

SEE+DO



## Thursday, Feb. 21

**Eating for a Healthy Heart**

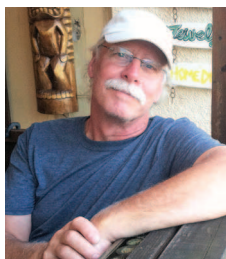
3 p.m., Providence Seaside Hospital, 725 S. Wahanna Road, Education Room A, Seaside, 503-717-7060. Join Providence Seaside registered dietitian, Beth Schwenk, RD, LD, to learn practical tips and advice on how you can make the most of your eating habits so it's heart smart. Enjoy tasty food samples and door prizes.

**Tech Tutoring**

3:30 p.m., Ilwaco Timberland Regional Library, 151 First Ave. North, Ilwaco, Wash., 360-642-3906. Bring your technology questions for a one-on-one help session with a volunteer Teen Tech Tutor. Use library computers or your own devices to get an email address, browse the internet, download books and more.

**Salty Talks**

6:30 p.m., Salt Hotel & Pub, 147 Howerton Ave., Ilwaco, Wash., 800-875-6807. Marty Bennett of Bennett Boats knows what it takes to manufacture vessels for this area.



Watt Childress

**Chuck Willer,**  
executive director  
of the Coast Range  
Association.

Marty will discuss the design and building elements that make boats safe and perform well in the wild, local waters of the Columbia Pacific.

**Ecology Speaker Series**

7 p.m., Clatsop Community College, 1651 Lexington Ave., Astoria, 503-325-0910. New Green Deal and Oregon's Stream Protection Laws. Chuck Willer, director of The Coast Range Association, discusses how the New Green Deal applies to Clatsop County's high-density carbon forests. Mary Scurlock, policy and technical consultant for the Oregon Stream Protection Coalition presents "Private Forests, Public Water:

## Friday, Feb. 22



Bob Kroll

From left: Gigi Chadwick, Rick Grey and Sheila Shaffer rehearse a scene from 'Vanya and Sonia and Masha and Spike.'

**FisherPoets Gathering**

5 p.m., The FisherPoets Gathering, 144 11th St., Astoria, 503-325-6975. FisherPoets read and perform at different venues in Astoria.

**Wise Women Gathering**

6:30 p.m., Astoria Arts and Movement Center, 342 10th St,

Astoria, call 503-791-5657, \$20 suggested donation. Female/female identified welcome. No children.

**"Little Shop of Horrors"**

7 p.m., Seaside High School cafetorium, 1901 N. Holladay Drive, Seaside, 503-738-5586, 503-396-9790 for special needs seating, tickets at the

door, \$10 adults, \$8 students and seniors, \$6 SHS students with ASB cards and children under 12. The classic musical horror/comedy about a

killer plant from outer space.

**"Vanya and Sonia and Masha and Spike"**

7 p.m., Coaster The-

atre Playhouse, 108 N. Hemlock St., Cannon Beach, 503-436-1242, \$20-\$25. Middle-aged siblings Vanya and Sonia share a home in Bucks County, Pennsylvania, where they bicker and complain about the mediocrity of their middle-aged lives. When their successful, movie-star sister, Masha, swoops in with her new boy toy, the household is

thrown into upheaval as everyone gets swept up in lust, rivalry, regret and the sudden possibility of escape.

**Manzanita Film Series**

7:30 p.m., "Vicious," Friday Night Flicks at the Hoffman Center, 594 Laneda Ave., Manzanita, \$5. Horror film made in Portland.



Coast Weekend editor suggested events

*Coast Weekend welcomes comments and contributions from readers. New items for publication consideration must be submitted by 10 a.m. Tuesday, one week and two days before publication.*