

Go on a guided nature walk

Learn about area's trees and shrubs April 20

ASTORIA — A for-ester-guided informational nature walk will be held 10 to 11:30 a.m. Saturday, April 20, at the Demonstration Forest, located on Oregon Department of Forestry grounds.

This is an opportunity to learn about the trees and shrubs of this area, as well as working forest management practices by the Department of Forestry.

This nature walk covers a short distance and is open to the public. The trail will go through forested sections that are not ADA-friendly.

If you are interested in attending, arrive at about 9:45 a.m. at 92219 Oregon Highway 202, Astoria. Follow the signs from Highway 202 just beyond milepost 4. Meet us at the upper parking lot by the forestry building.

For questions, call 503-325-5451.

Land Conservancy, the public gather for The Forest Remembers

Memorial to loved ones lost held April 27

SEASIDE — Each year the staff, board and volunteers of North Coast Land Conservancy gather in the memorial grove at NCLC's Circle Creek Conservation Center for a program called The Forest Remembers, honoring friends and loved ones who have passed away.

The public is invited to take part in this annual ritual, 11:30 a.m. to 1 p.m. Saturday, April 27. Participants gather at the big barn and walk to the nearby grove of ancient Sitka spruces. There, names of all those who have been honored with memorial gifts to Land Conservancy throughout the conservancy's 33-year history are read aloud.

The event is a reminder of our connections to the

land and to the human community. Refreshments are served. Many participants take this opportunity to walk the nearby Legacy Loop trail that winds through the Sitka spruce forest at the base of Tillamook Head. Find more details at NCLCtrust.org.

Circle Creek Conservation Center is south of downtown Seaside. To reach Circle Creek from U.S. Highway 101, look for Rippet Road on the west side of the highway 0.7 miles north of the junction with U.S. Route 26. Turn onto Rippet Road and follow it west and north for 0.5 miles, passing a gravel quarry on the left, to where it ends between two barns.

Photo exhibit captures life on Puget Island Farm

Opening reception held April 20

SKAMOKAWA, Wash. — Friends of Skamokawa is pleased to announce "Farm & Flowers," a photography exhibit in Skamokawa's historic 1894 Schoolhouse/River Life Interpretive Center, 1394 Washington State Route 4.

The open reception will be held 3 to 5 p.m. Saturday, April 20, followed up by a concert featuring Skamokawa Swamp Opera

(see related story).

Capturing the intensity of the natural world, from the vast to the minuscule, photographer-farmers Desiree East Craven, of Backwater Farm, and Brian Winner, of Blue Skies Farm, document the true essence of life on a Puget Island Farm.



Friends of Skamokawa Foundation
A photography by farmer Desiree East Craven.

Seaside library guest gets straight to the point

SEASIDE — At 1 p.m. Saturday, April 27, the Friends of the Seaside Library will host acupuncturist and herbalist Katherine Stewart. The event is free and takes place in the library's Community Room. Sign-up is not required.



Katherine Stewart

Acupuncturists are trained in a traditional form of Chinese medicine that involves inserting thin, sterile needles into various points of the body to relieve pain, promote healing and improve physical, mental and emotional well-being. These body points are thought to correspond with energy channels stimulated during treatments and are considered pathways to a life-energy force called Qi.

The most commonly reported use of acupuncture is for back pain, joint and neck pain, and headache. Acupuncturists are highly regulated in the U.S. by the National Certification Commission for

Acupuncture and Oriental Medicine, and the needles are regulated by the FDA. According to a 2017 National Health Survey, an estimated 3.1 million adults and 150,000 children in the U.S. used acupuncture the previous year.

Katherine Stewart is a licensed acupuncturist and herbalist and has been in practice for 29 years. At this event, she will explain the techniques and benefits of acupuncture and give a demonstration of how the process is done.

Seaside Public Library is at 1131 Broadway St. For more information, call 503-738-6742 or visit seasidelibrary.org and facebook.com/seasidepubliclibrary.

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