



Malia Riggs

Coffenbury Lake at Fort Stevens State Park.

Polar plunge set for Coffenbury Lake

WARRENTON — The Oregon Coast Polar Plunge is set to take place at Coffenbury Lake on Jan. 29.

The sprint into frigid waters will raise funds and awareness for Special Olympics Oregon athletes.

The lake sprint event is made possible through work with the U.S. Coast Guard Sector Columbia River and local law enforcement, as well as through partnerships with Clackamas Federal Credit Union, Law Enforcement Torch Run of Oregon, Lithia Auto Stores, Mattress World Northwest, Jiffy Lube, iHeart Media and Audacy Radio.

Polar plunges also take place annually across six other locations: Portland, Salem,

Corvallis, Eugene, Bend and Medford. Past teams have included students, law enforcement, gyms and corporate partners. After last year's virtual plunge event, Special Olympics Oregon is adding two new cities and expanded 5K and 10K fun runs across the state.

Special Olympics Oregon serves more than 14,000 participants with intellectual disabilities through life changing sports programs.

The organization has a statewide goal of raising \$590,000 from the polar plunge and Polar Fun Run Events.

Interested participants can get full details and register at www.PlungeOregon.org.

Five Letter Word to perform at Fort George



The band Five Letter Word.

ASTORIA — Portland-based band Five Letter Word will perform on Thursday at 6 p.m. at Fort George Brewery. Admission is free.

Part of this year's Liberty Theatre season, the folk and bluegrass band consists of percussion and guitarist Leigh Jones, guitarist Megan Alder and bassist Audra Nemir.

Recent winners of the 2018 Northwest String Summit Band Competition, Five Letter Word takes inspiration from the harmonic traditions of various folk, country and pop groups, while adding a unique genre-bending sound.

Table reservations are recommended at www.fort-georgebrewery.com.

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