

On New Year's, free hikes at Oswald West, Sunset Beach

For the seventh year in a row, the Oregon Parks and Recreation Department is partnering with America's State Parks to offer free guided "First Day Hikes" in state parks across Oregon on New Year's Day.

Information about special hikes hosted at Oswald West State Park and Sunset Beach State Recreation Site is below.

Hikers can register for the hikes at the Oregon State Parks Store. Online registration is new this year, though not required, and will help park staff plan and provide them with participant contact information should details change.

Participants should dress in layers, wear sturdy shoes and bring water as well as a camera or binoculars for wildlife viewing.

Share photos of First Day Hikes via Twitter and Instagram by using the hashtag #ORfirstdayhikes or tagging "Oregon State Parks" on Facebook.



DWIGHT CASWELL PHOTO

Short Sand Beach in Oswald West State Park

Oswald West

The Oswald West hike starts at 10 a.m. at Oswald West Shop.

The 1-mile hike is con-

sidered a relatively easy one. We recommend the hike for children at least 8 years old. The terrain is not suitable for child strollers. Dogs are

permitted on a 6-foot leash.

Hike up to the Kramer Memorial overlooking Short Sand Beach. Learn about Matt Kramer, a reporter for the Associated Press who used his talent to help win the day for Oregonians.

For more information, call 503-368-5943.

Sunset Beach

The Sunset Beach hike starts at 10 a.m. in the Sunset Beach parking lot.

The easy 6-mile hike takes place along the Fort to Sea trail. We recommend this hike for children at least 12 years old. Dogs are permitted on a 6-foot leash, but not child strollers (the trail is narrow and unimproved).

Our trek will include areas of reforested shore dunes, dune lakes, open meadows and areas of maturing pine and spruce forest. We may see elk, blacktail deer, winter bird species and the occasional cow.

For more information, call 503-861-3170.

Yoga teachings: thought-provoking by any stretch

ASTORIA — Clatsop Community College and Fort George Brewery are pleased to announce the 2017-18 first Thursday Ales & Ideas community lectures.

On Jan. 4, Instructor Ute Swerdloff presents "Yoga: More Than a Stretch! Looking to the Ancient Texts." Doors open with food and beverage service at 6 p.m. Seasonal beers will be on tap, and food and additional beverages will be available for purchase (but no purchase is required).

The Fort George Lovell Showroom is located at 14th and Duane streets in Astoria. Minors are welcome. Come explore the transformative power of yoga as experienced by the ancients in ways that still have relevance today.

With the arrival of the New Year, many people are looking for ways to improve their lives. Enhancing physical health and mental well-being tops the list for many. Yoga and meditation are practices that serve that need.

Yoga, at least the physical aspect, has enjoyed great popularity in recent years. Millions of Americans participate in the practice of some form of yoga. For most people, yoga has become synonymous with physical flexibility and stretching — a means to address their aches and pains, or to reduce stress, or to improve their waistlines.

However, this physical aspect is only one limb of the discipline of yoga. Swerdloff will describe how yoga includes social and individual ethical



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Instructor Ute Swerdloff

principles, along with the physical practice and breath control to make the practitioner more fit to become spiritually aware.

Her presentation seeks to paint a more complete picture of yoga, its paths and goals as disclosed in the Upanishads, Bhagavad Gita and Patanjali's yoga sutras. Looking to the ancient texts offers thought-provoking treasures that point in the direction of practice, self-inquiry and surrender to a higher reality.

Swerdloff will help audience members conceive of yoga in a whole new way, perhaps as a full-spectrum health agent with potential for a transformative experience involving the entire being: body, mind and spirit.

Swerdloff is a long-time yoga practitioner and teacher. Her apprenticeship to become a certified Iyengar Yoga teacher has ignited her passion for the history and philosophy of yoga. She teaches yoga at Clatsop Community College. She also presents "Stand Up & Stretch" on Coast Community Radio.

A very Dragalution New Year's Eve

ASTORIA — Come join your Dragalution family and friends as we put on a show to ring out the old and usher in the new at the Columbian Theater in Astoria 10 p.m. Sunday, Dec. 31. Doors open at 9:30 p.m. Admission is \$15 cash at the door. Only people 21 and older may attend.

The party will be hosted by Daylight Cums and Dida DeAngelis, with musical numbers by the Cums Family, the belly dancers of the Astoria Arts & Movement Center;

solos by Teri Yuki, Ginger Vitus, Annie DePressant, Arty Choke; songs sung by Dinah Urell, Walter Trumbull, Martin Buel, Daric Moore, Richard Bowman, Kevin Violette, Deac Guidi and Dida DeAngelis; and musical beats by DJ imcodefour.

We have a fun night planned and can't wait to celebrate with you. So get ready to dress to express, and share in an evening of love and celebration as we step into the new year!



ELLY CONDIT PHOTO

The stars of Dragalution