

CCC offers empathy, aromatherapy classes

ASTORIA — Two classes are starting soon at Clatsop Community College for personal and professional development.

Aromatherapy: Managing Stress and Anxiety will be 6:30-8:30 p.m. Thursday, April 20, in Towler Hall. Cost is \$20. Preregister and pay \$15 at class for supplies. A relaxing and stress free class on essential oils and aromatherapy techniques and tips to help manage daily stress physically, mentally and emotionally. Students will gain knowledge of aromatherapy history, safety and stress relief recipes for common health worries such as anxiety, nervousness, concentration, sleep and emotional

balance.

Empathy in the Caring Professions will be held 6-7:30 p.m. Wednesdays, April 19-May 24 in Towler Hall. Cost is \$75. Please preregister. Participants will learn a simple procedure for providing empathy to themselves, clients, and co-workers in their caring professional roles. They will have the opportunity to practice providing empathy through role plays on fictional and real-life situations. They will receive coaching from the instructors in a safe environment.

To preregister go to www.clatsopcc.edu/schedule and search under Course Title or call 503-338-2402.

Jefferson Dancers come to Clatskanie

CLATSKANIE — The Clatskanie Arts Commission will present the Jefferson Dancers at 7 p.m. Friday, April 14, at the Donavon Wooley Performing Arts Center at Clatskanie Middle/High School.

The Jefferson Dancers are the elite dancers of the nationally known dance department at Jefferson High School in Portland. For 40 years, the company has featured the school's most advanced dance students who come to Jeffer-

son High School for dance training. It is a multi-ethnic company of dancers aged 14-18.

During this performance 24 dancers will perform a variety of numbers choreographed to music by Rihanna, Pharrell Williams and Frank Sinatra.

Unlike most dance companies, the Jefferson Dancers are trained and perform works in all dance styles. The company's repertoire



Jefferson Dancers

includes over 200 works of modern, tap, ballet, jazz, African, ethnic, and musical theatre, choreographed by nationally recognized choreographers.

The company has performed in Russia, Canada, Great Britain, France, Italy and Germany.

The program is dedicated to educating and preparing students for the depth of commitment needed to physically and mentally prepare themselves for a performing arts career.

Tickets are available at Hump's or at the door the night of the performance. Adults \$18, students and seniors 60-plus \$16, children under 12 \$14.

Crossword Answer

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Author to teach detective writing workshop

ASTORIA — Author and publisher Matt Love will teach a writing workshop called "Finding the Detective Within" from 10 a.m. to 1 p.m. Saturday, April 29, at a private home in Astoria.

The workshop is for writers of nonfiction and fiction alike,

and offers them an opportunity to come together, write, collaborate and discuss the role of detecting and investigating in memoir and fiction.

"I think this workshop can appeal to both types of writers," Love said, "and I also believe it's a good idea to mix in the

genres every now and then. I know I find it a very useful thing to do in my own writing."

Love will present a questionnaire to build a detective, a deduction exercise using physical clues brought by the participants, short readings of real-life mysteries that inspire

fictional or personal reflection, and a series of noir prompts that a writer of memoir or fiction can take anywhere they want.

The class costs \$65 and will cap at 12 participants. Scholarships are also available. To register, email Love at nestucaspitpress@gmail.com or call 503-812-1524.

Open 7am Daily!

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(Native Astorian
Retired Linguistics Professor,
Portland State University)

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