Dancing: 'A big lesson in using your body to be more expressive'

Continued from Page A1

Clatsop County, like every county in Oregon, is considered a "child care desert" - a fact only exacerbated by the pandemic as parents struggled to care for children and continue working while schools, day cares and other care facilities shut down or were severely restricted in how many children they could accommodate.

Sweet had already run a performing arts preschool out of Encore for 10 years and was familiar with the state's requirements for child care, as well as the lengthy paperwork involved. At the end of the summer, she shifted Encore's operations entirely, changing it from a dance studio into emergency child care. The faculty who stayed on became certified to work in child care.

"I wanted to do everything I could to help our families through this year," Sweet said. "It was either going to work or it wasn't."

Encore serves around 100 students, down from the 275 to 300 enrolled in dance classes before the pandemic. Now, the students do their school work at the studio, whatever distance learning program or school district-based curriculum their families chose to follow. Then, depending on their age, they have one or two dance and movement classes.

Sweet is looking at developing a full Encore-based academy next school year - her own "Fame" school, she likes to say, referencing the competitive performing arts school showcased in the 1980 film.

Dana Jones' daughter has attended classes at Encore since she was 5 years old. Now, at 13, the studio has become one of the few options she has to socialize

Continued from Page A1

result of 140 parts per mil-

lion, well over the state's

threshold of 20 parts per

large, harmful algal bloom

in the fall, just after clams

finished a second, late-sum-

mer spawning and were gob-

bling up food in preparation

for the lean winter months.

Unfortunately, the food they

were eating — and stor-

was full of toxins, said Mat-

thew Hunter, the shellfish

project leader for the Ore-

gon Department of Fish and

and currents in the early fall

A "stall" in ocean winds

ing for energy reserves -

The surge followed a

million.



Hailey Hoffman/The Astorian

Emily Madsen teaches a ballet class at Maddox Dance Studio. All students and instructors are required to wear masks while in the studio.

with her peers during what has proved to be an isolated school year for many

Online school through the Seaside School District was a rough transition an alternate reality at first, Jones said. But being able to do schoolwork at the studio and continue dancing has been transformative for her daughter. She's doing things like running for student vice president that she wouldn't have done in middle school.

'Mind your spacing'

At the beginning of the pandemic, there was little talk about going virtual in the dance world, Wall said.

"I think because nobody thought it was going to be for very long," she said.

But over the past year, many of the studios have relied on some virtual component to supplement classes or to deliver a type of performance.

When the studios were required to be fully shut down, Wall would send out links to her students

helped create conditions for

the bloom and essentially

clam came back with a test Coast. More normal condi- of fishery managers' con-

tions during this seasonal

transition period would have

uation a "perfect storm

of harmful algal blooms,

weather, ocean currents and

the clams' own physiology."

ers are waiting to see what

an upcoming spring transi-

tion period brings. If there

is not the usual transition in

ocean conditions, waves and

winds, "we could see some

razor clam digs, the Ore-

gon Department of Agricul-

ture requires two consecu-

tive tests with results below

To reopen beaches for

issues," Hunter said.

Now, fishery manag-

The state called the sit-

likely broken up the bloom.

In mid-January, one razor held it along the Oregon have become a regular part

— videos created by other professionals for classes they could take at home. It exposed her students to a variety of styles, but it couldn't replace in-person instruction.

Still, she added, filming things like a small showcase from "The Nutcracker" that her students performed in December meant even outof-town family could easily enjoy a recital without needing to travel to Astoria.

At Maddox Dance Studio in Warrenton, Jeanne Maddox Peterson's young students helped her navigate Zoom so she could teach one group in person while other students followed along at home. For Peterson, these virtual lessons made it feel like she could better pinpoint things she needed to address with dancers.

But there are logistics of dance as an art form that are difficult to overcome even with all the technology in the world.

"So much of ballet is speaking without words,"

Harmful algal blooms

siderations when it comes to

both razor clam and Dunge-

ful algal bloom shut down

razor clam digging in Ore-

gon from the spring into

the winter. In 2016, the

fishery weathered another

bloom with a closure that

continued through 2017.

But the blooms remain

toxin may be present in huge

concentrations in the water,

but not producing any toxin.

Then, if there is toxin pres-

ent, whether clams and crabs

accumulate domoic acid in

their tissues can depend on

The cells that produce the

In 2015, a massive harm-

the closure limit.

ness crab fisheries.

unpredictable.

Wall said, "and your face is so expressive."

Because of the coronavirus, everyone's faces are covered in masks. When her ballet students film their spring recital in April for release in May, they will all be wearing masks. Wall and her students practice being expressive with their eyes and foreheads, but they must rely on body language even more.

"It's a big lesson in using your body to be more expressive," Wall said. After all: "A person in the back of the theater can't read your eyes or your face, but they can read your whole body language.

At Maddox Dance Studio, large squares are marked out on the studio floors, designating where students can stand and move during lessons. In the center of each square, a printed circle reminds them to "mind your spacing."

But even this limitation has turned out to have some benefits, Peterson said.

the time of year, food avail-

ability and their need to hold

many razor clams as Wash-

ington state and the Clatsop

beaches account for the bulk

of the clams harvested in the

state each year. Unlike Wash-

ington state, which opens

digs at set dates and times

throughout the year, Ore-

gon's beaches are generally

open to clamming except for

a seasonal closure from July

15 to Sept. 30 north of Tilla-

As of March 4, Wash-

ington state is continuing

to sample razor clams reg-

ularly. Fishery managers

are waiting for domoic acid

levels to drop to safe levels

before they announce har-

Oregon does not have as

onto food.

mook Head.

vest dates.

A dancer doesn't always



Hailey Hoffman/The Astorian

Astoria School of Ballet director Maggie Wall sanitizes a hula hoop that the dancers use in their routine.

know what size of stage she or he might be asked to dance on. The social distance boundaries help reinforce to Peterson's students that they can't just go "gallop into the wild blue yonder."

It has been a scary, long and traumatic period, Wall said, but coming back together in classes has felt joyful. Weird, yes, — dancing in masks, sanitizing everything — but joyful, and the students have been

"As dancers we're trained to pivot and turn and leap: Go to the floor, get up, turn, go the other way, change lanes," Sweet said. "It's constant changing and you have to be prepared. You can't get flustered when the gear changes. You have to adapt and you have to adapt with grace and style."

You have to make it look

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Imagine one of your teeth — it has two main sections: the crown above the gum line and the root below.

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gum line may have receded, exposing more dentin. Therefore, the recession makes teeth more sensitive.

Sensitive toothpaste works by blocking the tubules in the dentine with a chemical called strontium chloride. Repeated use builds up a strong barrier by plugging the tubules more and more, leading to less-sensitive teeth.

Exporters: Demand is high for consumer imports

Clam digs: State called situation a 'perfect storm'

Continued from Page A1

Containers have traditionally then gone to rural areas of the Pacific Northwest and have been loaded with products such as hay cubes, potatoes and lumber, before being sent back for export, said Peter Friedmann, the executive director of the Agriculture Transportation Coalition.

But demand is high for consumer imports, which earn ocean carriers a higher freight rate. The pandemic and uneven economic recoveries around the world have led to a shortage in containers and a dramatic increase in shipping costs. Carriers have opted to send containers back to Asia empty to expedite the import of more high-value consumer goods.

"The steamship lines are all private companies all around the world," Friedmann said. "They apparently don't care about the U.S. exporter, and they don't really care about the consumer either. They're just carrying the cargo and maximizing profits."

'THE CONTAINER SHORTAGE IS CREATING MAJOR SUPPLY PROBLEMS *IN THE U.S. IT'S A BIG FACTOR* LIMITING HOME CONSTRUCTION AT THE MOMENT BECAUSE SO MANY BUILDING PRODUCTS COME FROM CHINA. SOMETHING AS SIMPLE AS A DOOR JAMB IS IN SHORT SUPPLY RIGHT NOW.'

Kristin Rasmussen | spokeswoman for Hampton Lumber

The Federal Maritime Commission ordered ocean carriers and marine terminal operators to provide information determining whether legal obligations related to detention and demurrage under the Shipping Act of 1984 are being met. Wyden, an Oregon Democrat, and 23 other senators wrote the head of the commission, calling for appropriate action against ocean carriers.

"The need is urgent, especially with record container volumes at the nation's major ports," the senators wrote. "These volumes, and the resulting congestion, will only grow as the global economy recovers from the coronavirus pandemic. Producers rely on competitive access to foreign markets, and the reported actions by certain (container carriers) to undermine this access pose significant ramifications for agricultural exporters and the industry at large.'

representative

Wyden's office said the senator has not heard back yet regarding the fact-finding

One of the exporters affected is Hampton Lumber, which exports premium wood products to Japan through Tacoma and Seattle. Kristin Rasmussen, a spokeswoman for Hampton, said the company is even more affected by the carrier issues when trying to import specialty construction products.

The container shortage is creating major supply problems in the U.S.," she said in a statement. "It's a big factor limiting home construction at the moment because so many building products come from China. Something as simple as a door jamb is in short supply right now.'

The Chinese government has previously taken action to control freight rate increases. "We want the U.S. to be as aggressive in supporting our exports as the Chinese have 949 Exchange St., Astoria, OR been aggressive in supporting their exports," Friedmann



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