



The Daily Astorian

Take part in a Daddy Daughter Dance at the Seaside Convention Center. New this year: the Mother Son Dance.

Move your feet, daddies and daughters, mothers and sons

SEASIDE — The Sunset Empire Park & Recreation District (SEPRD) is hosting one of its favorite events, The Daddy Daughter Dance, and a brand new event: The Mother Son Dance.

Dance the night away with a DJ, eat tasty food, play fun games, get your photo taken at the photo booth, learn a dance from dance instructors, participate in a raffle and, most importantly, make lasting memories.

The Mother Son Dance will be held 6 to 8 p.m. Friday, Feb. 8. The Daddy Daughter Dance will be the

following night 6 to 8 p.m. Saturday, Feb. 9. Both events will be held at the Seaside Civic & Convention Center, 1140 Broadway St.

The cost is \$25 per couple and \$5 for each additional child. Register at the door or online at sunsetempire.com. Space is limited and fills up quickly, so register soon.

This event is sponsored by TLC Fibre Federal Credit Union and Lum's Auto Center.

For more information about this event and others, visit sunsetempire.com or call 503-738-3311.

Close encounters of the bird kind

FORT STEVENS — Join a state Park Ranger to look for and identify birds at two upcoming bird walks.

• 9 a.m. Saturday, Feb. 9, on the Fort to Sea Trail. Meet at the trailhead at Sunset Beach.

• 9 a.m. Saturday, Feb. 23, at Old Fort Stevens. Meet at the Fort Stevens Museum. There is a \$5 day use fee.

No birding experience is required. Experts are welcome to come share their knowledge. Binoculars are recommended, and we have



Fort Stevens State Park

Birdie.

a few pairs to use.

For more information, contact Dane Osis: 503-861-3170 ext. 41 or dane.osis@oregon.gov.

Replant a forest along Necanicum River



North Coast Land Conservancy

North Coast Land Conservancy volunteer Steve Warner of Seaside pauses while hand-pulling knotweed at Necanicum Forest Habitat Reserve.

North Coast Land Conservancy has been working to remove invasive Japanese knotweed at the Necanicum Forest Habitat Reserve, adjoining Klootch Creek County Park outside Seaside.

From 10 a.m. to 1 p.m. Wednesday, Feb. 13, volunteers are invited to help plant native trees and shrubs at the site, to maintain the gains the conservancy has made in this beautiful second-growth forest along the Necanicum River.

Japanese knotweed grows fast and tall — 6 to 12 feet — quickly shading out native trees that keep streams cool and stabilize stream banks. Hand-pull-

ing can be effective on small populations of knotweed when done regularly, as a dedicated corps of NCLC volunteers has done.

People interested in helping can email Stewardship Director Melissa Reich at melissar@NCLCtrust.org or call her at 503-738-9126. She will provide directions to the site and will notify volunteers if severe weather causes a change of schedule.

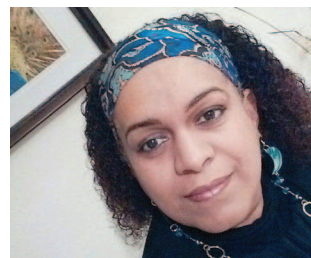
Volunteers should wear gloves and work boots. NCLC will supply the necessary tools. Bring water and snacks or a lunch. There is no potable water at the site, and no toilets. Dogs are not allowed on any Land Conservancy properties.

Women, register now for free WINGS conference

ASTORIA — The Astoria and Seaside Branches of American Association of University Women (AAUW) and Clatsop Community College are offering women in our area the opportunity to attend a free award-winning conference about returning to education.

The 2019 WINGS Conference takes place 8 a.m. to 3:30 p.m. Saturday, Feb. 9, in Columbia Hall, 1651 Lexington Ave.

The daylong conference is free to all women wanting to return to school to gain skills to enrich their lives. Women may return to earn their GED, to start or finish vocational certificates or college degrees, to develop new job skills or train for a new career. College staff will provide information about admissions, scholarships, financial aid, support programs, career planning, nontraditional careers, conquering math anxiety, distance learning and more.



American Association of University Women

Gudelia Contreras assists as a translator at the 2019 WINGS Conference.

Gudelia Contreras will offer real-time Spanish translation with earphones for our Latina attendees.

Free breakfast and lunch are included. Free day care is provided on site for children under 12.

Now in its 17th year, WINGS has helped more than 800 local women return to school.

For more information or to register, go to www.clatsopcc.edu or call 503-717-1852. Preregistration is required.

Change your mind, change your habits

SEASIDE — At 1 p.m., Saturday, Feb. 16, the Friends of the Seaside Library will host certified health coach Jenn Visser. The event will take place in the library's Community Room.

Have you tried to change your habits and failed? It's not because you're a willpower weakling — it's because you're only focusing on the action part of the habit.

Habits are the automatic behavior created by the world we live in. They are patterns in the subconscious, which accounts for 95 percent of our thinking. Trying to change a habit with just the action piece is like a tug of war with 95 percent of the team on the other side. To change a habit, you have to change your beliefs, thoughts, words and emotions tied to that habit.

In this presentation,



Seaside Public Library

Jenn Visser, certified health coach.

you'll learn how to recognize and change many parts of a habit so you can live your most awesome life.

Visser, a Seaside resident, specializes in the psychology of habits. She is the founder and owner of the Healthy Hub Wellness Center.

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