



Rockaway Beach Chamber of Commerce
& Community Education Events at the
Ocean's Edge Wayside, pg 7

Our Time 55+ Spring/Summer 2025



Monday Musical Club of Tillamook honors
beloved member and talented pianist,
the late Joan Petty, pg 7



Haystack Rock Awareness Program's Spring Events, pg 10. Photo by Bob Kroll



Bay City Pearl & Oyster Festival, pg 4

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Protect Your Cards with a Card Control App

By TLC, a Division of Fibre Federal Credit Union

You're probably already familiar with the convenience and flexibility of online banking, allowing you to check your balance, move funds, and pay bills on your own time. But did you know you can also monitor your credit card and debit card activity? Card control apps, often available in online banking, let you take control of your cards to help prevent fraud.

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your cards can be used. You can establish limitations for dollar amounts, geographical purchase locations, or specific merchant categories.

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Talk with your financial institution today about your card control app options.

Hoffman Center Free Public Events

Spring & Summer 2025

Hoffman Center for the Arts
594 Laneda Avenue,
Manzanita

• Hoffman Gallery

April Gallery Exhibition
Featuring Works by
Julie Johnson, Kirsten
Blair, Anna Kaufman
Opening Reception
April 5, 3-5 p.m.
Exhibit-Thursdays-
Sundays, April 3-26,
noon-5 p.m.
Free and open to the
public
Gallery is closed the last
Sunday of every month

• Manzanita Writers' Series Presents

Airlie Press Poetry Event
April 13, 4-5:30 p.m.
Event is free and open to
the public
Registration Encouraged,
Walk-ins Welcome

• HCA Wonder Garden

Plant Sale
April 25, 8 a.m.-1 p.m.

• Hoffman Gallery May Gallery Exhibition Featuring Works by Jenny Rideout, Victoria Christen, Robert Sumner

Opening Reception
May 3, 3-5 p.m.
Exhibit-Thursdays-
Sundays, May 1-31,
noon-5 p.m.
Free and open to the
public

• June Gallery Exhibition

Featuring Works by
Deborah Gangwer,
Maude May, Jeremy
Furnish
Opening Reception
June 7, 3 p.m.-5 p.m.



Julie Johnson, Envelope

Exhibit-Thursdays-
Sundays, June 5-28,
noon-5 p.m.
Free and open to the
public
Gallery is closed the last
Sunday of every month

• Visual Arts Lecture My Own Flag to Raise with Jessica Rehfield

June 13, 6-7:30 p.m.
Free and Open to the
public, Register to reserve
your spot, Walk-ins
welcome

• Hoffman Center for the Arts Summer Event

Tiny Galleries on display
from June 28 - July 31
Six unique tiny galleries
filled with tiny art from
local artists
Located outside the
Hoffman building &
Hoffman Wonder Garden
Free and open to the
public

• Hoffman Gallery July Gallery Exhibition Featuring Works by Robin Kerr, Jennifer Rabin, Steven Miller

Opening Reception
July 5, 3-5 p.m.
Exhibit-Thursdays-
Sundays, July 3-26,

noon-5 p.m.
Free and open to the
public

• August Gallery Exhibition Featuring Works by Crow's Shadow Institute of the Arts

Opening Reception



My Own Flag to Raise, Jessica Rehfield

August 2, 3-5 p.m.
Exhibit-Thursdays-
Sundays, July 31-August

30, noon-5 p.m.
Free and open to the
public

Gallery is closed the last
Sunday of every month

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Annual Pearl & Oyster Festival – August 23-24, 2025

Our 3rd Annual Bay City Pearl & Oyster Festival will happen on August 23 & 24, 2025, in Bay City, Oregon, situated overlooking the beautiful Tillamook Bay off Hwy 101. This festival is a FREE commu-

nity event! Preparations are in the works, and we can guarantee fantastic live bands on Saturday, along with an arts & crafts fair, amazing food vendors to delight the tastebuds, and a beer

and wine tent. Mid-day will see games put on by our very own Bay City Fire department. Sit under the big top, kick back, and let food, song, and drink roll you into the evening. Sunday is all about the

kids! There's the annual Kid's Talent Contest, complete with prizes, games, and other kid-related events, an ice cream social, all happening on the tennis courts. Arts, crafts and food vendors will con-

tinue offering their goods through Sunday at 4 p.m. For more information as it comes together, please visit our webpage at www.baycitypearlandoysterfestival.com and follow us on Facebook and Instagram.



The 25th Spring Unveiling Arts Festival coming up May 2-4

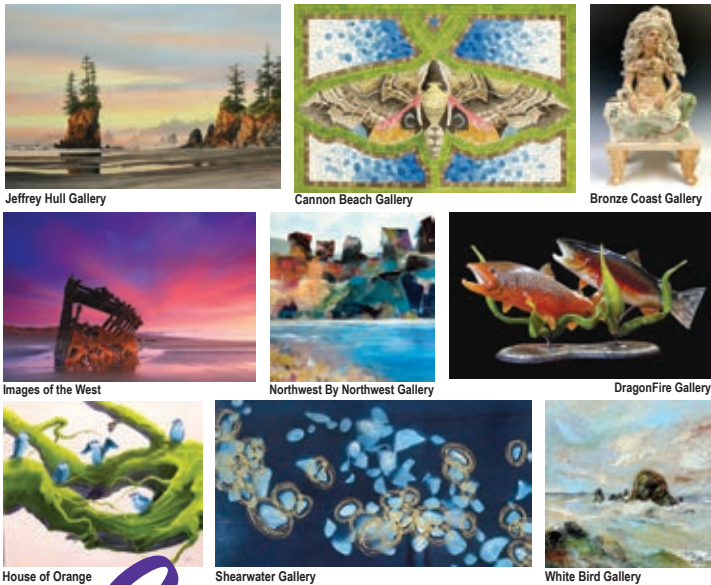
By Pierce Baugh V

For a quarter of a century, Cannon Beach has celebrated the approaching tourist season with the Spring Unveiling Arts Festival set this year for May 2 to 4. That weekend, Cannon Beach's art galleries will unveil pieces for the festival. Each gallery will have a reception and host some of their most popular artists. Many galleries will have a piece covered until a

certain time when it will be unveiled to the public. Being one of the most unique art communities, Cannon Beach's Spring Unveiling Festival is one of the year's biggest events for the galleries. The festival falls at the perfect time of year: the weather is nice, but it still won't be tourist season, making it easy for locals and weekend visitors to take in all the art the city offers.

Summer Peterson, gallery director for the Cannon Beach Arts Association describes the festival as "inspiring" and "engaging." "It's a great way to learn about local and regional artists and learn about their techniques," Peterson says of the festival. Cannon Beach has a wide array of talent – artists who bring their unique perspectives and talents. The Spring Unveiling Festival is

a great opportunity for people to meet artists who create mesmerizing pieces that are on display in Cannon Beach's galleries. The first weekend in May will be an exciting one for Cannon Beach. Plan ahead to make the most of the festival's 25th year. For more information, please contact the Cannon Beach Arts Association at (503) 436-0744.



Spring Unveiling
ARTS FESTIVAL

Reasons to Visit Columbia River Maritime Museum This Spring

Experience the unique history of the Columbia River

Looking for an educational and entertaining activity this spring? The nationally renowned Columbia River Maritime Museum in Astoria, Oregon offers a fascinating look into the rich history of the Columbia River, from ancient dugout canoes to modern maritime achievements. Whether you're a history buff, an adventure seeker, or just curious, there's something for everyone!

Lightship Columbia: One of the museum's standout attractions is the historic Lightship Columbia. This national landmark, which once guided ships to safety at the mouth of the river, is open for exploration daily from 11 a.m. to 3 p.m. Serving as a floating lighthouse from 1951 to 1979, it became part of the museum in 2022 after major restoration. Visitors can step aboard this iconic vessel to



discover the important role it played in maritime safety.

Exhibits: The museum features a variety of exhibits showcasing the region's maritime heritage. The Cedar and Sea exhibit highlights contemporary Indigenous artisans from Alaska to Oregon, displaying tools and items crafted from natural materials such as stone, wood, and

shell. Additionally, the This Is Our Place exhibit, created in collaboration with the Chinook Indian Nation, showcases Chinook maritime culture through the powerful photography of Amiran White.

Caroline Wuebben, Director of External Engagement at the museum, shares, "The Columbia River Maritime Museum offers something for everyone—whether you're a history enthusiast, a curious traveler, or a fisherman, there's something here to connect you to the river's fascinating past."

For an even more immersive experience, enjoy a 3D theater presentation. See Arctic: Our Frozen Planet every hour or Aircraft Carrier: Guardian of the Seas every half-hour.

Visit the Columbia River Maritime Museum this spring, located at 1792 Marine Drive, Astoria, open daily from 9:30 a.m. to 5:00 p.m.



YMCA programs for seniors

The Tillamook County Family YMCA is proud to offer a number of programs designed for seniors. While everyone is welcome to participate in any class and modifications are readily available, a handful of our programs are instructed specifically with seniors in mind.

Fitness classes at the YMCA are ongoing and, while subject to change, are facilitated year round. Group "land" classes are held in accessible spaces. Aquatic classes take place in our saline therapy pool with both lift and ramp access.

Class offerings include:

Aqua Arthritis -

Gentle exercises done in shallow water focusing on functional movement of daily living, range of motion and gentle stretching. Although specifically designed for adults living with arthritis, this class is also excellent for beginning or returning exercisers.

Aqua Zumba - All the benefits of Zumba (cardio workout through dance and movement) with the added benefit of water resistance.

Deep Water Aerobics - Experience the benefits of water resistance while enjoying cardio and muscle toning. Two class options offer higher intensity (mornings) and lower intensity (evenings) options. Class

participants are aided in the use of an aqua jogger belt to support buoyancy and obtain an optimal aquatic workout.

***Better Bones and Balance** - Focus on dynamic cardiovascular exercise, strength training, balance and flexibility. This class is suitable for those new to exercising.

Gentle Yoga for Beginners/Yoga for Vets - Simple, safe, effective yoga for those just getting started with their yoga practice or for those with limited mobility. This slow to moderate paced yoga class is accessible to all ability levels and will leave you feeling limber, warm and relaxed.

***Mid Morning Movers** - Experience the benefits of water resistance while enjoying cardio and muscle toning. Class sessions focus on arthritis, stretching, strengthening, and include fun dance cardio.

***Moving For Better Health/Qi Gong** - Stressed? Seeking physical and mental balance? Want to boost your immune function and restore your body to optimal health? QiGong "Chee gong") is an ancient practice of postures standing and movements. Slow movements have been shown to improve vitality and health, even reducing hypertension and chronic pain. This class focuses on breathing, stance, mind intent and movements to facilitate the flow of energy through the body. Participants can be seated or performed by virtually anyone. Comfortable clothes and shoes recommended.

***Qigong Studies** - Learn foot placement, weight distribution, breathing, visualization while practicing Eight Brocades, Animal Frolic, Heart/Lung/Energy/

Cancer, Yi Jin Jing (new!) and more with Tai Chi 8 & 24 forms

***Tai Chi/Qi Gong Beginners Tai Chi / Moving for Better Balance** - Tai Chi: Moving for Better Balance was developed by a team of researchers at the Oregon Research Institute. The program uses eight forms that have been derived from the traditional 24-form Yang-style Tai Chi, and progresses from easy to difficult.

Qi Gong and Tai Chi - In addition to the recognized physiological and cognitive benefits of the practice of Tai Chi, this class also improves strength and coordination. Movements involve weight-bearing and non-weight bearing stances as well as proper body alignment.

Qi Gong - Stressed? Seeking physical and mental balance? Want to boost your immune function and restore your body to optimal health? Qigong ("chee gong") is an ancient practice of postures

Zumba Gold - Learn basic dance moves while burning stress and calories in this fun, welcoming group

fitness class. Low to high intensity and great for all fitness levels.

Above listed classes marked with an asterisk are free to community members 65+. The Tillamook YMCA has also developed great relationships with local insurance networks and currently participates in both the Renew Active, One Pass, and Silver and Fit programs. Eligible persons receive a membership at no cost as part of their insurance premium. The eligibility confirmation process can be done at the Y or by contacting the insurance carrier.

In addition to insurance subsidies the Y is proud to offer financial assistance to all. Scholarship applications are available at the Welcome Center and the process includes a brief income verification.

Along with fitness programs, the Tillamook YMCA offers wellness programs. These programs are offered at no cost but may require eligibility screenings or medical referrals.

For questions about program offerings please contact the YMCA at 503-842-9622.



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OUR TIME 55+ SPRING 2025

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Monday Musical Club Honors Musical Icon

The Monday Musical Club of Tillamook has lost a beloved member and talented pianist, Joan Petty, after her recent death at the age of 93. Joan taught piano most of her life and was a favorite accompanist for numerous community groups and soloists for many decades. The February Monday Musical Concert, "Songs of Joy", was dedicated to Joan, as well as to another long term member, George Widmer, who passed away in January. George and Joan both graduated from Tillamook Highschool in 1949. Joan's "Celebration of Life" will be Saturday, April 26, 2025, 11:30 AM, at the Tillamook First Christian Church, 2203 Fourth St.

This music club is a local chapter of the Oregon and the National Federation

of Monday Musical Clubs. It promotes music appreciation, supports music education programs, and provides performance opportunities for local musicians. The Tillamook chapter was first established in 1920 by a group of piano teachers. Now the membership is open to anyone who is a music lover and is interested in fostering creativity and connections for people of all ages through the power of musical experiences.

Club members organize free concerts for the public, which are usually presented on the second Monday of each month, from October through June. Each month features different musical genres, and new members are always welcome. Concert locations may vary, but are well publicized in advance.



The next concert "Spotlight on Young Musicians" will feature performances by Tillamook County youth in Grades 7-10. This concert will be Monday, April 14, at 7 PM, at the Tillamook United Methodist Church, 3808 12th St. The May program will feature youth in Grades 11-12, who will compete for cash awards given by the club. This concert is on Sunday, May 18, 2 PM, also at the Tillamook Methodist Church. The June concert,

"Celebrating Classical Music", will be performed on Monday, June 9, at 7 PM, at the Tillamook Seventh Day Adventist Church Basement, 2610 First St. The 2025-2026 concert schedule will be announced in October, 2025. Videos of past concerts can be viewed on the "Monday Musical Club of Tillamook" Youtube channel or on the web site: <https://mondaymusical-cluboftillamook.blogspot.com>.



Rockaway Beach Chamber of Commerce & Community Education Events at the Ocean's Edge Wayside Spring & Summer 2025

3rd Annual Artisan Market

Every Thursday beginning June 5. Mother's Day Market on May 9.

July 4th Live Auction

Midday under the Caboose Visitor Center Depot

48th Annual Arts & Crafts Fair

August 1, 2, & 3

49th Annual Kite Festival

September 11, 12, 13, & 14

Wellness Classes

All abilities welcome. Joy Lymph Flow on Wednesdays, Yoga on Fridays. 8:30 -9:30 a.m. at the Rockaway Beach Community Center. \$10/class.



Four Days of Art, Storytelling, and Sustainable Fun at White Clover Grange May 15-18

It's time to gather—bring your friends, family, and a sense of curiosity, because Trash Bash 2025 is just around the corner! From May 15-18, Heart of Cartm is bringing four days of creativity and inspiration to the White Clover Grange in Nehalem.

Now in its 26th year, Trash Bash Art Festival is a beloved community tradition that celebrates the magic of reuse, repair, and reimagination. Through art, storytelling, and fashion, this unique event will inspire you to see everyday materials in a new light. Whether you're a lifelong artist, a supporter of sustainable living, or simply looking for a one-of-a-kind experience, Trash Bash is

sure to spark your creativity and connection to the community.

A Celebration for All Generations

Trash Bash is more than a festival—it's a gathering place where creativity and sustainability come to life. For those who appreciate the resourcefulness of past generations, the event offers a wonderful opportunity to reminisce about the days when thrift, repair, and reuse were second nature. It's also a chance to share those values with younger generations and experience firsthand the joy of turning discarded materials into something meaningful and beautiful.

Hosted by Heart



of Cartm, a nonprofit dedicated to creative reuse and waste reduction, Trash Bash

showcases the power of reimagining discards as valuable resources. By attending, you're not just

enjoying a festival—you're supporting a community movement that honors ingenuity, sustainability, and the enduring spirit of making the most of what we have.

Join us for a weekend of art, storytelling, and connection, and discover how "trash" can truly become treasure! Visit our website www.heartofcartm.org or come into our shop in Wheeler for more information.

Festival Event Highlights

• **Trash Art Gallery Opening Reception - Thursday, May 15, 5-7 p.m.**

Meet the artists, browse art for purchase, and enjoy appetizers, drinks, and live trash art entertainment!

• **Trash Tales Storytelling Night - Friday, May 16, 5-7 p.m.**

An evening of storytelling, drinks, and appetizers. Doors open at 4:30 p.m.—come early to grab a seat!

• **Trashion Show & Festival Night - Saturday, May 17, 4-9 p.m.**

Food and drinks start at 4 p.m., the show begins at 5 p.m., and festival-goer costumes are encouraged!

• **Trash Art Gallery Open Hours - May 16-18, 11 a.m.-5 p.m.**

Explore art on-site and in our online gallery!

NCRD Activities for Adults – Book Club, Art, Cards & More

Special Saturday Swims this Spring to Honor Legacy Pool - April 12, May 10 & June 14

Did you learn to swim at NCRD? We are inviting all the families to join us for a final swim at the Nehalem Pool on special Second Saturday Swims - April 12th, May 10th and June 14th. Limited spaces! Come Celebrate the Old Pool! RSVP to: pool@ncrdneham.org

Great Decisions, which is a national program of the Foreign Policy Association, is wrapping up their Winter session, and will start another 8 week session in March. The group meets on Tuesdays from

1:30-3 p.m. to discuss the topics for the year, which range from what types of governments are in effect globally to climate change and the international consequences. The book is \$35 and we meet either in person or by zoom. Tuesdays in the Fireside Room or by Zoom.

PINOCHLE meets on Wednesday afternoons from 2-4 p.m. in the Fireside Room. The participants have learned how to play 2, 3, or 4 handed and are always willing to teach newcomers.

ART GROUP. The Art Group meets in the Gallery on Wednesday mornings. Each artist works on their own project but also

communicates with other artists about their work or techniques.

SCONE FRIDAY. The first Friday of the month we serve scones, coffee and tea and the public is invited to drop in and chat and have a scone. First Fridays in the Fireside Room, 10 am to Noon.

NCRD BOOK CLUB meets in the Fireside Room on the 4th Friday of the month, from 1:30 - 3pm. The books are chosen by the group.

There are a variety of fitness classes, swimming options and much more happening at NCRD. We have several exciting musical groups scheduled, comedy shows, movie

nights and more in the Performing Arts Center.

The NCRD Galleries - main gallery and Riverbend room gallery feature local artists throughout the year.

Call for Art - April Show "Water": Bring your original artworks for the April show at the NCRD Gallery. Works by local artists are displayed and for sale. The theme for the April show is "Water". Water in all its forms - snow, rain, ice, fog, hail, sleet, puddles, lakes, oceans, streams, in a vase, glass or teacup.

Intake will be Monday, March 31 from 11-2 p.m. The show will be hung that afternoon. You may submit 3 framed and ready to hang

(wires preferred), original pieces per artist.

For more information

about all the activities happening at NCRD, go to www.ncrd.org.



Volunteer and Save a Life...Maybe Yours!

Are you seeking ways to improve your mental health, lower your blood pressure and add joy and satisfaction to your life? Many studies show that both volunteering and caring for animals contribute to improved health and happiness. United Paws of Tillamook (UP) is an all-volunteer nonprofit dedicated to alleviating animal suffering by humanely addressing cat and kitten overpopulation and homelessness. Tillamook County animal resources are limited and the calls to UP for help are increasing. We need more foster volunteers to help us provide safe and loving shelter for abandoned cats and kittens.

Looking for inspiration? Meet Norma and Lloyd,



among the newest United Paws' fosters, who stepped up to care for UP's oldest fostered cat, Buddha Kitty, who is 21 years old. UP provides ongoing support for foster volunteers, including cat supplies,

needed veterinary care, and assistance from experienced foster mentors.

United Paws also needs help with spay/neuter clinics, driving animals to vet appointments, sewing cat blankets, data entry,



and more. Please visit our website at unitedpaws.wordpress.com or call

us at 503-842-5663 to learn more. You can also complete a volunteer

application online to share your interests and skills with United Paws.

Volunteer for a long-term impact at Tillamook Habitat for Humanity

Pierce Baugh V

There's a lot people have to contend with nowadays: rising inflation, expensive eggs and limited housing, leading to a rise in housing cost. The lack of affordable housing affects a swath of people from new families starting out to retirees looking to stay somewhere affordable during their golden years.

While the issue is daunting and it can feel like there's nothing the average person can do to alleviate the burden, there is an organization that has made affordable housing its goal for decades: Habitat for Humanity.

Founded in 1976, Habitat

for Humanity was conceived by Georgian biblical scholar Clarence Jordan and Millard and Linda Fuller, developing the idea of "partnership housing." Through Habitat for Humanity, houses would be built at no profit, allowing people who otherwise wouldn't be homeowners to have a home.

The involvement of the late Jimmy and Rosalynn Carter elevated the organization into the powerhouse it is today.

And in Oregon, especially on the coast, the need for Habitat for Humanity is acute. While housing is an issue throughout the state, it's particularly pronounced on the coast. The Oregon

Coast doesn't just have a paucity of affordable family homes, finding an affordable apartment, even for a single person, is a challenge.

For anyone seeing the issue of affordable housing and wanting to do something to help, Habitat for Humanity of Tillamook has volunteer opportunities. Tillamook Habitat for Humanity ReStore manager, Marvin Sung, always appreciates volunteers. "We can definitely use some help at the ReStore," said Sung.

The ReStore is looking for volunteers who can help with customer service, cleaning, stocking, merchandising and event

planning. Though the ReStore is open from Wednesday to Saturday, volunteers are needed six days a week.

There are opportunities to donate to the ReStore. Donating gently used furniture, houseware, appliances or even building materials is another meaningful way to make a difference. Many ReStores offer furniture pick-up. Materials that Habitat for Humanity accepts for donation vary from each location, but most will gladly accept unused lumber, flooring, lighting fixtures and unused bricks or blocks.

Habitat for Humanity even has the option for

vehicle donation, whether that be a sedan, truck, RV, motorcycle, boat or farming vehicles. The vehicle doesn't even have to run. Depending on how much a donated vehicle sells for, there is the option to claim the donation as a tax write-off.

Of course, shopping at the ReStore is an excellent way to contribute to the building of new homes, and veterans receive a 10% discount every day at the restore.

For those comfortable on a construction site, there are volunteer opportunities available for skilled and unskilled labor. People from age 16 and older are permitted to volunteer on

construction sites.

And Habitat for Humanity always accepts donations of money.

Building a home isn't just the creation of a building, it builds a life. For those looking to make a difference in the community, Habitat for Humanity is the perfect way to make an impact that will last for years to come.

The Tillamook Habitat for Humanity ReStore is open from Wednesdays to Saturdays from 10 a.m. to 5 p.m. The phone number is 503-377-0204. Its email is restore@tillamookhabitat.org. For more volunteer opportunities, visit tillamookhabitat.org/volunteer/.

Haystack Rock Awareness Program's Spring Events

This spring, HRAP will have exciting outdoor events for everyone to enjoy

By Pierce Baugh V

The days are getting longer, and the temperatures are rising; spring is nearing.

With the spring months approaching, the Haystack Rock Awareness Program has exciting events planned that allow people to enjoy the unique ecology that Cannon Beach offers.

On Sunday, April 13, from 8 a.m. to noon at Haystack Rock, HRAP will be hosting its Puff Welcome Celebration. With the warmer weather, the tufted puffins will be returning to Cannon Beach for their summer nesting season. It'll be a day packed with education and the chance to see some of Oregon's most iconic birds.

The tufted puffin is a unique species, with long pale-yellow plumage

jetting from its head and red-rimmed eyes. This species nests mostly in deep burrows on cliff edges and slopes that can be five feet deep. Most of the year they live at sea, and it's not till they reach the age of three that they return to land to breed on nesting cliffs where they were born, according to Cornell Lab. Tufted puffin can also hold multiple small fish in its bill at once, ranging from five to twenty.

From 8 a.m. to noon there will be an open house, providing people the opportunity to learn more about HRAP, the Wildlife Center of the North Coast and Friends of Haystack Rock.

Puffinology 101: Exploring the World of Tufted Puffin, a discussion on tufted puffin, will be from 9 a.m. to 9:30 a.m.

From 10 a.m. to 10:30 a.m., Puffin Pursuit: Master the Art of Spotting Tufted Puffins will provide visitors with advice on how to best spot tufted puffins. Scops



Haystack Rock by Bob Kroll

and binoculars will be provided.

The Predator Game will be from 10:45 a.m. to 11 a.m. The interactive game teaches people the challenges tufted puffins face.

And at 11:30 a.m., the tufted puffin costume contest will be held. Attendees can don

their best tufted puffin costume for a chance to win prizes donated by Friends of Haystack Rock and Salty Raven.

For early risers, on April 27 at 6:30 a.m. to 10 a.m., at Haystack Rock, there will be the seventh annual Nudibranch Safari. The low tide will provide the perfect opportunity

to find nudibranchs. You might be wondering, "What's a nudibranch?" The unique name is perfectly suited for a unique creature.

The nudibranchs are sea slugs. Experts will be there, dressed as nudibranchs, ready to answer questions people have about the

fascinating creatures. Lisa Habecker, HRAP's Education and Volunteer Coordinator will be leading the hour-long hunt for nudibranchs that are commonly found in tidepools at Haystack Yock. With the bright colors and alien-like appearance, spending time with these interesting creatures will make for a memorable day. "You'll see why people are so obsessed with them," says HRAP Program Manager Kelli Ennis. Every single special is just crazy unique looking. They always have these incredibly different color morphologies." See how many different species of nudibranch can be found, the record is 14. "It's a really, really cool field of marine biology," says Ennis.

For more information on Haystack Rock Awareness Program's events, call 503-436-8060 or visit their website: www.haystackrockawareness.com.



Tillamook Beekeepers Assoc. is featuring

Bee Days 2025

Honey products & Rick Stelzig Bee Hive Raffle (winner picked Sunday)

New Vendors Raffles Plants

April 26-27, Sat 9-4 & Sun 11-4

FREE ADMISSION

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Tillamook County Fairgrounds

- **Monkey Business 101:** Lots of berry plants & fruit trees
- **Kiwanis Club of Tillamook:** Raffle Fundraiser
- **Tillamook American Legion Post 47 Fundraiser:** Handcrafted Wood American Flags by Rick Stelzig

Still booking vendors!

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Prioritize Your Health: The Importance of Regular Colorectal Cancer Screenings

As we age, maintaining our health becomes increasingly important. For adults over 55, regular colorectal cancer screenings, such as colonoscopies or at-home tests like Cologuard, are vital components of preventive healthcare.

Colorectal cancer is the third most common cancer diagnosed in both men and women in the United States. It often begins as benign polyps in the colon or rectum, which can develop into cancer over time if left untreated. Early detection through screening allows for the removal of these polyps before they become malignant, significantly reducing the risk of cancer development.

What is a colonoscopy?

A colonoscopy is a procedure that is highly effective in detecting existing cancers

and identifying precancerous polyps. For individuals aged 45 to 75 at average risk, it is typically recommended to undergo a colonoscopy every 10 years. However, those with higher risk factors, such as a family history of colorectal cancer, may require more frequent screenings.

For those seeking a non-invasive alternative, Cologuard offers an at-home DNA test that screens for colorectal cancer. Approved by the FDA, Cologuard detects altered DNA to indicate the presence of cancer or advanced polyps.

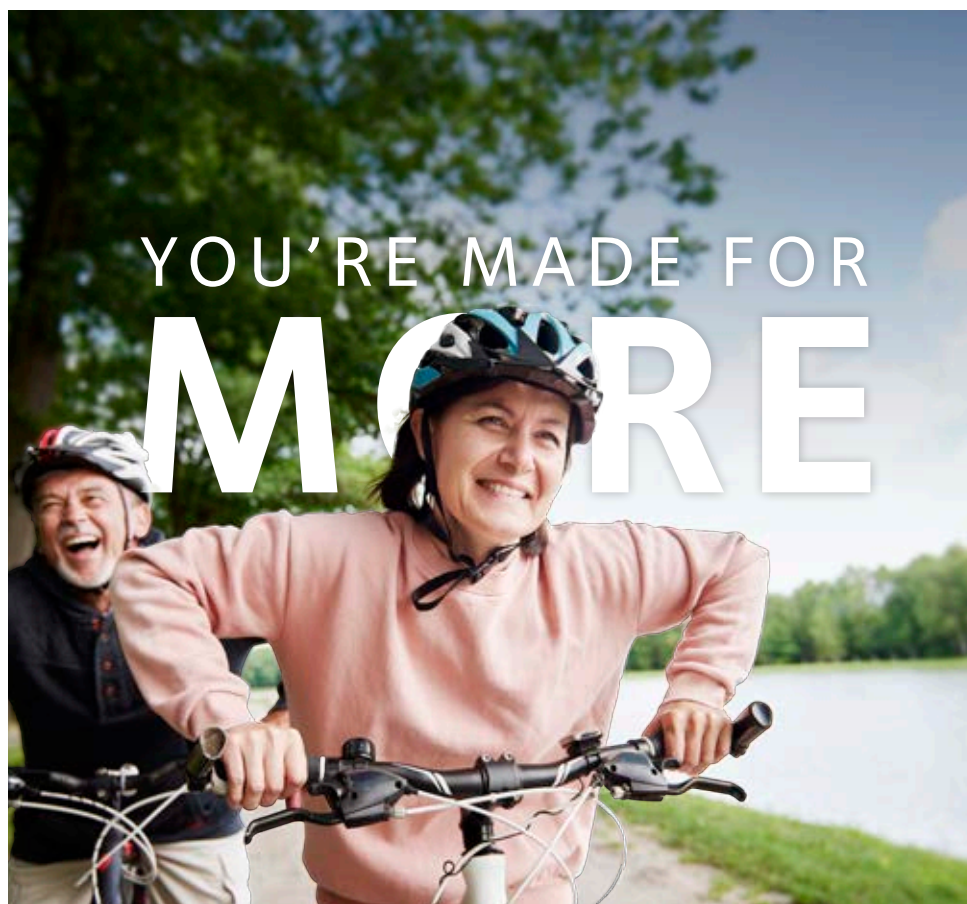
Only you can take the next step

If you are over 55 and have not undergone a colonoscopy or colorectal cancer screening recently, now is the time to take action.



Discuss with your healthcare provider which screening method is most appropriate for you, considering your medical history and personal preferences. Regular screenings are a proactive step toward maintaining your health and well-being.

Remember, early detection saves lives. By prioritizing regular colorectal cancer screenings, you are taking a crucial step in safeguarding your health for years to come.



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