



COURTESY HAYSTACK ROCK AWARENESS PROGRAM

A Haystack Rock Awareness Program member (far left) and visitors observe the great sea stack of Cannon Beach.

Become an HRAP volunteer this upcoming beach season!

CANNON BEACH — Join an upcoming Haystack Rock Awareness Program training session — held 8 a.m. to 1:30 p.m. Saturday, April 7, at the City of Cannon Beach (163 E. Gower St.) — to become a volunteer environmental interpreter for our beach programs.

This event is free and open to interested parties wanting to actively participate with our program. Pastries, refreshments and light lunch will be provided.

This will be the first training event this year. If you are unable to attend, you can still sign up as a volunteer at any time; individualized training is available throughout the beach season. Our program is not limited to area residents, nor do we have a monthly time commitment.

This year, participants qualify for continuing education credits that can be done directly through Clatsop Community College for a small fee.

HRAP is entering its 33rd season on the beach and has educated more than one million visitors and thousands of students over the years. The program's mission is to protect, through education, the intertidal and bird ecology of the Marine Garden and National Wildlife Refuge at Haystack Rock.

We have a diverse and unique mix of volunteers whose backgrounds vary widely. We aim to promote positivity in our educational and citizen science programs, as well as a keen sense of stewardship.

Anyone, of any age,

with a love of nature and an interest in the coastal environment is encouraged to participate. Be part of this wonderful institution!

If you have questions or comments, or would like to RSVP, contact Lisa Habecker, HRAP education and volunteer coordinator, at 503-436-8064 or email habecker@ci.cannon-beach.or.us.



COURTESY KATHLEEN HUDSON

An aquanastics class

Aquanastics classes offered this spring

ASTORIA — Clatsop Community College offers aquanastics classes at KOA's indoor pool for men and women. This water fitness class is energizing and strengthening yet gentle on the joints. The exercises are designed to increase range of motion, flexibility and cardiovascular fitness.

Swimming ability is not required. Class is conducted in a heated pool 3 to 5 feet deep. It is the only pool in Clatsop County with salt water.

Classes are offered 8:10 to 9 a.m. and 9:10 to 10 a.m. Monday and Wednesday from Monday, April 9, to Wednesday, May 9. (Please note the new times and change of days.)

Kathleen Hudson, a

water exercise professional, will lead the class.

The KOA Campground (1100 Ridge Road) in Hammond provides hot showers, restrooms and a hot tub to relax the muscles after class. There is no additional fee to use the

pool. Parking tags need to be picked up at the KOA office for your vehicle. There is no charge.

Only 12 students can attend these classes. The cost is \$25 for the 10 classes. Call the college at 503 338-2402 to register.

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