

STAY IN THE LOOP!

FORT CLATSOP — Lewis and Clark National Historical Park hosts the ninth annual South Clatsop Slough Scramble on National Public Lands Day, 9 a.m. Saturday, Sept. 22. The event is free.

The start/finish line will be at the park's Netul Landing, approximately 1 and a half miles south of Fort Clatsop.

Free registration is from 8 to 8:45 a.m. at Netul Landing. Participants younger than 18 must have a parent or guardian sign their registration.

Come for either a roughly 5K walk/run or 10K run along the park's trails. Both loops will take participants along the ups and downs of the South Slough Trail, into the coastal hills and along the Lewis and Clark River.

The routes cross a num-



COURTESY LEWIS AND CLARK NATIONAL HISTORICAL PARK
The 2017 South Clatsop Slough Scramble at Lewis and Clark National Historical Park.

ber of scenic boardwalks and bridges and are not accessible for most wheelchairs or strollers. No pets are allowed on the course during this event.

The first runners to complete each course will be awarded a prize. All 5K/10K participants will be entered in a prize drawing.

National Public Lands Day is an annual event to encourage everyone to

visit outdoor sites such as national parks. This year's theme is "resilience and restoration." Admission to all National Park Service sites is free Sept. 22.

This Lewis & Clark Trail Run is sponsored by the Lewis & Clark National Park Association.

For more information, call the park at 503-861-2471, visit nps.gov/lewi or find the park on Facebook.

Paints, doodles, dances at Sou'wester

SEAVIEW, WASH. — The Sou'wester Lodge offers a host of workshops in September as part of its fall/winter workshop series.

Pet painting

Instructor Cindy Geffel teaches a "Paint Your Pet" workshop from 11 a.m. to 3 p.m. Wednesday, Sept. 19, and 11 a.m. to 3 p.m. Thursday, Sept. 20.

Paint a 16-inch by 20-inch canvas of your pet or favorite animal with acrylic paint. Geffel will guide you to create an original portrait of your best friend. All materials, including paint, canvas and easels, are provided.

Bring an 8-inch by 11-inch photo of the animal; shoulders and head shot will get the best results. The photo should already be printed; the Sou'wester cannot print the image for you.

Geffel has more than 20 years' experience of painting instruction, including paint parties and events.

Each "Paint Your Pet" class is \$30, plus an \$8 materials fee paid directly to the instructor.

Wear clothes that are OK to get paint on. Bring a sack lunch or snack. Coffee and tea will be provided.

This workshop is for students 11 and up; 12 students max.

Doodlin'

Cynthia Mosser teaches "Doodling for Creativity" 1 to 3 p.m. Saturday, Sept. 22.

The class will involve guided doodling, allowing your pen to wander without judgment, even using a meaningful word or shape around which to begin. Perfection isn't the goal, but a process of discovery and exploration. By the end of the class, you may have a project in mind, or an idea for a piece of art.



PHOTOS COURTESY SOU'WESTER LODGE

CLOCKWISE FROM TOP LEFT: Cindy Geffel hosts a 'Paint Your Pet' workshop at the Sou'wester Lodge. A pet painting. Sarah Brahim teaches dance therapy. Artist Cynthia Mosser.



Bring an 8.5-inch by 11-inch sketchbook and a pen or pencil. Coffee and tea will be provided.

Mosser received a B.A. in Art History from Whitman College in Walla Walla, Wash., and attended Pratt Institute in Brooklyn, New York. She is represented by the Augen Gallery in Portland.

The class is \$20, plus a \$2 materials fee paid directly to the instructor.

This workshop is for students 18 and up; 20 students max.

There will be an optional meet-and-greet 5 to 7 p.m. Friday, Sept. 21, in the lodge living room.

Dance therapy

Finally, Sarah Brahim leads a class on dance therapy, "Healing Through Movement Practice and Creation," 11 a.m. to 3 p.m. Saturday, Sept. 29.

This workshop will help you find a deeper connection to your body and the way you move. There will be a creative portion of

the class where (weather permitting) we will take movement therapy out into nature. We will also incorporate bodywork and massage to finish the workshop feeling relaxed and refreshed.

Braham grew up studying, choreographing, performing and teaching jazz, ballet and tap in Portland.

Bring water, wear comfortable clothing (warm layers), socks and comfortable shoes. Bring a sack lunch or snack. Coffee and tea will be provided.

The cost is \$40.

This workshop is for students 17 and up.

RSVP at souwesterfrontdesk@gmail.com or 360-642-2542. The Sou'wester Lodge is at 3728 J Place, Seaview, Wash. Visit souwesterlodge.com/calendar to see the full schedule of artist-led workshops.



The Freedom
MARKET

YOUR #1 PREMIER CANNABIS RETAILER

LARGEST SELECTION
FRIENDLY & KNOWLEDGEABLE STAFF
ELITE PRODUCTS

| Ilwaco | Cathlamet - NEW! | Kelso | Longview |
|------------------|------------------|--------------------|--------------|
| (8am - 10pm) | (8am - 10 pm) | (8am - 12am) | (8am - 12am) |
| 360-261-7200 | 360-849-4504 | 360-636-0420 | 360-703-3229 |
| 133 Howerton Ave | 327 WA-4 | 820A West Side Hwy | 971 14th Ave |

WARNING: This product has intoxicating effects and may be habit forming. There may be health risks associated with the consumption of this product. For use only by adults 21 and over. Keep out of reach of children. Marijuana can impair concentration, coordination, and judgement. Do not operate a vehicle or machinery under the influence of this drug.