

'The Real Lewis and Clark Story' sets auditions Saturday, Monday

The Daily Astorian

Auditions for the Astor Street Opry Company's (ASOC) ninth "The Real Lewis and Clark Story, or How the Finns Discovered Astoria" take place from 3 to 6 p.m. Saturday and from 6 to 8 p.m. Monday at the

ASOC Playhouse, 129 W. Bond St.

There are parts for over 26 men and women (ages 17 and older) who can carry a tune and do a little side step.

The parts available include: Meriwether Lewis and William Clark, Ole and Sven the Brew Mas-

ters, Mama Svenson and her girls, Jaynie Barnes, Capt. Bobby Gray, barkeeps and wenches, a master of ceremonies, and the Corps of Discovery.

The show opens March 29 and runs through April 20. Tickets are available at asocplay.com

Shipwreck conference set for Feb. 9

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The Maritime Archaeological Society (MAS) and the Columbia River Maritime Museum have announced the 2019 Columbia River Shipwreck Conference, at 9 a.m. Feb. 9, at the museum, 1792 Marine Drive. The event is free and open to the public.

A variety of speakers present topics on shipwreck

research and discoveries from the Pacific Northwest and around the world. The keynote speaker is archaeologist Dennis Griffin, who discusses the challenges of finding shipwrecks in Oregon including their legal, regulatory and ethical implications.

The afternoon session includes a panel discussion of the Beeswax Wreck. The panel lineup includes: Cam-

eron La Follette, researcher and co-author of the Oregon Historical Quarterly special issue on Oregon's Manila Galleon; Scott Williams, director of the Beeswax Wreck Project; Chris Dewey, MAS president; and Griffin.

For information, go to maritimearchaeological.org/events or email info@maritimearchaeological.org

Super Saturday Workshop hosted by 4-H is open to all

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A free Super Saturday Workshop, open to all 4-H and non-4-H youth, takes place from 9 a.m. to 3 p.m. Feb. 9 at the Clatsop County Fairgrounds.

A fun-filled day is planned doing hands-on activities while learning at the same time and seeing what 4-H has to offer for youth throughout Clatsop County.

Youths ages 5 to 8 can do various crafts, games and art projects to take home. Youths ages 9-19 can attend classes including shotgun, archery, baking, dogs, arts and crafts, science, hand

spinning and more.

Children should dress in layers and wear warm and comfortable shoes for cold, wet weather and physical activities, as there will be some activities held outside.

In lieu of admission fees, donations of nonperishable food for the Clatsop County Food Bank are requested.

Bring a lunch, or lunch is available for \$5. Everyone who wants the \$5 lunch must RSVP by Wednesday; youths 5 to 8 need to RSVP to attend the event because there are limited spaces.

For information, call Jared Delay at 503-325-8573.

Astoria Visual Arts offers free books and more

The Daily Astorian

Astoria Visual Arts (AVA) is doing an early spring cleaning of select books, fashion and sundries.

The items are offered free to the public.

The giveaway runs from noon to 5 p.m. today and Saturday in the AVA Gallery, 1000 Duane St.

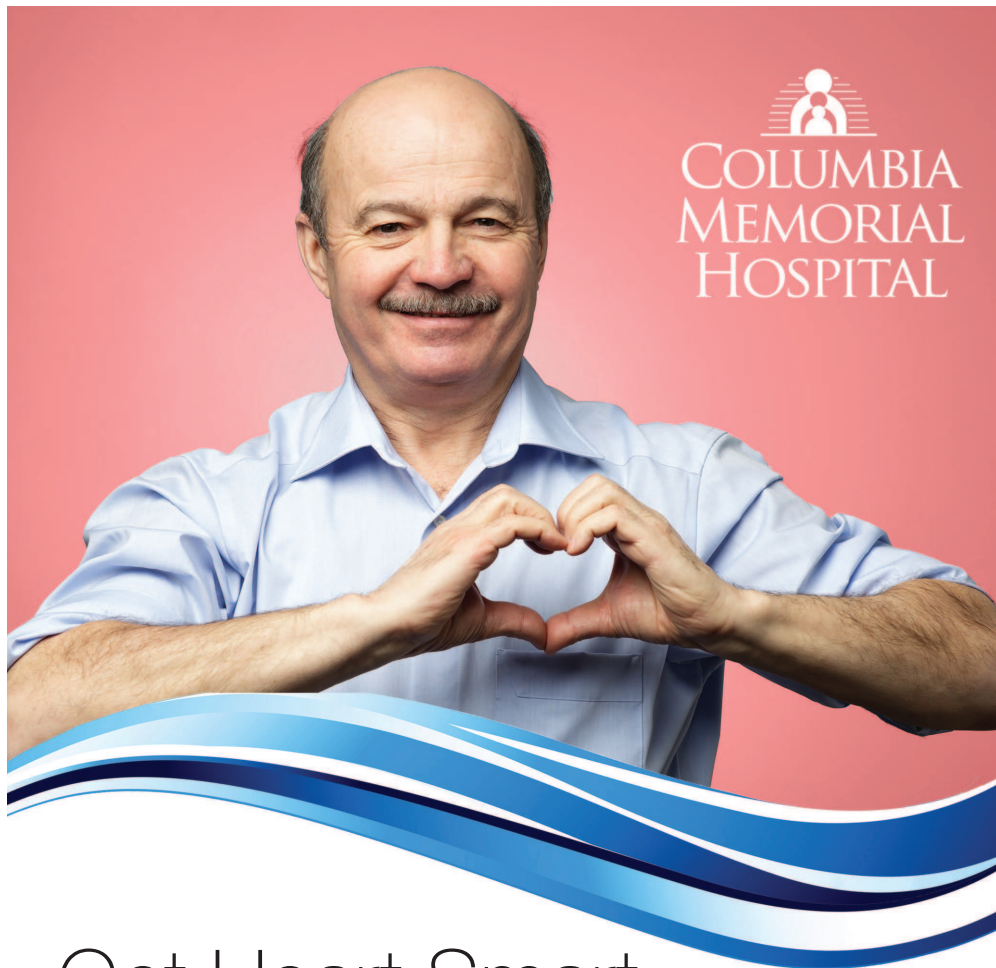
Volunteers, from B2

Providence Seaside Hospital — Needs volunteer drivers for Community Connections, a free program that transports people to services and appointments related to

health and well-being in the Portland-Metro area. Mileage reimbursement available. For information, call 503-717-7171 or email Alana.Kujala@providence.org

Providence Seaside Hospital — Needs volunteers

who enjoy meeting, interacting with and helping people. Opportunities available in the hospital gift shop, café, and as greeters and for spiritual integration. For information, call 503-717-7171 or email Alana.Kujala@providence.org



Get Heart Smart

February is American Heart Month and CMH reminds you to focus on your heart. Here are three heart-friendly actions you can take today.

- 1. Be active.** Escape the rainy, cold weather by moving your exercise routine indoors.
- 2. Mind your food.** Skip high-sodium packaged foods and choose fresh, low-salt foods like fresh or frozen fruits and veggies.
- 3. Invite a friend.** Your mood impacts your heart health, so reach out to friends, family and healthcare providers, if you are feeling blue.

CMH is here to help you make new, heart-healthy habits. Join a class or support group.

columbiamemorial.org/events/

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