

Write on Seaside! reaches out to readers countywide

As the library director of the Seaside Public Library, one of the things I am very proud of is our collaboration with the Astoria Public Library and Warrenton Community Library.

Together we work with the five school districts in the County to provide free library cards for all children in Clatsop County and an annual countywide summer reading program. This program is called Libraries Reading Outreach in Clatsop County, or, Libraries ROCC.

We host an annual fundraiser every year at the Seaside Convention Center. This year's event, Write On Seaside! the third annual event, will be held on April 14, starting at 5 p.m. Tickets are \$10 and may be purchased at the door. With your ticket you will have light bites and wine to enjoy.

We will have eight authors there who have written short stories that they will share excerpts from throughout the evening.

BETWEEN THE COVERS

ESTHER MOBERG



You will have the chance to bid on naming the characters in their stories as well as the silent auction items and live auction for the chance to bid on one of the six little free libraries up for auction to make one your very own. I've included an excerpt from one of the short stories below. Please join me at the convention center on Sunday, April 14. It promises to be a very fun evening.

2019 Libraries Reading Outreach Fundraiser story excerpt, "What Sets Us Free," by Dayle Nelson:

Daily patterns shape and root each of us: seeing or touching the faces of those who know us best, the inexpressible joy of walking



Seaside Library

Little free libraries, including this one from Vintage Hardware, are among auction items on display at Libraries ROCC.

under leafy trees and feeling sunshine and raindrops, marveling at the profusion of stars on a clear night, holding someone's hand,

the songs of thrushes and meadow larks, the taste of honey, the soft pillow as you fall asleep. When all that is familiar and loved is sud-

denly banished in one arbitrary stroke, it is as if an emergency surgery has occurred and a limb has been amputated without your consultation or consent, and now you are expected to adjust and go on as if you are OK. But you are not OK. This was how Daria felt. Knowing she had an immigration court hearing in a month, that her parents had hired an attorney for her, that her university roommates were caring for her cat, and that her school advisor was advocating for her so she wouldn't get kicked out of the university — none of it lessened the trauma or lifted the black fog that enveloped her existence."

If you want to find out the rest of the story, join me at the convention center on Sunday, April 14. All proceeds from the event will benefit the Libraries Reading Outreach in Clatsop County program and the Seaside Public Library Foundation's long term goals for the Seaside Public Library.

A change of outlook

By JENN VISSER
For Seaside Signal

Diets often don't work well because we haven't given our brains the exact directions on what we really want. Let me explain, this can change your whole perspective.

Hardwired

Our brains are hardwired to move us towards pleasure and away from pain. It's how we have survived as a species for millions of years. What's unique about us humans is that we can choose what we link pleasure and pain to. Let me give an example.

Sneezes all over it

The waiter is bringing out a pizza and you love pizza, you're starting to salivate as he's walking over with it. All of a sudden he sneezes all over the pizza. That pizza is now gross to you. Or let's say you get food poisoning from oysters. As you're throwing up, you might be saying never again will I eat oysters. From then on looking at oysters make you sick.

Confusing, isn't it?

I hear all the time that eating cakes, chocolate, ice-cream, and drinking mochas make people happy but also unhappy. Confusing, isn't it? You cannot succeed on any diet loving and hating the same food, wanting it, denying it and

then craving it.

When you're stressed and eat Ben & Jerry's and say "Oh my god, this is amazing! This makes me feel so much better" Then what do you think your brain is going to tell you to do next time you're stressed? Stressed? Eat the Ice cream, that made you feel better.

What to do? Make a list of food that you both hate/love and link pain to it. I know a woman who was able to stop drinking diet Pepsi because she started calling it osteoporosis in a can.

Don't tell yourself that junk food makes you feel good. Link more pleasure to healthy food that best supports your health goals.

There's plenty

Wording matters. The brain hates scarcity and the word can't. For example saying I can't eat that right now, I'm on a diet. Creates even more desire and cravings. Say this instead, I could have that pizza and there's plenty, but I'm choosing the grilled chicken and salad and I'm going to feel just as satisfied. Or yes, those cookies look nice but what's even nicer is feeling good in my clothes.

This isn't about shame. Nothing gets better with shame. This is about learning how to direct your mind to what you really want. It takes practice so don't give up or be mean to yourself. You're learning!

Let me know how you're linking pleasure and pain to food. How are you going to change your mindset?

Rescue organizations play a needed role

I would like to dedicate this column to all the 501(c)3 dog rescues who work so hard, often with very little financial support, to not only save the lives of the voiceless, but to ensure their well-being while in rescue and after. The best of the best rescues exemplify Antoine de Saint-Exupéry's timelessly true words, "You become responsible forever for what you've tamed." These charity rescue organizations don't just carry the heavy weights of their own work; they also shoulder the responsibilities society leaves behind.

I'm not saying rescue groups are perfect. They are, after all, humans and members of the same society. Just as some dog guardians may be more careful than others, so may some rescuers be. I would love to see more rescues commit to anti-averse measures, for example, and so I hereby commit to helping them. Nevertheless, I daresay that most reputable dog rescuers have experienced more heartbreak than anyone else I know, and for nothing in return to themselves. Their only currency is the work itself, to help the helpless, innocent creatures lost, stolen, misunderstood, neglected, abandoned, or abused. This is a currency valuable to no one, except those who respect animals.

I invite you to join me in giving these people a true gift of the heart that will last forever. From

CANINE CORNER

RAIN JORDAN & DAHLIA



this moment on, whenever you talk, or write, about the dog you obtained from a rescue — or a shelter — before you choose your words, remember who rescued that dog from whatever s/he may have suffered. The rescue or shelter rescued that dog. Give them a gift of appreciation for their work and devotion by foregoing such phrasing as "We rescued our dog from..." in favor instead of the more accurate "We adopted our dog from..."

If this seems silly, try imagining yourself as a rescuer. You're the head of All Dogs Kindred Rescue and you've spent the day saving dogs from horrible situations, you've seen unforgivable things, you've wondered where your mortgage money will come from, since you just paid a huge vet bill with your own money, and when you will find time to sleep between bandage changes, medication times, and your paying job.

Over the years you've spent tens of thousands of your hard earned personal dollars to ensure the best care and preparation for the dogs you've rescued and that the homes they get are safe,

responsible, and loving. You're completely devoted to doing the very best work for these dogs. Then you notice one, or a few, of the adopters posting about their dogs and you're so happy, until you see "I just rescued this dog from All Dogs Kindred Rescue!" Or, perhaps worse yet, simply "I just rescued this dog!" One word can make a huge difference.

Rescue: To free from danger, violence, or evil; to save. Unless the rescue organization adopting out dogs is itself abusing or neglecting the dogs, it may be hurtful to the rescuers involved to say that you "rescued" your dog from a rescue. If you have ever been a dog rescuer, you probably know that the very last thing a rescuer needs is more hurt, however small.

This little change of phrasing is one way that even those who cannot afford to donate to charity rescues and who don't have time to volunteer can still do something very kind and very helpful—you can do this yourself and you can tell everyone else you know to do it too: "I adopted my dog from (name rescue group)." Or, if you really feel you want to specify that the dog is a rescue dog: I adopted this amazing rescue dog from (name rescue group)." You get the idea.

Rain Jordan, CBCC-KA, KPA CTP, is a certified canine training & behavior professional. Visit her at www.expertcanine.com.



Fish is on the menu with Jennifer Burns Bright.

'Seafood 101' with Jennifer Burns Bright

"Seafood 101" cooking class takes place at Seaside Library on Saturday, April 13, at 1 p.m. The event is sponsored by The Friends of the Seaside Library and will be held in the community room.

"Seafood 101" will feature cooking instruction and hands on demonstrations using local catch to prepare classic dishes. This workshop is a culinary primer on basic techniques and recipes for your favorite, affordable local seafood, including shellfish, rockfish, and albacore. Attendees can be involved in prepping, cooking, and

servicing these items, as well as sharing a meal.

Jennifer Burns Bright is a food and travel writer based in Port Orford, Oregon. She recently retired from teaching at the University of Oregon, where she led a faculty research group in the emerging discipline of food studies. Her writing appears in Gastronomica, Oregon Quarterly, NPR's The Salt and Eugene Magazine, among others.

The class is limited to 15 people and will be taught by Jennifer Burns Bright. Sign-up required at the circulation desk or 503-738-6742.

EVENTS IN BRIEF

'Movie Dollars for Scholars'

Plan now to support scholarships for local young women by attending "Movie Dollars for Scholars" on Wednesday, April 24, at 4 p.m.

Sponsored by the Seaside AAUW Scholarship Foundation, the event's \$30 ticket provides popcorn, a beverage, and this year's Best Picture Oscar winner, "Green Book."

The Times Theatre in Seaside will host the event making it possible for over 70 percent of the ticket price to go toward scholarships as a tax-deductible donation.

Tickets are available at the Times Theatre box office in advance and on the day of the show.

For more details, contact Jane McGeehan at janem270@gmail.com.

Memorial gathering at Circle Creek

Each year the staff,

board, and volunteers of North Coast Land Conservancy gather in the memorial grove at the conservancy's Circle Creek Conservation Center for "The Forest Remembers," a program honoring friends and loved ones.

The public is invited to take part in this annual ritual on Saturday, April 27, from 11:30 a.m. to 1 p.m.

Endangered bird patrol training

If you enjoy bird-watching and want to combine that interest with helping protect birds and habitats, training opportunities and monitoring events are set to kick off this spring. No experience necessary, just a love of coastal bird populations.

Opportunities range from helping monitor western snowy plovers on beaches, black oystercatchers on our rocky shoreline, seabird nesting colonies off of Cape

Falcon and Cannon Beach, and monitoring roosting brown pelicans off a number of sites on the North Coast.

Snowy plover patrol training takes place Saturday, April 13, from 10 a.m. to 2 p.m., at Cannon Beach City Hall, 163 E Gower Ave.

RSVP by emailing asop-coastalbirds@gmail.com.

Help knock out knotweed on the Necanicum River

North Coast Land Conservancy is seeking volun-

teers for one more assault on invasive Japanese knotweed that had spread widely in its Necanicum Forest Habitat Reserve east of Seaside, Wednesday, April 17, from 10 a.m. to 1 p.m.

Contact stewardship director Melissa Reich at melissar@nclctrust.org or call 503-738-9126 to attend.

Wear gloves and work boots. NCLC will supply the necessary tools. Bring water and snacks/lunch; there is no potable water at the site, and no toilets. Dogs are not allowed on any NCLC properties. For more details, visit NCLCtrust.org.

CALVARY EPISCOPAL CHURCH
503 N. Holladay, Seaside • 503-738-5773

Holy Week Services
Good Friday:
Stations of the cross at 3:00
Saturday: Easter Vigil at 5:00
Sunday: Easter Eucharist at 9:30

Easter Message
...at 10:30 am Service
by Pastor John Tindell

Does Easter really Matter?
SERVICE AT 10:30

Seaside United Methodist Church
241 N. Holladay Dr. • Seaside • 503-738-7562

the Kiwanis Club of Seaside's Annual Pancake Feed

Tuesday, April 16, 2019
5:00 - 7:00pm

At the Seaside Civic and Convention Center
415 First Avenue, Seaside

Adults, Seniors, and Youth (13+): \$7
Families: \$20
Kids (12 and under) eat FREE with an adult!

ALL YOU CAN EAT!