

Winter nourishment taught at Sou'wester

SEAVIEW — The Sou'wester Workshop Series presents "Nourishing Ourselves into Winter with Food and Herbs," with instructors Lara Pacheco and Paige Common, 11 a.m. to 2 p.m. Saturday, Oct. 14.

Common, chef and owner of Eatin' Alive, and Pacheco, a clinical herbalist of Seed and Thistle, will lead participants through a hands-on workshop to learn how to prepare for the winter season.

Attendees will make elderberry syrups and fire cider to take home while learning the folklore and medicinal uses of this age-old medicine.

Paige will nourish participants with a hearty, warming lunch while they prepare broths to deepen the support for their immune systems in the coming cold and flu season.

Lara Pacheco is a Latina mamita, clinical herbalist and community organizer who runs Seed and Thistle Apothecary, an herbal company that provides education for youth and adults, health consultations and a monthly herbal CSH through homegrown medicine. She runs a full-year apprenticeship program and is starting a pop-up clinic to address access to plant medicine and bodywork in the

Cully community of Portland.

Paige started preparing plant-based foods in her Portland kitchen giving life to Eatin' Alive in 2010. She is available for one-on-one health coaching, recipe development, pre- and post-natal consultations, small-event catering, speaking engagements and classes.

The cost is \$40. Please bring notebooks and pens to take notes. Hot tea and coffee provided. Common will provide lunch.

All workshops are open to the public, and all skill levels are welcome. RSVP via sou-westerfrontdesk@gmail.com or 360-642-2542.



Paige Common, left, and Lara Pacheco

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3 Leg Torso

3 Leg Torso band takes the Nehalem stage

NEHALEM — The North County Recreation District Performing Arts Center in Nehalem (36155 9th St.) will host 3 Leg Torso 7:30 p.m. Saturday, Oct. 14.

"This amazing band recently performed at the Astoria Music Festival, and we are thrilled to bring them here," the district said in a release.

3 Leg Torso creates charming, elegant and daring modern chamber pop music infused with

equal parts tradition and innovation. Influenced by tango, Eastern European folk and other world music traditions, their cosmopolitan musical style embraces wit and humor within thoughtful, uncommon and beautiful musical arrangements.

Advance sale tickets are available at TicketTomato.com.

For more information, contact Mary Moran at 971-308-0309 or theatre@ncrdneham.org.

Gaze upon the 'Body Politic' at CCC

ASTORIA — The Clatsop Community College Royal Nebeker Art Gallery will open its 2017-18 exhibition season with a two-person show titled "Body Politic: Contemporary, Classical Drawings by Ghislaine Fremaux and Henk Pander."

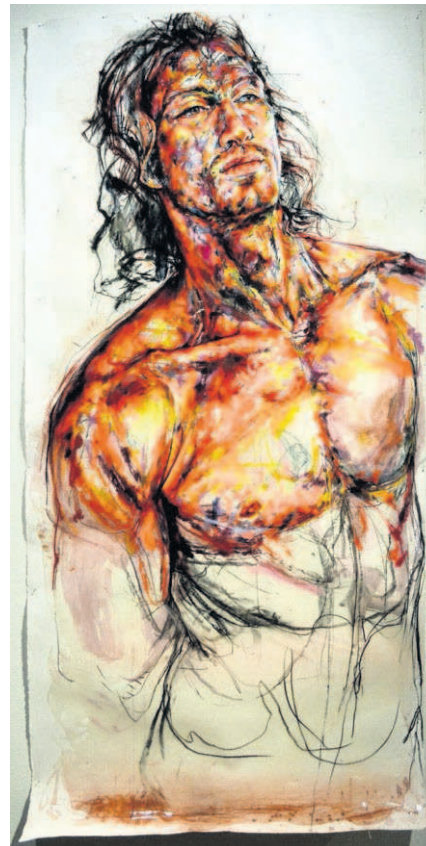
The show will run Thursday, Oct. 12, through Thursday, Nov. 30, with a reception for the artists scheduled for 6 p.m. Oct. 12. The gallery reception and exhibit are free and open to the public.

Both artists were selected to show their work in the 2017 international "Au Naturel" competition.

Pander, born in Haarlem, The Netherlands, is represented in prestigious museums and collections across the globe, including the Rijksmuseum in Amsterdam. In addition to winning the first place award in the 2017 "Au Naturel," Pander was an award-winning participant in CCC's ninth annual "Au Naturel" in 2015.

Ghislaine Fremaux, born in Washington, D.C., is Assistant Professor of Art in the discipline of Painting at Texas Tech University in Lubbock, Texas. She holds her MFA from the Pennsylvania State University. Her undergraduate studies began in 2003 at Bard College at Simon's Rock and culminated in a BFA from Tufts University with SMFA, Boston, in 2007.

"Henk and I will present a show that is immense in both scale and



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A piece by Ghislaine Fremaux notforsale

content," Fremaux said. "We both draw with fervor, and the stuff of our drawings crosses notions of violence, terror, intimacy, the body, death and social criticism."

Workshops

In addition, Pander and Fremaux will conduct workshops that provide participants with insights and actual hands-on practice of each artist's unique approaches to drawing.

Fremaux's workshop, titled "Know Thyself: Tactile Mapping and Self-Image," is scheduled for 10 a.m. to 3 p.m. Friday, Oct. 13, with a one-hour lunch break and will take place in Room 112 of the Drawing/Painting Studio of the CCC Art Center.

This workshop is free to CCC students enrolled in fall term art classes and open to the public for a \$20 fee. Space is limited; pre-registration is required. For more details, a materials list, and to register, contact Kristin Shauck by phone 503-338-2472, or e-mail kshauck@clatsopcc.edu.

Henk Pander's workshop will be held in the later weeks of fall term (exact time and date to be announced) and will focus on the practice of drawing from the imagination using the medium of quill pen and ink.

The CCC Royal Nebeker Art Gallery and the Drawing/Painting Studio are ADA accessible. Both are located at 1799 Lexington Ave. in Astoria. The gallery hours are 8 a.m. to 5 p.m. Monday through Friday, and on weekends and holidays by appointment only.

For more information, contact Shauck at 503-338-2472.