

Shake a tail, or two, in this run

SKAMOKAWA, Wash. — The 35th annual Great White Tail Run starts at 10 a.m. Saturday, May 18. This event, sponsored by Wahkiakum 4-H, features a 10K, 5K and 2-mile course through the Julia Butler Hansen National Refuge in Skamokawa.

Recognition is given for overall female and male winners in each event. Ribbons will go to the top three finishers in each age division.

Registration and pre-run

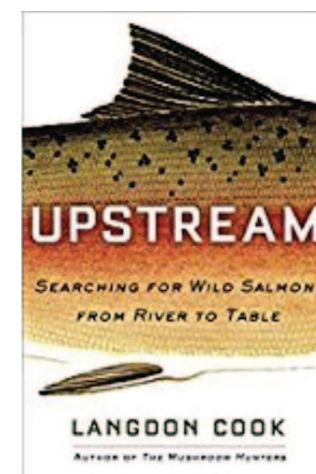
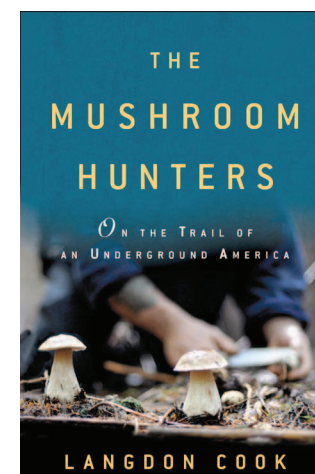
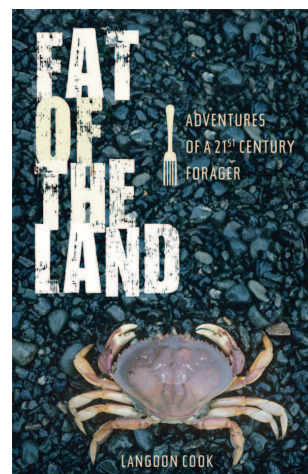
registration packet pickup begins at 8:30 a.m. at Skamokawa Vista Park. Fees: Pre-run \$10 without shirt, \$20 with shirt. Run day \$12 without shirt, \$25 with shirt. Add \$1 if you are bringing your dog and want to compete for an award in this division. Family or youth group discount: First two entries of immediate family/group regular price, each additional entry is \$3 off regular price. Mail in entries must be received by May 17.

Official Dog Rules: Socialized dogs only. Dogs should be at least 6 months old with current vaccinations. Dogs must be on leash at all times and stay on designated course. Female dogs in season are not permitted.

Proceeds will be used to benefit the Wahkiakum 4-H program.

Registration forms can be found at <http://bit.ly/2VolR9P>

For more information call 360-465-2275, 360-795-3278 or email carol.ervest@gmail.com.



Wild foods, foraging and the bounty of the northwest

SEASIDE — Author and food writer Langdon Cook visits the Seaside Library's Community Room at 7 p.m. Thursday, May 23, for a talk, book sales and signings.

We will explore the Pacific Northwest via Langdon's adventures in utilizing wild food and discover a regional stew of cuisine, natural history, and oddball characters. Cook is not just your typical grocery-cart-toting dad. For him, gourmet delicacies abound, free for the taking if we just open our eyes.

As a result, he finds himself free-diving in icy Puget Sound in hopes of spearing a snaggletooth lingcod, armed with nothing more than a "Hawaiian sling." He tempts fate by eating mushrooms that may or may not be poisonous. He strings up a fly rod to chase after sea-run trout. He even pulls on the gardening gloves to collect stinging nettles.



Langdon Cook

He traces his journey from wrangler of prepackaged calories to connoisseur of coveted wild edibles. Structured around the seasons of the year, Cook will focus on specific food types and will conclude with recipes featuring the author's hard-won bounty.

Cook was a senior book editor at Amazon.com until, in 2004, he left the corporate world to live in a cabin off the grid with

his wife and son. Now a freelance writer and editor, Langdon has written for the San Francisco Bay Guardian, Outside, Gray's Sporting Journal, Fly Fisherman, the Stranger, Seattle Metropolitan, and Conservation Magazine.

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

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