experimenting with multimedia collage," she added. "Astoria is such an awesome, supportive community of local makers and artists, that I feel I've really been able to spread my wings. I don't think I could have reached the measure of success I've had in any other place."

Teaching was always on her radar, but she never pursued it. "Then, last year, out of the blue, the director of the Maritime Museum stopped by my Sunday Market booth and asked if I'd be interested in creating a watercolor class at the Barbey Center.

"Of course, I said, yes. Then I thought, 'What have I gotten myself into?' I had never taught a class. I was at first nervous facing students for the first time. And if that weren't enough, the director himself showed up for the class. How intimidating was that? It all went fine, though. Everyone was so responsive and I found it so rewarding. I'm happy to be back teaching again this year."

Aarts will be offering spring and fall "Illustrating the Northwest" watercolor sessions in both beginning and intermediate courses, each of which includes four, threehour classes. Classes for beginners

start on March 1 and Oct. 1 and the four intermediate watercolor classes begin April 5 and Oct. 1. Each class will accommodate up to 15 students.

"With that first class of students, last October, I learned a lot of what can and what can't be done in a large class with a wide range of abilities," Aarts said. "It made me realize that it would be better to split the class into beginning and intermediate groups. All the better to focus on individ-

ual capabilities."

Classes will begin with an assessment of participant's skill levels and continue with the fundamentals of painting and watercolor.

Aarts will provide natural elements, like rocks or driftwood. for still life drawing, and she says all classes will begin with "warm up" exercises, such as quick sketches, to loosen up hands. As begin-

ning classes move forward, discovering how to apply color and represent shadows and textures. students will

be encouraged to bring in their own items to draw. Some may be working toward a final watercolor drawing they want to accomplish by the end of

Lindsey

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the course. Intermediate classes will refine skills already learned on one's own, or from the beginner's class, and delve deeper into technique.

"Whatever level anyone is comfortable with — whether inexperienced, or even new to art of any kind, or having many

years of painting experience — we're going to have fun," Aarts said. "I want everyone to feel comfortable. I'm looking forward to helping others discover and express through watercolor the natural beauty of the Pacific Northwest. It's so inspiring.'





During Heart Month, we remind you: whether you're looking for help managing an ongoing heart condition or advice about how to address risk factors for heart disease, you don't have to travel far from home to get expert care.

CMH-OHSU Health cardiologists are here to help, ensuring access to some of the latest and most advanced heart care, right here in Astoria. Call 503-338-4087 to make an appointment.



WOMENHEART

Women of any age may join WomenHeart, a heart disease support group, for monthly meetings. Learn more: <u>columbiamemorial.org</u> /events.





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