

Author Langdon Cook talks wild salmon at Seaside library

SEASIDE — Join us 7 p.m. Thursday, April 5, as the Friends of the Seaside Library welcome Langdon Cook, author of “Upstream: Searching for Wild Salmon from River to Table.” The event will take place in the Seaside Public Library’s Community Room. There will be book sales and signings.

Langdon Cook goes in search of the salmon in “Upstream,” an in-depth look at how these beloved fish have nourished humankind through the ages and why their destiny is so closely tied to our own. Cook journeys up and down salmon country, from the glacial rivers of Alaska to the rainforests of the Pacific Northwest to California’s Central Valley and a wealth of places in between. Reporting from remote coastlines and busy city streets, he follows today’s commercial pipeline from fisherman’s net to corporate

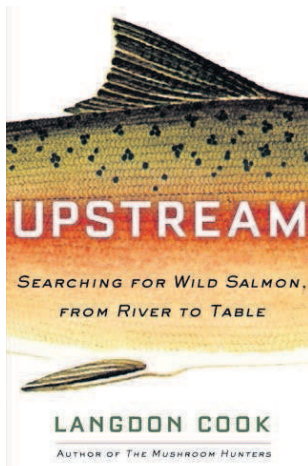


PHOTOS COURTESY
SEASIDE PUBLIC LIBRARY

Author Langdon Cook

seafood vendor to boutique marketplace.

But salmon are more than food. They are game fish, wildlife spectacle, sacred totem and inspiration — and their fate is largely in our hands. Cook introduces us to tribal fishermen handing down an age-old tradition, sport anglers seeking adventure and a renewed connection to the



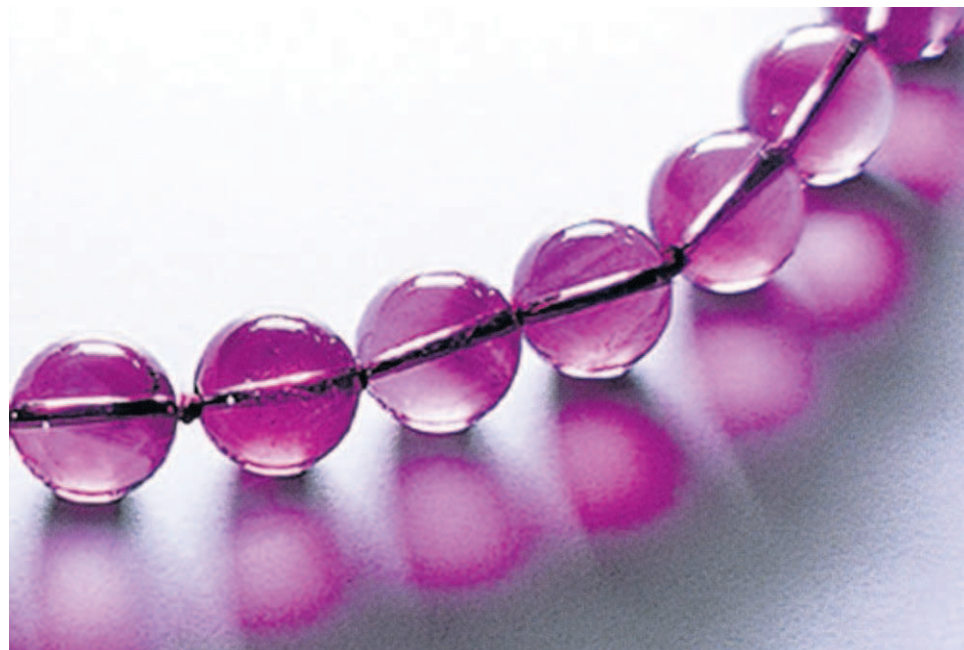
“Upstream” cover

wild, and scientists working tirelessly to restore salmon runs.

In sharing their stories, Cook covers all sides of the debate: the legacy of overfishing and industrial development; the conflicts between fishermen and environmentalists, and the longstanding battle lines of science versus politics, wilderness versus civilization. Cook offers an absorbing portrait of a remarkable fish and the many obstacles it faces, while taking us on a fast-paced fishing trip through salmon country. “Upstream” is an essential look at the intersection of man, food and nature.

Langdon Cook was a senior book editor at Amazon.com until 2004, when he left the corporate world to live in a cabin off the grid with his wife and son. Now a freelance writer and editor, Langdon has written for the San Francisco Bay Guardian, Outside, Seattle Metropolitan and Conservation Magazine.

The Seaside Public Library is located at 1131 Broadway St. For more information, call 503-738-6742 or visit seasidelibrary.org.



COURTESY ANN ROBBERN DOTT

Gemstones

Gemstone healing workshop focuses on amethyst, onyx, rose quartz

ASTORIA — If you would like to feel more calm, relaxed and grounded while learning something new, this workshop is for you.

From 10 a.m. to noon, Saturday, March 31, Ann Robben Dott will teach a gemstone healing workshop at Yoga Gypsy

Studio (399 31 St.). The focus will be on amethyst and soothing the nervous system, onyx and grounding all aspects of the self, and rose quartz for the emotions. There will be therapeutic quality examples used in this workshop.

Ann Robben Dott has had a lifelong love of gemstones and has worked with energy medicine for more than 30 years.

The cost of the workshop is \$40. Register by calling 503-791-3365, or email awakeningwonder@outlook.com.

For the health of it, check out wellness seminar

ASTORIA — The Lower Columbia Human Resources Management Association proudly presents Peggy Stevens, co-founder of RiversZen Fitness, Stretching, and Yoga.

Stevens will present a seminar titled “Workplace Wellness: Move Well, Stay Healthy, Be Happy at Any Age,” 11:30 a.m. to 1 p.m. Wednesday, April 4, at Fort George Brewery (1483 Duane St.).

Wellness in the workplace and self-care go hand-in-hand. Long periods of sitting, poor



COURTESY LOWER COLUMBIA
HUMAN RESOURCES MANAGEMENT
ASSOCIATION

Peggy Stevens, co-founder of RiversZen Fitness, Stretching, and Yoga

body mechanics and bad

breathing techniques have a negative effect on your company’s bottom line. This session will share simple things any business can do to support the health of employees.

Anyone interested is welcome to attend. Register at lchirma.org. The cost, which includes lunch, is \$20 for association members, \$25 for nonmembers, \$15 for students.

Cancellations must be made no later than 5 p.m. Monday, April 2, for a full refund.

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Sunday shows start at 3:00p.m.



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