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# Free children's concert heads to Cannon Beach

CANNON BEACH — The Tolovana Arts Colony will present a free children's concert, featuring Chata Addy and the Susuma band, in Cannon Beach's downtown city park 2:30 p.m. Tuesday, July 4.

Born and raised in Ghana, Addy's bright, lively, upbeat and joyous music — dubbed "Afro Reggae and Funky Highlife" — is rooted in West African rhythms.

"The performance will be danceable, energetic and engaging," organizers said.

Chata Addy is the nephew of Obo Addy, recognized as a pioneer in sharing African-influenced "worldbeat" throughout the Western world. Chata, as well as Obo, has performed and recorded with the renown bandleader King Sunny Ade.

Since settling in the Pacific Northwest some 40 years ago, Addy has maintained his uncle's legacy, sharing African music throughout the region. Besides live performance, Addy regularly teaches drumming, dance, music and culture workshops



SUBMITTED PHOTO

to children and adults of all ages.

The six-piece Susuma band features Addy on drums — congas and the expressive "talking drum" — and vocals. He is joined by guitar, bass and horns.

The family-friendly concert is produced in conjunction with Young Audiences of Oregon & SW Washington, and with support from the City of Cannon Beach's

Community Grant.

Cannon Beach's downtown city park is located northeast of Second and Spruce streets, behind the tennis courts and Chamber of Commerce. Attendees are encouraged to bring chairs, blankets and picnic baskets.

For more information, visit [tolovanaartscolony.org](http://tolovanaartscolony.org), email [tolovanaartscolony@gmail.com](mailto:tolovanaartscolony@gmail.com), or call 541-215-4445.

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# RiverZen offers free 'stretch and restore' workshop for military personnel

ASTORIA — The RiversZen Yoga and Resistance Stretching Studios is offering a free stretch and restore workshop for military personnel, past and present, 7 p.m. Tuesday, July 11, at RiversZen Studios in Astoria (399 31st St.) on the Riverwalk.

The workshop requires a ID DD214 document or military ID. Participants can bring one guest.

Veteran Marine Corps Staff Sergeant Christopher Gibbs and his wife, Kimberly — a veteran instructor

at RiversZen Studios — are honored to be teaching this workshop designed to provide relief from body pain developed through military service.

Together they will guide participants through resistance stretches that will not only stretch muscles but strengthen them, helping to restore the body, reduce tension and ease pain, organizers said. Attendees will also be given a worksheet and link to videos that will help them continue with self-care at home.

Gibbs knows from

personal experience how powerful and healing these techniques can be, according to a release.

"Ki-Hara Resistance Stretching is widely utilized by professional athletes and everyday people alike," organizers said. "It doesn't matter if you are injured or an athlete, this class is designed for you!"

Space is limited. RSVP by calling 503-440-3554 or emailing [info@riverszen.com](mailto:info@riverszen.com). People can register at [riverszen.com/workshops-2/](http://riverszen.com/workshops-2/).