & Movement Center; Tammy Louhgran,



SUBMITTED PHOTO

From left: Astoria Arts & Movement Center teacher Marta Guitron, Sunset Family Fitness Zumba teacher Kim Postlewaite, AAMC teacher Tammy Louhgran, and AAMC and Tolovana Community Hall instructor Joy Sigler. These four Zumba and dance fitness instructors plus several others will lead the Dare to Dance event benefiting The Harbor on Dec. 24.

who teaches at Astoria Arts & Movement Center; Kim Postlewaite, who currently teaches at Sunset Family Fitness and will begin at Astoria Arts & Movement Center in January; Erin Carlsen, who teaches at Encore Dance Studio in Gearhart; Amanda Aronholt, who teaches dance fitness at Valhalla in Gearhart; Jacqui Powell, who teaches Zumba at Tolovana Community Hall; Joyce Senior who teaches at Fitness 1440 in Warrenton; and Laura Dodd who teaches Zumba at Knappa High School.

Ten spots at the front of the room will be reserved for people willing to donate \$100. You can reserve the spot for yourself, or send a friend, colleague or family member to dance in one of the reserved spots.

The reserved spots offer a front-row seat to the Zumba instruction at the event. There will be no solos, just moving with the rest of the class.

DARE TO DANCE PARTY

8:30 to 9:30 a.m.
Saturday, Dec. 24

Astoria Art & Move-
ment Center
342 10th St., Astoria
\$10 suggested do-
nation, benefiting
The Harbor

The Harbor provides intervention, recovery and support services to survivors of domestic violence, sexual assault and stalking. The organization, which serves Clatsop County, celebrated 40 years of operation in 2016.

Can't attend? Donations to The Harbor will be accepted.

Call Joy Sigler for more information at 503-440-2547 or 503-738-6560 or email her at joysiglerzumba@gmail.com

GRAND OPENING

December 2016
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SEAVIEW, WA
(INTERSECTION OF HWY 101
& PACIFIC AVENUE)

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