

# Writers: polish your North Coast Squid submissions

MANZANITA — Join fellow writers interested in submitting to the next issue of the North Coast Squid for a writing lab 10 a.m. to noon Sunday, Oct. 8, at the Hoffman Center for the Arts.

The purpose of this workshop is to get feedback from fellow writers as you offer insights to other participants on their writing. The session will be facilitated and timed so everyone gets equal time and attention.

Bring \$10 (workshop fee) and 10 copies of one piece you are considering for submission to the Squid (one poem or one prose piece of 1500 words, fiction or non-fiction). RSVP by emailing [northcoastsquid@gmail.com](mailto:northcoastsquid@gmail.com). Space is limited.

All Squid submissions are due by midnight Tuesday, Oct. 31. This session will allow you editing/polishing time. Work must be submitted electronically via the 'submit' button at [hoffmanblog.org](http://hoffmanblog.org).



Submissions are accepted for fiction, nonfiction (including memoir) and poetry. We also have a Young Writers category (ages 18 and under).

Submissions are selected in a blind judging by authors and poets outside the coastal area. Submissions of art, photos and photos of sculptures will also be solicited for cover art and inside art, with final art chosen by a committee.

The North Coast Squid, a program of the Hoffman Center for the Arts and the Manzanita Writers Series,

showcases the work of writers and artists who live on the North Coast or have a strong connection to the area. The next issue will be published in April 2018.

If you are looking for inspiration and examples, copies of the fifth edition of the North Coast Squid Literary Journal are available for sale at Cloud & Leaf Bookstore, Manzanita News & Espresso and other local retail stores. Proceeds of the \$7 cover price will go to produce future editions of the magazine.

The Manzanita Writers' Series, a program of the Hoffman Center for the Arts, will be held at the Hoffman Center (across from Manzanita Library at 594 Laneda Ave.). For more information, visit [hoffmanblog.org](http://hoffmanblog.org), or contact Kathie Hightower at [kathiejhightower@gmail.com](mailto:kathiejhightower@gmail.com).

"One misconception about workshops is that you learn the most about how to be a better writer on the day your story is discussed — not true. ... It's when someone else has their turn at bat that you actually get to see what is going on; the view is always clearer without all those emotional defenses in the way."

— Ann Patchett, from the essay "The Getaway Car," from the collection "This is the Story of a Happy Marriage"

# YOGA GYPSY OPENS NEW STUDIO

ASTORIA — The Yoga Gypsy is pleased to announce their new yoga studio opening Monday, Oct. 2, in "The Little Red Building" on the Columbia River (399 31st St.) with veteran Yoga Instructor Sally Anderson.

She has extensive training in Yoga theory, teaching methodology, techniques and practice. She is also an instructor of the popular Columbia Memorial Hospital class "Adaptive Yoga Classes." Her programs have created astounding results for many community members suffering from a variety of body woes: arthritis, cancer recovery, fibromyalgia to name a few.

Classes are available to all students. A former longtime instructor at River Zen Yoga, Anderson specializes in a technique of yoga for people dealing with chronic health issues.

Starting Monday, Oct. 2, she will offer classes Mondays through Fridays, but plans to expand, adding evening classes and specialized yoga workshops. (She plans to use the riverfront space for other community activities and events as well.)

Her classes focus on building flexibility through strength and balance, incorporating breathing and relaxation techniques.

The Gypsy Yoga Studio has a variety of yoga props and tools available for their students' use.

Classes run 10:30 to 11:30 a.m. Monday through Thursday. The new winter class menu includes

- Mondays: Hatha yoga, levels 1 and 2

- Tuesdays: Hatha yoga, levels 1 and 2, and a therapeutic specialty class with a rotating topic of focus
- Wednesdays: yoga and strength conditioning
- Thursdays: mindful flow, levels 1 and 2

- Fridays: two classes, one at 8:30 to 9:30 a.m. for shoulder and hips, and then 10:30 to 11:30 a.m. Hatha yoga levels 1 and 2.

Drops-ins are welcome but pre-registration is recommended.

Anderson offers classes at a variety of tiers and packets, including:

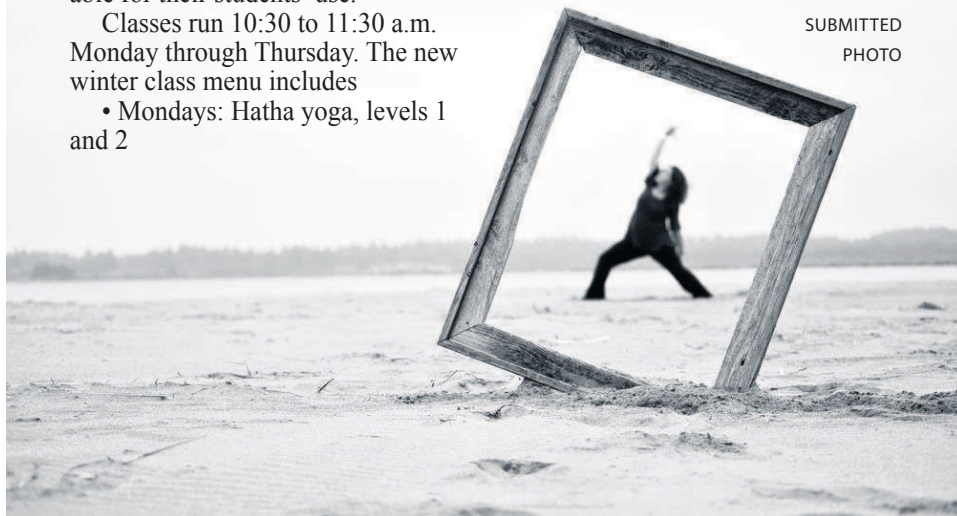
Yoga class packages starting at \$12 for drop-ins; five-class package \$45; a 10-class package for \$80; a 20-class package for \$140; a 40-class package for \$240; an unlimited monthly for \$70; and an Unlimited Family package for \$110.

Private Sessions with Anderson are also available by appointment starting at \$80 for a one-hour comprehensive therapeutic yoga session.

Reservations are now being accepted for classes starting Monday, Oct. 2, by email or phone.

For more information, call Anderson at 503-440-0735, or email [yogagypsy2018@gmail.com](mailto:yogagypsy2018@gmail.com). For more details, visit the Yoga Gypsy Facebook Page [facebook.com/yogagypsy.sally/](http://facebook.com/yogagypsy.sally/)

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## Coaster Theatre Playhouse

# Blithe Spirit

By Noël Coward

Sept. 22 - Oct. 28, 2017

Tickets \$20 or \$25

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Sunday shows start at 3:00p.m.



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