



COURTESY ASTORIA HIGH SCHOOL

In November 2017, students from Astoria High School and Walldorf, Germany, have fun at the South Jetty on the Columbia River.

A GERMAN FEAST AT ASTORIA HIGH SCHOOL

ASTORIA — The Astoria Walldorf Exchange Program at Astoria High School is offering an authentic German dinner and silent auction 6:30 p.m. Saturday, Jan. 27, in the Astoria High School Commons.

While enjoying bratwurst (German sausage), spaetzel (noodles) and sauer kraut schweinbraten (pork roast) among other delicious menu options, you can bid on many amazing items from local business and beyond.

There will also be a raffle drawing for a seven-day, six-night Alaskan cruise for two. The cost for the dinner is \$20 for adults and \$15 for children. Tickets are available at Astoria High School.

This event is the main fundraiser for students hoping to travel to Walldorf, Germany, during spring break this year, as well as part of Megan Schacher and Andrew Schauermaann's Senior Project. Cruise raffle tickets are also available for \$20 at the high school.

Sister cities since 1963, Astoria and Walldorf high schools have partnered

together, under the direction of Jim Pierce for the past 13 years, to create this one-of-a-kind hosting and travel exchange for students. For one week in the fall, Astoria High School students host Walldorf students in their home, which allows them to experience American high school, family life and our unique coastal community. Our local students then travel to Germany in the spring, to stay with a Walldorf family, where they also attend school, experience a new culture and represent Astoria as student ambassadors.

If you would like to donate to the program, donate a silent auction item, or attend the dinner, please stop by the high school Monday through Friday 7:30 a.m. to 4 p.m., or contact Tiffany Ploghoft at Astoria High School (503-325-3911).

You can also mail donations to Astoria High School: Attn: Astoria Walldorf Trip 1100 W. Marine Drive, Astoria, OR 97103.

Be sure to check out Megan and Andrew's website at astoriahighseniorproject.com.

Meriwether Lewis: soldier, explorer ... botanist?

FORT CLATSOP — Lewis and Clark National Historical Park, Fort Clatsop, is pleased to announce the next In Their Footsteps free speaker series event. "Altho' no regular botanist' — Jefferson," by Carol Lucas, will be 1 p.m. Sunday, Jan. 21.

It would have been customary for Jefferson to have sent a botanist on the Lewis and Clark Expedition. One of the many purposes of the trip was to assess what resources, including plants, were in the lands to the west. President Thomas Jefferson knew Meriwether Lewis and that, "Altho' no regular botanist," Lewis had the ability to catalog plant discoveries, due mostly to his herbal knowledge.

Lewis' mother was the local, well-respected healer and herbalist. So, in addition to identification, he had valuable healing knowledge of plants that an orthodox physician of his day might not possess. And there was no doctor on the trip.

Lucas, an herbalist in Gearhart, considers herself a "plant person." She became serious about medicinal herbs after having a major turnaround in a serious health crisis, for which conventional medicine had no answers. A search for good schooling led her to Nature's Sunshine Products and their extensive educational system.

Since 1989, Lucas has been a Nature's Sunshine Manager, mentoring those who just want more health and vitality, and those who want to become professional herbalists. She is a member of Gearhart



COURTESY LEWIS AND CLARK NATIONAL HISTORICAL PARK

A sketch of an Oregon Grape from Lewis and Clark's journals

CERT (Community Emergency Response Team), where she teaches people how to use what grows around them at times when a doctor can't be reached or may be out of medicines. She continues regular herbal study and hopes to bring a nationwide workshop on herbal use in emergencies to Clatsop County.

In Their Footsteps is a monthly Sunday forum sponsored by the Lewis & Clark National Park Association and the park. These programs are held in the Netul River Room of Fort Clatsop's visitor center and are free of charge.

For more information, call the park at 503-861-2471, or check out nps.gov/lewi, or Lewis and Clark National Historical Park on Facebook.

Get your fix at Repair Cafe



COLIN MURPHEY PHOTO
Harold Gable sharpens a knife at a Repair Cafe event in Warrenton.

ASTORIA — Repair Cafe will once again convene at the Fort George Brewery's Lovell Showroom to fix items — anything one person can carry in — 6 to 8 p.m. Wednesday, Jan. 24.

Repair Astoria hosts free monthly repair events that bring people with broken stuff together with people who know how to fix it. These include opportunities for mending, bike repair, knife and scissor sharpening, general small appliance repair, electronics repair and

other items you can carry in.

The Lovell Showroom is located at the corner of Duane and 14th streets. The Taproom will be open for beer and food purchases during the Repair Cafe.

Join us to help create a community around skill sharing, repairs and diverting stuff from entering our landfills.

Feel free to contact us in advance of the event if you have a questions about an item for repair: 503-307-0834 darlywelch@mac.com. Find us on Facebook.