

Local columnist leads women's writing retreat

MANZANITA — Gail Frank, a former columnist for the North Coast Citizen, will teach a "Creative Journeys" women's writing retreat, 9 a.m. to 3 p.m. Saturday, Aug. 25, at the Center for Contemplative Arts at Underhill Plaza in Manzanita. The cost is \$50.

In her book, "Gift From the Sea," Anne Morrow Lindbergh tells us "Patience, patience, patience is what the sea teaches. Patience and faith."

Drawing from Lindbergh's book and using short journal prompts, we will explore themes of creativity, personal space, inner peace and finding balance and harmony in our lives.

This one-day workshop is for all levels of writers, including beginners. If you want to make a difference in your own life or in the world, consider exploring the transformative power of words, writing what you alone can say in your own powerful voice. Whether

you're in need of inspiration and renewal, or simply want to undo the silence you've fostered most of your life, now is the time to begin.

To register or for more information, call Frank at 503-801-1238, or contact her at gailbarbara@mac.com. Early enrollment is advised as seating is limited. A \$25 nonrefundable deposit is required to reserve a space. Participants should bring a journal or notebook and pens, a sack lunch or cash to order out.

Frank, who wrote her North Coast Citizen column under the name Gail Balden, is a writer, educator and activist. After living 25 years on the Oregon Coast, she now divides her time between the Oregon Coast and Arizona, where she lives 40 miles from the U.S.-Mexico border. She is a member of the Green Valley-Sahuarita Samaritans and currently writes about immigration and border issues.

Encore block party offers Friday fun

GEARHART — Join Encore Dance Studio for a fun-in-the-sun block party, 4 to 6 p.m. Friday, Aug. 17.

Jump in a Disney "Frozen" bouncy house, practice your tumbling skills on our obstacle course, meet the teachers, enjoy some popcorn and

tour the studio and Born to Entertain Preschool.

While you're here, learn about our fall program and register for classes! This is also a donation event.

We encourage all dancers in the community to bring in any used or new dancewear and shoes so that all

students can dance without financial barriers holding them back.

We'll see you at the studio in Gearhart, located at 3631 U.S. Highway 101 North.

For questions, contact us at getyoudancing@gmail.com or 503-717-1637.

'Leave It to Beavers' screened in Manzanita

NEHALEM — Join Lower Nehalem Watershed Council and Lower Nehalem Community Trust for Movie Night in the barn at Alder Creek Farm!

Settle in for a fun and educational evening, 7 p.m. Saturday, Aug. 18.

"Leave It to Beavers" is an hour-long PBS documentary examining beavers in a new light.

A growing number of scientists and conservationists have come to regard beavers as overlooked tools when it comes to reversing the effects of global warming and worldwide water shortages.

Once valued for their fur

and hunted as pests, these industrious rodents are seen through the eyes of this novel assembly of beaver enthusiasts and "employers" who reveal the ways in which the presence of beavers can transform and revive landscapes.

Using their skills as natural builders and brilliant hydro-engineers, beavers are being recruited to accomplish everything from finding water in a bone-dry desert to recharging water tables and coaxing life back into damaged lands.

The film is suitable for all ages. It contains heartwarming stories of how

people have helped beavers reestablish themselves in habitats once decimated by human activities.

Bring a comfy camp chair and settle in to learn about these fascinating builders and brilliant hydro-engineers.

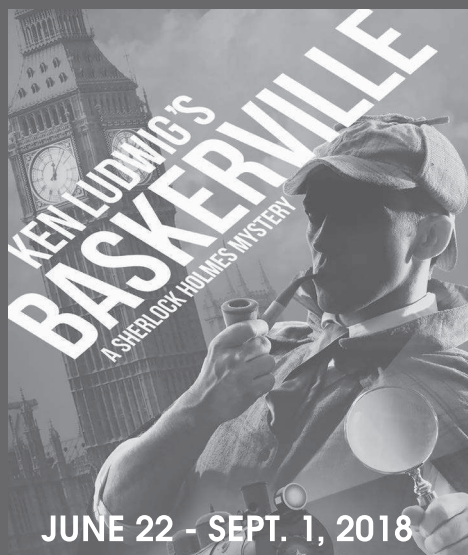
Alder Creek Farm is at 35955 Underhill Lane.

For more information on the exhibit and additional activities, check the LNWC Facebook page at facebook.com/lnwc1 and The Wetland's Conservancy website at wetlandsconservancy.org.

Crossword Answers

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THE COASTER THEATRE PLAYHOUSE PRESENTS

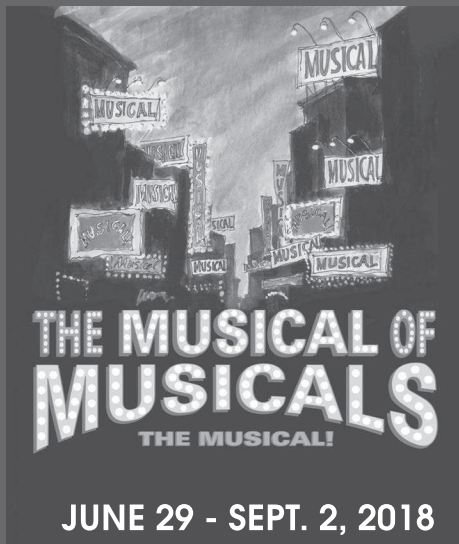


108 N Hemlock Street,
Cannon Beach, OR

Tickets: 503-436-1242 or
coastertheatre.com

ALL PERFORMANCES
BEGIN AT 7:30 P.M.

TICKETS: \$20 OR \$25



JUNE 29 - SEPT. 2, 2018

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