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Mushroom Festival this weekend

YACHATS — The 16th annual Village Mushroom Festival continues in Yachats today, Oct. 17, through tomorrow, Oct. 18.

Mushroom cuisine will continue to be highlighted, as well as culinary mushroom markets (wild and cultivated, fresh and dried), mushroom tools, specialty products, arts and crafts, and books.

Festival weekend offers learning opportunities, including a speakers' forum, workshops, guided mushroom walks, mushroom slideshows and mushroom displays.

Mushroom displays will be presented by three mycological societies — Lincoln County Mycological Society, Cascade Mycological Society, and North American Truffling Society at the Yachats Lions Hall on W 4th St (one block off Highway 101).

Admission is free. The Speakers' Forum is offered today with presentations by renowned experts in the field of mycology including Dr. Dan Luoma, Dr. Steve Carpenter, David Pilz and Dr. Matt Trappe.

• 10:00 a.m. — What is a Mushroom? Dr. Steven Carpenter; a general presentation on what fungi are, what they do, and what mushrooms themselves are all about.

• 11:15 a.m. — Fantastic Fungi Fuel Forest Growth. Presented by Dr. Dan Luoma, Dept. of Forest Ecosystems and Society, OSU; expand your understanding of the central role that fungi play in the dynamic life of a forest. This program will provide basic context for understanding how fungi contribute to forest growth.

• 1:30 p.m. — Doggone Eccentric Morels! The Opportunistic Mycelia of an Edible Mushroom Weed. Presented by David Pilz, PilzWald (Forestry Applications of Mycology);



PHOTO BY HEATHER SIELICKI

Shaggy parasols grow along the hillside in Yachats.

Species are just now being definitively delineated and named.

Conjoined morels often have genes from different parents. They can derive nutrition from multiple resources. Triggers for fruiting are complex and predicting where and when they will show up can vary from inscrutable to certain.

They are experts at camouflage and require pattern recognition skills to observe. Indeed, trying to pin down morels can cause a form of "madness" in humans.

• 2:45 p.m. — Lichens: Fungi in Disguise. Presented by Dr. Matt Trappe, OSU College of Forestry with Northwest Advanced Renewables Alliance. An ongoing Mushroom slideshow will also be provided by Dr. Matt Trappe, and a slideshow presentation by Anna Moore is offered Sunday morning covering the habitat of selected plants and fungi in the Oregon Dunes.

Two workshops are offered Saturday afternoon including a mushroom cooking workshop and a workshop on how to grow your own gourmet mushrooms.

Check the festival's website at www.yachats.org/MF est2015. For more details, including times and workshop materials fees.

All of these presentations and workshops occur at the Yachats Commons, W. Fourth Street and Highway 101.

Dr. Trappe's slideshow will be shown in the theater room at the Cape Perpetua Visitors Center, as well.

Twenty-four guided mushroom walks are also being offered during the weekend free of charge for all levels of learning, from beginning to advanced.

Preregistration is offered online from the festival website and continues festival weekend at the Yachats Commons.

"Purchase of a \$5 Festival Wristband allows you admission to the talks and workshops and helps meet production costs and sustain the festival," says festival coordinator Bev Wilson.

Wristbands will be available during festival weekend at the Yachats Commons, today from 9 a.m. to 5 p.m., and Sunday from 9 a.m. to 1 p.m.

Local scouts to serve up spaghetti dinner

Cub Scout Pack 777, Boy Scout Troop 777 and the Florence Elks are joining forces to put on a spaghetti dinner fundraiser today, Oct. 17, from 5 to 7 p.m., at the Elks Lodge on 12th Street.

spaghetti, salad, garlic bread, and a beverage. Proceeds from this fundraiser help support scout programs and camping.

Dinner is \$8 per person. A bake sale of home-baked goodies is planned with the dinner.

The dinner includes

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National Dental Hygiene Month

OCTOBER is NATIONAL DENTAL HYGIENE MONTH

SMILE!

Oral hygiene is an important part of your health at any age. The best way to keep your smile in shape is by brushing and flossing at least once a day, following a sensible diet and scheduling regular visits to your dentist for a checkup and professional cleaning.

HELPFUL HINTS

- As much as 50% of the bacteria in your mouth is present on your tongue, so be sure to brush it.
- Toothbrushes should be replaced every three months to avoid excessive bacteria buildup.
- A soft-bristled toothbrush with a small head is the best type to use.

BRUSHING BRUSHUP

Proper tooth brushing takes at least two minutes. The best technique for cleaning your teeth is to angle your toothbrush toward the gum line and move it in a circular motion with light pressure, taking care to clean all surfaces.

FLOSSING TIPS

The best time to floss is right before you go to bed. Floss teeth in a gentle zig-zag motion. Contour the floss around the side of each tooth and slide it up and down against the tooth surface and under the gum line. Be sure to floss each tooth with a clean section of floss.

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