

Clam Festival on Deck!

Head to the beach for the first and one of the best seafood festivals of the year – 17th Annual Ocean Shores Razor Clam & Seafood Festival, March 21-23. Savor fresh whole Dungeness crab dinners caught locally by Quinault Pride, great seafood and faire food, 100 vendors. live music and more. Admission is free.

Highlights are the clam chowder tasting contest, fresh whole Dungeness crab dinners, food court, Sunday crab benedict brunch, vendor village with 100 booths, live music, giant European slide and clam gun decorating contest.

The Clam Chowder Tasting Contest features local restaurants offering public tastings of their inspired recipes. Purchase a Tasting Passport for \$10 and vote for a favorite chowder in the People's Choice category. The winning chef will receive a \$500 prize.

Dungeness crab dinners include fresh whole Dungeness crab (avg. 2lbs) served either warm or cold with herbed new potatoes, coleslaw and butter. Crab dinner tickets are \$40 (\$35 for active military and dependents) and half-crab dinners are \$25. Dinners are recommended to be purchased in advance to guarantee availability due to the high price of crab. Dungeness Crab dinners purchased during the festival weekend will be available while supplies last. Get your discounted dinner tickets now on the website.

The Crab dinners are sponsored by the Quinault Beach Resort and Casino and Quinault Pride Seafood, providing us with the very best live fresh crab from the Quinault Indian Nation, caught just a few miles away and brought live to the festival. The only way to get fresher crab is to catch them yourself.

The Food Court features a dozen food booths/trucks including Bennett's Fish Shack with a fish shack menu. Perkins Family Oyster Farm with a raw oyster bar and BBQ oysters, burgers, Russian dumplings, teriyaki, yakisoba and your favorite desserts. Still hungry? Come back on Sunday for the crab Benedict brunch including a bloody mary or mimosa. Tickets are \$25 and must be purchased in advance online at osrazorclamfestival.org.

The Vendor Village includes 100 booths with hand-made crafts, merchants, sponsors and nonprofits. A full bar is available at the Convention Center Main Stage with great live music! A fun and creative approach to getting those Razor Clams is the Clam Gun Decorating Contest on display all weekend as local clammers decorate their most important tool. The Music Stage features SR 109, Raucous and Deer Swerver. A full bar runs all weekend.

Beachcombers Have a Ball at Expo





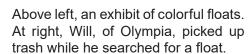
You never know what you'll find on the beach and correspondingly, you never know what you'll find at the Beachcombers and Glass Float Expo. Above left, a giant float found last year lurks around the corner at the convention center where the Expo was held. Above right, a skull made of beach glass and agates was an entry in the beachcombed art division.





Above left, an attendee to the Expo checks out a display of beachcombed items. At right, Ken Henderson proudly shows off his Expo 24 float that he had just found minutes prior.









Glow Floats for Sale!

Some organisms produce their own light with a chemical reaction known as bioluminescence. This year's special edition art glass float for the Museum of the North Beach replicates the bluegreen glow that marine species sometimes emit.

Avalon Glassworks, of West Seattle, created the glow-in-the-dark floats using a layer of glowing glass powder over a ribbed, and bright turquoise blue base. Each float measures 4" in diameter and is stamped "Moclips-By-The-Sea" on the sealing button.

These floats will be on sale March 30, 10 a.m. to 3 p.m. at the historic Dorothy Anderson Cabin in Seabrook, the museum's temporary home.

Jon and Shannon Felix, owners of Avalon Glassworks, will be in attendance at the sale, and will have other handblown art glass available. Visit their website at www.avalonglassworks. com.

If you cannot make it to the sale, the museum accepts pre-orders. Contact the museum at (360) 276-4441 or email moclipsdude@gmail.com.





Super Soup!



Despite what was widely reported, the Philadelphia Eagles did not win the Souper Bowl. Rather, it was Casey McInnis! Casey scored with her butternut squash bisque and was presented the Golden Ladle. Second place went to Alison Gabel Hudson and her clam chowder, and third to Teffany Dawn Thomas and her Reuben sandwich soup. (Photo courtesy OS Community Engagement Committee)

Announcements and Meetings

Send your announcements, community events and whatnot to the Ocean Observer! Email oceanobserver@coastaccess.com or call (360) 289-2433.

Tune In For Local Info

KOSW-FM—88.9FM

Official emergency information station. Plus news, weather, sports and music. Listen to city council and other meetings.

North Beach TV (Coast Channel 68)

News, weather, activities, celebrations and events. Watch city council and other meetings.

N. B. Senior Resource Center

The North Beach Senior Resource Center (557 Pt. Brown Ave., NW in the United Methodist Church) provides information to local seniors and their caregivers regarding services, programs and opportunities available in the community. For more information, call (360) 289-3352.

Genealogical Society

North Beach Genealogy Society meets the third Tuesday of every month, 1 p.m., at the Ocean Shores Public Library. All levels of researchers: beginners to experienced are invited.

For more information, contact Carrie Cartwright Bergquist, president, at 206-276-7889 or email northbeachgenealogy@gmail.com.

ACA Meetings

Adult Children of Alcoholics and Dysfunctional Families meets Tuesday nights at 5 p.m. and Friday mornings at 9 a.m., at the North Beach Alano Club. The Alano Club is located at 873 Pt. Brown Ave. NW. For more information, visit adultchildren.org.

SasChat

SasChat, a conversation on all things Sasquatch, takes place Saturday, March 15, 9:30 a.m., at the Ocean Shores Public Library. MaeNeil Sullivan will share experiences with forest people. Come and share your own experiences. Bring your mug for Ocean Beach Roasters coffee. For more information, contact Sandy Nelson at (253) 720-2438.

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Food Bank Info

The Ocean Shores Food Bank is open every Thursday afternoon from 1 p.m. to 5 p.m. Emergency food is available on Tuesday and Saturday, from 10 a.m. to noon. The food bank is located at 848 Anchor Ave. NE.

Free Lunch for Seniors

The North Beach Senior Center offers a free lunch to seniors, 55 and older, every Thursday from 11:30 a.m. to 12:30 p.m. at the Ocean Shores Lions Club (832 Ocean Shores Blvd. NW). Soup, sandwiches, dessert, coffee and water. Visit with friends, meet new people and have a nice meal!

The Table @ Ocean Shores

The Table offers a free weekly community dinner every Tuesday evening at the Ocean Shores Lions Club (832 Ocean Shores Blvd. NW). A meal is served at 5 p.m. followed by a brief gospel message for those who choose to stay.

Friends O' Library Book Sale

The Friends of the Library (FOL) sponsor library events throughout the year with their book sales. Programs include teen game nights, summer reading events, adult book club and storytime for children.

You can pop into the library during open hours to purchase books or come to one of the big sales. Suggested donations for most books, games, and puzzles are 2 for \$1. DVDs are \$1 each. Some items are specially priced.

2025 Book Sale Schedule

Friday, March 21 noon to 4 p.m.
Saturday, March 22 ... 10 a.m. to 3 p.m.
Friday, May 23 noon to 4 p.m.
Saturday, May 24 10 a.m. to 3 p.m.
Friday, July 4 10 a.m. to 3 p.m.
Saturday, July 5 10 a.m. to 3 p.m.
Friday, August 29 noon to 4 p.m.
Saturday, August 30 .. 10 a.m. to 3 p.m.
Friday, Nov. 28 noon to 4 p.m.
Saturday, Nov. 29 10 a.m. to 3 p.m.
Friday's first sale hour is for FOL members

Coffee for Veterans

Fresh, hot coffee is served 8 a.m. to 10 a.m.every Monday morning to veterans and Gold Star families at the Ocean Shores Lions Club (832 Ocean Shores Blvd. NW).

Veterans Breakfast

Veterans are served a yummy, hot breakfast every last Monday of the month at the Ocean Shores Lions Club (832 Ocean Shores Blvd. NW). Gold Star families are welcome. Breakfast is served from 8 a.m. to 10 a.m.

Drive-Up Dinner

Shores Fellowship Church offers free, hot driveup meals on the first and third Wednesday of the month, 6 p.m. to 7 p.m. Everyone is welcome. The church is located at 694 Weatherwax Loop NE in Ocean Shores. For more information, call (360) 289-2693.

Opening Day at the Garden

The Garden By The Sea, a community garden, will host its 17th annual opener Saturday, April 5, 10 a.m. to 1 p.m. The garden is located at 824 Ocean Shores Blvd. NW (behind Tugboat Granny's Child Care).

Tour the garden and learn how to become a volunteer. The Master Gardeners will host a plant clinic, 10 a.m. to noon. A lecture entitled "Gardening on the Coast" will be presented at noon along with a question and answer period. Seeds and various plant starts will be available for purchase with a donation.

Rent a garden bed and grow your own flowers and veggies. You must first call to make an appointment to rent a garden plot at (425) 255-4025. Most beds (4'x8') are \$25 for the year, plus a \$25 security deposit.

For more information, visit our website at www.gardenbytheseaoceanshores.org.



Volunteer at the CIC

If you're interested in biology, ecology, geology or anthropology and would like to get engaged in the CIC's museum, education, and community science programs, consider joining our volunteer crew. Learn more and sign-up for a volunteer orientation by visiting: interpretivecenter.org/volunteer.

TOPS

TOPS (Take Off Pounds Sensibly) is a weight loss support-group which meets every Thursday, 9:45 a.m. to 11 a.m., at the Ocean Shores Public Library. For more information, contact Mary Mitchell at (360) 580-3092.

Narcotics Anonymous

Narcotics Anonymous hybrid meeting Sunday 5:30 p.m., in person at the North Beach Alano Club (873 Point Brown Ave NW) or on Zoom. Zoom ID:5658126531, password 302872. For more information, call (360) 289-1212.

Al-Anon

Al-Anon meets every Sunday at the OS Public Library, from 7 p.m. to 8 p.m.

Ocean Shores Monthly Rainfall by Jeannie M.

	•	2019	2020	2021	2022	2023	2024	North Jetty	No rain	North OS	No rain	Average
	January	8.76	17.43	15.18	13.30	8.12	10.59	3.97	15	5.33	15	4.65
F	ebruary	5.55	5.45	7.10	4.96	4.58	7.39	6.14	5	9.05	6	7.59
	March	2.12	4.17	5.31	5.67	5.74	9.19					
	April	4.87	1.71	1.42	7.55	6.10	4.65					
	May	1.65	2.39	1.73	6.47	0.71	3.65					
	June	0.87	2.31	2.28	3.52	0.25	2.36					
	July	1.21	0.39	0.11	0.15	0.76	0.72					
	August	1.02	0.95	0.48	0.21	0.56	1.61					
Se	ptember	5.07	3.50	3.86	0.62	2.44	1.82					
	October	5.39	4.09	8.46	4.04	4.98	7.50					
No	vember	3.70	9.90	18.46	7.72	7.44	11.78					
De	ecember	9.28	11.68	8.19	8.78	9.36	14.19					
TOT	AL/ YR	49.49	63.97	72.58	62.99	51.04	75.45	10.11	20	14.38	21	

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Upcoming Events

Send your event information to the Ocean Observer! Email oceanobserver@coastaccess.com or call (360) 289-2433.

MARCH

March 21-23

Razor Clam & Seafood Festival

Celebrate seafood at this annual festival held at the Ocean Shores Convention Center. Chowder tastings, a complete crab dinner, Sunday brunch featuring a special eggs Benedict. The festival is free to attend. Crab dinners are \$35 if purchased at the convention center BEFORE the festival. Visit osrazorclamfestival.org for more info.

APRIL

April 5-6, 12-13, 19-20, 26-27

Mermaid Festival (Westport)

Held at the Westport Winery, this festival celebrates all things siren with entertainers, food and activities. Lots of mermaid-themed stuff for sale. Admission to the International Mermaid Museum is free during the event which runs every weekend in April. For more information, visit mermaidmuseum.org.

MAY

May 2-3

UFO/Paranormal Summit

Researchers, witnesses, skeptics and enthusiasts amass at the Quinault Beach Resort and Casino for this premier research conference. Hosted by MUFON (Mutual UFO Network). For more information, including speaker line up, visit ufosummit.com

May 3-4

Kite Invasion

The beaches of Ocean Shores are invaded by kites! For more information, visit "Kite Invasion" on Facebook.

May 9-10

Body and Soul Festival

A metaphysical and wellness fair held at the Ocean Shores Convention Center. For more information, visit MeWeFairs.com.

Plant Sale Supports Food Bank

Get those garden beds ready for the Ocean Shores Food Bank 6th Annual Plant Sale, Saturday, May 3, 9 a.m. to 3 p.m. All proceeds benefit the food bank and enable its mission to make sure no one in this community goes hungry. The sale is held at Ocean Sunset Pharmacy, 121 E. Chance a la Mer.

WSU Extension Master Gardeners of Grays Harbor/Pacific Counties will be at the sale hosting a plant clinic, 10 a.m. to 1 p.m. If you have questions about plants, you'll want to chat with these experts.

Volunteers have been collecting garden and plant related items and yard art, growing seedlings and succulents in preparation for this event. A wide variety of lush hanging baskets, impressive and large color pots, houseplants and deer-resistant starter plants will be available. Vegetable starts will also be available. Mother's Day is coming up. Perhaps Mom would like a deer-resistant starter plant. Or a hanging basket.

The food bank is also accepting donations of plants (flowering or vegetable); potting soil; fertilizer; seedlings and starts; and gardening equipment such as pots, gloves, yard art, fun containers, etc. Donations may be brought to the old Ace Hardware (same plaza as Ocean Sunset Pharmacy) on the following dates: Wednesday, April 30, 10 a.m. to 3 p.m.; Thursday, May 1, 10 a.m. to 3 p.m.; and Friday, May 2, 10 a.m. to 3 p.m. For questions on donations, email Kathy at nwkate91@gmail.com. As with other food banks, both local and nationwide, demand for food assistance is growing while food and monetary donations are dwindling. This annual fundraiser takes on even more importance than in previous years.

Food insecurity affects roughly 30 percent of residents in Ocean Shores. The food bank has seen a 77 percent increase in households served in the last three years. The cost of purchasing food has increased significantly — up 310 percent in the last three years. When you purchase a plant from the plant sale, you are helping the food bank provide much needed food.

Surfrider Chapter Meeting

The Grays Harbor Chapter of Surfrider will hold a meeting, Thursday, April 3, 5:30 p.m., at the Ocean Shores Public Library. The April speaker will be Hillary Burgess, monitoring coordinator of NOAA's Marine Debris Program. Burgess will speak about the program and how you can help.

Surfrider will celebrate Earth Day, on April 19, with a beach cleanup at the Chance ala Mer and Ocean City Beach access roads, 9 a.m. to 12 p.m. Sign up to attend or volunteer for both events at https://graysharbor.surfrider.org/monthly-events. For more information contact Bruce Rittenhouse at chair@graysharbor.surfrider.org or visit the chapter website at www.graysharbor.surfrider.org.



City Market to Return

The Ocean Shores City Market returns for summer, beginning Saturday, June 7. This year, the market will be open EVERY Saturday, 10 a.m. to 3 p.m., during the high season which spans from June to late September. The market is located at Chance a la Mer Ave., between Bank of the Pacific and Aft Galley, across from the Ocean Shores Convention Center.

About 19 vendors have signed up thus far. Look for a specialty soap maker, offering handcrafted goat milk soaps, moisturizers and shampoo bars. Other sellers will offer produce, jewelry, clothing, art, topsoil and rock, coloring books and a variety of handmade items.

The market brings a casual, fun and open space for residents and visitors alike. Long tables, a beer garden and live music will set the scene. Thai food and elephant ears will be available for purchase, too. Bring the kids. Bring the dog (on a leash). Let's have some fun.

For more information, including vendor applications, visit oceanshorescitymarket.com. The market is brought to you by the Ocean Shores Community Engagement Team.



March will be a great month for stargazers of Ocean Shores to look up at the night skies. We will have the opportunity to observe three planets with the naked eye, some notable constellations and a "blood moon" thanks to a total lunar eclipse.

Planets

Venus: Visible until Mid-March

Venus will be earning her nickname of the "Evening Star" as she will likely be the first "star" visible in the western skies just above the horizon for the first half of the month.

Mars: Visible all month

The little red planet will be visible high in the eastern skies moving westward as the month progresses.

Jupiter: Visible all month

Mighty Jupiter will be in the southwestern skies and may even be bright enough to see during twilight hours.

Constellations

Orion the hunter with his distinctive threestar belt will be joined by Taurus the bull and the Gemini twins for some early evening observation all month long.

Orion will be in the southwestern skies with Taurus being nearby to the west and Gemini to the northeast from Orion. In mid-March, Leo will rise above the eastern horizon rising higher in the skies throughout the month as spring comes roaring in.

Blood Moon

Thursday, March 13, 10:09 p.m. — Friday, March 14, 1:47 a.m. Peak: March 13 at 11:58 p.m.

The main event this month will be the "blood moon" caused by a total lunar eclipse. As the moon falls behind earth's shadow, the moon will have a red hue. But why will it be red? As light passes through our atmosphere the longer wavelengths of orange and red will be bent, lighting up the moon. This is the same reason sunsets get their brilliant reds and oranges.

With our relatively low light pollution, we have great opportunities here in Ocean Shores for stargazing. I encourage everyone to take a moment and look upwards at the awe-inspiring beauty of the cosmos. Weather permitting, of course. (Information compiled using Stellarium Mobile-Star Map app)

Editor's Note:

Please welcome Nate Eng, who will be writing the monthly "Star Report" for the Ocean Observer.

Nate's interest in astronomy and physics was piqued after reading Stephen Hawking's "A Brief History of Time" in middle school, and he fell in love with the night sky while camping.

The planet Venus holds a special place for Nate. The planet's hellish atmosphere of sulfuric acid clouds, extreme heat and carbon dioxide belie that its namesake is the goddess of love and beauty. Rather than using a telescope, although he does own one, Nate prefers to stargaze with his own eyeballs.

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Waterfront Wellness: The Cool Benefits of a Hot Sauna

BY CORINNE SALAMEH

Hello! I am very excited to present my new monthly column which will feature ideas and suggestions for improving our physical and mental health as we move into the more mature stages of our lives here in a community filled with so many opportunities to participate and moments to enjoy.

But first, a little about me. It all began on a July weekend in Seattle several years ago, when, on

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a whim, I made the decision to drive to Ocean Shores in search of sandy beaches and cool ocean breezes as a replacement for the wildfire smoke, ashen rain and 100-degree temperatures that had enveloped the city.

Little did I know that this decision would become my own watershed moment that would inspire me to enhance my life on every level. For as I made the left turn at the Gates and then drove around the traffic circle wondering how and where to get off (wait, maybe I still do that?!), I was greeted by cool ocean fog, a long, wide beach and sea birds flying in swirls that matched the ocean waves.

And here I am, two years later, fully moved in and still filled with the joy of the daily blessings of beach life, despite the racoons in my garage, the bears in my bins and the deer, well, everywhere. Ocean Shores has become my permanent home and ironically, despite my own more mature age, I feel younger, healthier and happier than ever.

You may ask yourself, what are some of the ways that I, too, can start to feel younger, healthier and filled with more joy? Well, that's the idea behind this new column. Each month, I will offer suggestions on how we can all make the most of the many facilities, programs and simple

but important benefits that living in an area filled with natural beauty and wildlife offers.

In memory of hot summer days, let's go ahead and start with one of my favorite hiddengems, or actually, pile of hot rocks, that I use very regularly at our own community club, the Finnish sauna.

You may already know this, but the history of saunas and their use dates back over 10,000 years and can be traced to Northern Europe (namely Finland) where they were used for more practical purposes like warmth and bathing and even winter living, as the oldest known saunas were pits in the ground heated with stones.

Today, Finnish saunas and their worldwide cultural variations have become an increasingly popular addition to both physical and mental preventative wellness programs as well as a prescribed treatment for numerous chronic inflammatory health conditions.

Accordingly, a comprehensive Finnish study published in the Journal of the American Medical Association in 2015, found that 15- to 20-minute sauna use two to three times per week decreased both all-cause mortality and sudden cardiovascular death by a staggering 22 to 40 percent (longevity.stanford.edu).

The Laukkanen studies provide a scientific foundation behind a cultural lifestyle which suggests that the health benefits were not just anecdotal but revolve around several key physiological changes triggered from a sauna session which can prevent the development or progression of chronic cardiovascular diseases, as well as neurodegenerative diseases like Alzheimer's and Parkinson's.

When you voluntarily roast in a 180-degree box like a fireside marshmallow, your temperature rises to 104 degrees, and within minutes, your blood vessels dilate causing your body to sweat profusely in order to cool itself. This function is also linked to a lowered risk of Alzheimer's and dementia, as suggested by another Finnish study of both men and women aged 30-69 (farh.org).

Another systematic clinical study, conducted at RMIT University in Melbourne, Australia, supports the findings that "heat shock" proteins from exposure to heat stress lead to better blood flow and are known to play a role in cellular repair for improved skin health and collagen production. This can also help reduce the inflammation associated with rheumatoid arthritis and other inflammatory conditions and improve the immune response against viruses by enhancing rapid white blood cell production. (PMID29849692 at pmc.ncbi.nlm.nih.gov)

Sauna bathing is also known for its relaxing effects, which can increase endorphins and reduce the stress hormones associated with hypertension and heart problems. In fact, numerous research studies including those mentioned above have concluded that after a 30-minute session of healthy sweating, participants' systolic and diastolic blood pressure reduced to the same levels as during moderate exercise, in effect providing the entire cardiovascular system with the benefits of performing a cardio workout without even moving a muscle!

And the best part is, while you're sweating profusely in that warm, wooden room, you may also be joined by fellow sauna enthusiasts dressed in anything from sweats to swim gear, and enjoy hearing some juicy town gossip or a salacious chicken pot pie recipe. But remember, just like Vegas, what happens in the sauna stays in the sauna!

Grab your towel and water bottle and give it a try. After checking in with your doctor, you can start with just a 5-minute session and work your way up to the recommended 30-minute session at your own pace. Because unlike Vegas, what you lose in the sauna you will definitely gain in better overall health; and that's the kind of bet we can all afford to make, right?

"It's like a sauna in here."

— Cosmo Kramer, Seinfeld





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In the Garden: Advantages of Organic Gardening

CONTRIBUTED BY KAREN YOUNG
THE GARDEN BY THE SEA, A COMMUNITY GARDEN

Garden by the Sea, a community garden here in Ocean Shores is considered "organic." This means we do not use any chemical synthetic fertilizers or pesticides. Do organic methods do an adequate job of producing strong healthy crops? The short answer is yes, and the advantages of organic gardening go well beyond just what we harvest. Hopefully, I can shed some light on this issue by sharing the scientific wisdom involved in going organic in your home gardens. Organic gardening has gained significant popularity in recent years as people become more conscious of the impact of their actions not only on the environment but also on their personal health. Unlike conventional gardening, which heavily relies on synthetic chemicals, organic gardening emphasizes natural and sustainable practices. One of the primary advantages of organic gardening is its emphasis on maintaining soil health. Organic gardeners refrain from using chemical fertilizers, pesticides, and herbicides, which can deplete soil nutrients and disrupt the soil's natural ecosystem. Instead, they focus on enriching the soil with compost, organic matter, and cover crops which encourage fertile and nutrient-rich environment that supports plant growth and resilience. Using synthetic chemicals in conventional gardening can lead to harmful residues on fruits and vegetables. By opting for organic gardening practices, individuals can significantly reduce their exposure to potentially harmful chemicals. Some scientific studies have shown organic produce to be of higher nutritional value although more research is warranted in this area. Organic gardening is an eco-conscious approach that considers the entire ecosystem. By avoiding synthetic chemicals, organic gardeners prevent the pollution of water, soil, and air. Additionally,

preserving beneficial insects, such as bees and butterflies, which are crucial for pollination and biodiversity. Organic gardening also maintains encourages natural microorganisms in the soil that help keep it healthy. This approach reduces ecological overall footprint, contributing to the conservation of wildlife and promoting a sustainable environment. A couple of common techniques organic gardeners often employ are companion planting intercropping. and These methods not only maximize the number of plants grown in a field or garden but also pair plants that enhance the growth of each other in some way. This fosters biodiversity, making the garden more resilient to pests and diseases. By maintaining a balanced ecosystem, organic gardeners can reduce the need for chemical interventions, creating a harmonious self-sustaining and garden environment. Regarding pests and diseases, organic gardening encourages develop plants to defense their natural mechanisms. Chemical pesticides, while effective in the short term, can lead to the emergence

of more resistant pests

they play a vital role in





Organically-grown flowers and vegetables fill the beds at the Garden By The Sea (left).

The GBTS is a certified wildlife habitat through the National Wildlife Federation. For a space to qualify, a garden must be free of neonicotinoids (a class of insecticide), other pesticides and herbicides. Additionally, plants must be at least 70 percent native, and the garden must provide wildlife with essentials such as water, cover and places to raise young. (Photos by Karen Young)

over time. In contrast, organic gardening relies on natural pest control methods, such as introducing beneficial insects, using physical barriers, and promoting plant diversity, which fosters resilient plants capable of withstanding various environmental stressors. At Garden by the Sea, organic gardening practices extend beyond the garden's boundaries, supporting local ecosystems and wildlife. By avoiding harmful chemicals, we prevent the contamination of nearby water sources and protect native species from harm. The garden is certified as a wildlife habitat by the National Wildlife Federation due to our support for various animal species as well as our contribution to the overall biodiversity in the surrounding area. Maintaining Garden by the Sea as an organic

garden is important for a myriad of reasons. It benefits current (and future!) gardeners by nurturing healthy soil, providing opportunities to grow nutritious vegetables, while safeguarding their personal health, free from chemicals. We support our local ecosystems while practicing the principles of organic gardening which align with the culture of sustainability and balance. Come to the 17th Annual Community Garden Opening, April 5, 10 a.m. to 1 p.m. to see organic gardening in person. Use the QR code to be directed to our website.

For more information about this article or the community garden, contact us at info@ gardenbytheseaoceanshores.org. ■





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Auditions for Next Stage West Production

Have you ever wanted commit murder? Here's magic! your chance to act it out.

Open auditions for Stage West Community Theatre's next production will be held March 22, 11 a.m., at the Ocean Shores Lions Club. Rehearsals begin April 2, and performances will be May 9, 10, 16, 17 and 18. It is recommended that you read some or all of the script prior to auditions. The script can be requested from Lori Hardin at stagewesttheatre@yahoo.com.

The theatre is looking for eight women and three men to join the cast. Enthusiastic stagehands, a stage manager and a wardrobe/costumer are also needed. This is a fantastic opportunity to be part of a production and showcase your talents. Whether you're an experienced performer or looking to get involved behind the scenes, Stage West welcomes you to join and be part of the

The play is a comedy, entitled "The Plot, Like Gravy, Thickens," and centers on Walter, the playwright's alter ego, who promises to reveal to the audience how he commits a murder. The play takes place on a stormy evening at Worthington Manor, where tyrannical millionaire Edward Worthington gathers his wife, her brother, his older sister, his ex-wife, his daughter, his shady lawyer, his uptight business manager and his giddy wife, his southern secretary, and the household staff, including the butler, housekeeper, maid, and cook. Each character has a motive for wanting Edward dead, and the plot thickens when the lights go out and a mysterious murder occurs.

For more information on Stage West Theatre, visit stagewestcommunitytheatre.org.

Education / Training at the Coastal Interpretive Center

CIC Volunteer Training March 29, 1:30 p.m. @ CIC Museum —

All are welcome to learn (or refresh) their skills and become a CIC volunteer! If you like science and nature, we'll talk about all kinds of opportunities we offer in Ocean Shores (and across Grays Harbor) to engage with students, with museumgoers, and visitors to our community. (interpretivecenter.org/ event/cic-volunteer-training-2/)

Bird Watching Tours

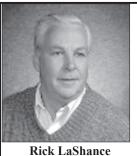
In the lead-up to this year's Shorebird & Nature Festival, the CIC will be hosting two shorebird walks in Ocean Shores! Join us on March 15 and April 19. Details and registration online. (interpretivecenter.org/event/guided-tour-shorebird-nature-walk/) and (interpretivecenter.org/event/ guided-tour-sunset-shorebird-walk/)

April 30, 9:30am - 11:30am @ Brady's Oysters - Eelgrass Education Seminar

The CIC's partners at the Department of Natural Resources will show us how they measure eelgrass health and collect indirect measurements of water quality in Grays Harbor. Join us for a field trip to an important and multi-year scientific field site. (interpretivecenter.org/event/eelgrass-educationseminar/)

Financial Focus: Financial Spring Cleaning

SUBMITTED BY MILES LONGENBAUGH EDWARD JONES



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I appreciate the opportunity to support your search for your future home! Ocean Shores is a wonderful community to vacation and live!



Spring is here which means it's once again time to wash the windows, organize cabinets your steam your carpets. This year, in addition to tidying up around your house, why not also consider some financial spring cleaning?

Here are some suggestions consider:

"De-clutter" your investment portfolio. When you embark on your home cleaning notice that you have redundancies — three cleaners, and so on. Similarly, you might duplications find in your investment portfolio, perhaps in the form of multiple, near-identical stocks or mutual funds. If so, then it might be worthwhile to consider selling some of these investments and using the proceeds to boost your portfolio in other areas in which you

may be lacking. Cut back on "overgrown" investments. that winter is over and you're venturing more, outside you notice may some overgrown shrubbery or some tree branches that need pruning. And while it may sound counterintuitive, you might also have some investments have grown too big for your needs. For example, you might own some growthoriented investments whose value has increased so much that they now take up a larger percentage of your portfolio — and carry a higher degree of risk — than you originally intended.

If that's the case,

you might be better

mission, you might off by selling some of these investments and purchasing others blenders, two vacuum to help bring your investment mix back to its desired alignment.

> your **Dust** off investment strategy. With more sunlight now pouring in your house, you might notice that the corners of your walls and ceiling may need a good dusting. And as you continually work strengthen your financial foundation, you may need to dust off your investment strategy, especially you've if recently changes experienced in your life, such as a marriage, addition of children, new job, and so on. And as you move closer to retirement, you may also need to adjust your strategy in some ways. For one thing, you might want to adopt a more conservative investment approach in the years immediately preceding retirement, though you'll still need to have some growth potential in your portfolio to help keep you ahead of inflation.

Protect yourself from financial dangers. As you go about your household spring cleaning, you may find actual

physical dangers that need to be removed or stored more safely, such as sharp objects or broken tools. And as you navigate daily life, you may also find threats to your financial safety — the need for an expensive home improvement, or a major car repair or an unexpectedly large medical bill. If you don't have the money available to pay these expenses, you might be forced to dip into your retirement accounts or run up your credit card or take out a highrate loan. To protect yourself from having to make these moves, you may want to maintain an emergency fund containing several months' worth of living expenses, with the money kept in a liquid account, separate from those you use for your daily living expenses. Of course, some of

these moves can take some time — but by getting started on them soon, you can help put your financial house in better shape by the time the next spring cleaning rolls around.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

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Ocean Shores Public Library

Regular Hours:

11 a.m. to 5 p.m., Tuesday to Saturday 12 p.m. to 4 p.m., Sunday

573 Point Brown Ave. NW www.oslibrary.info 360-289-3919

- The Ocean Shores Library Foundation is seeking candidates to join the five-person board of directors. The foundation assists in funding the current and future needs of the library. Contact Keitha Owen at keitha@osgov.com.
- The Ocean Shores Library Board is seeking candidates to join the board of trustees. The board is a governing and policy-making board. Contact Keitha Owen at keitha@osgov.com.

Art in the Library

March: Susan LaMadrid

Library Quilt Display

A new quilt every month from the SeaPals quilters.

Lobby Display Case March: Garden By The Sea

LIBRARY SERVICES

WiFi Available

WiFi is available from 6 a.m. to 10 p.m. No password is required but must agree to terms of service.

Book-a-Techie

Schedule your free 30-minute session over the phone or in person and get answers to your burning questions or solutions to your problems. Techie cannot help with hardware issues.

Collection Highlights: Large Print Books

The large print in these books make them perfect for patrons who have trouble reading the smaller print found in other titles; donated by Walter Weed.

Meeting Rooms

The library has two meeting rooms available for the public to use.

Kanopy

Movie streaming service free with a library card.

Check out eBooks, audiobooks and magazines free with a library card.

Meeting Room Sound System — NEW!

Large meeting room now has a surround sound PA system available for your meetings.

ADULT PROGRAMS

Dungeons and Dragons Game Night

Weekly program Fridays (except March 21), 4:30 to 7:30 p.m. Open to those 10 and older. No prior experience is necessary.

Virtual Reality

March 15; 1 p.m. to 4 p.m.

Enjoy immersive games. Call or come into the library to schedule.

Book Group

"Yellowface" by R.F. Kuang, March 17, 3 p.m. to 4 p.m.

BYOBook Group

Bring your own book to discuss.

Computer Class

Smartphones, Wednesday, March 19, 9:30 a.m. to 10:30 a.m.

Friends of the Library

Monthly meeting, Monday, Monday, March 10; 2 p.m. to 3 p.m.

Tax Aide

Through April 16; Thursdays and Fridays, 10 a.m. to 2 p.m.

Free AARP tax help for all ages. No appointments. First come, first served. Thursdays and Fridays, 10 a.m. to 2 p.m.

Disaster Preparedness with author Steven Craig

Friday, March 28, 2:30 p.m. to 4 p.m.

Retired Coast Guard Reserve Captain discusses disaster preparedness.

TEEN PROGRAMS (Grade 7 to 12)

Teen Advisory Board

Feb. 3; March 10; 3 p.m. to 4 p.m.

Teen Video Game Club

Wednesday, March 5, 3 p.m. to 5 p.m. Snacks provided.

Teen Zone

Monday, March 24, 3 p.m. to 5 p.m.

Teen Spring Party

Saturday, March 29, 6 p.m. to 8:30 p.m.

Students in grades 7-12 can enjoy a fun space to hang out with friends, play video games, watch movies or sing karaoke. Snacks provided.

LIBRARY FUN FOR CHILDREN

Storytime!

Saturdays, 10:30 a.m. to 11 a.m.

Books, rhymes, interactive stories, songs and FUN for ages birth to 5. **Reading Rangers**

"Diary of a Pug" Extravaganza! Fun games, a dog craft, a scavenger hunt

Where Are the Club Members?

AL AK AZ AR CA CO CT DE DC FL GA GU HI ID IL	2 12 61 2 360 19 0 0 0 23 4 0 22 18	ME MD MA MI MN MS MO MT NE NV NH NJ NM NY NC	0 3 4 4 2 0 3 10 1 31 1 1 4 4	PR RI SC SD TN TX UT VT VA VI WA VI WA WV WI WY	0 0 8 2 4 36 11 0 4 1 6,955 0 3 3	
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IA KS KY LA	2 2 3 1	OH OK OR PA	4 2 143 2	Germany Fiji UAE	3 1 1	

Religious Organizations

Contact each organization for worship service times.

BAHA'IS OF OCEAN SHORES (206) 713-7344 (360) 975-3541

CHAPEL BY THE SEA (PCUSA) www.chapelbytheseawa.org 4612 State Route 109 Moclips / Pacific Beach The Rev. Dr. Linda Flatley (360) 276-8143

CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS Bishop Mark Buchanan (360) 360-2127 https://local.churchofjesuschrist. org/u/173533

COPALIS COMMUNITY CHURCH Pastor Jim Richards (360) 289-2233

COPALIS CROSSING ASSEMBLY OF GOD Pastor Rodney Brooking (360) 289-2145

FAITH COMMUNITY CHURCH Pastor Michael Duncan (360) 289-2474

GALILEAN LUTHERAN CHURCH Pastor Angela Renecker (360) 289-3313 **OCÉAN SHORES BAPTIST** Pastor William C. Long (360) 289-2540

OCEAN SHORES MESSIANIC **FELLOWSHIP** David or Susan Hardin (702) 373-4739

OCEAN SHORES UNITED METHODIST Rev. Pamela Meeks (360) 289-0201

PACIFIC BEACH COMMUNITY CHURCH Pastor Mark Eaton (360) 276-8163

SHORES FELLOWSHIP CHURCH (Assembly of God) Pastor Kate Thaete (360) 289-2693

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FIRE DEPARTMENT

585 Point Brown Ave NW 360-289-3611

POLICE DEPARTMENT 577 Point Brown Ave. NW

360-289-3331 360-533-8765 (non-emergency)

CODE ENFORCEMENT/ ANIMAL CONTROL 577 Point Brown Ave. NW 360-533-8765

MUNICIPAL COURT 585 Point Brown Ave NW P.O. Box 909 360-289-2486

PUBLIC WORKS 165 Ocean Lake Way SE P.O. Box 909

UTILITY BILLING 800 Anchor Ave NW P.O. Box 909 360-289-2487

360-940-7542

PERMIT OFFICE 801 Minard Ave NW

P.O. Box 909 360-289-2754

BUSINESS LICENS-ING 801 Minard Ave NW P.O. Box 909

360-940-7496

CITY CLERK 548 Pt. Brown Ave. NW P.O. Box 909 360-940-7498

Marine Mammal Stranding Network

Members of the network respond to marine mammal stranding events along the Washington coast. Each stranding event is handled on a case-by-case basis and is dependent on local capability, available resources, personnel and logistics.

- To report a dead, injured or stranded marine mammal, call: 1-866-767-6114
- For law enforcement, harassments and other violations, call: 1-800-853-1964 • In Ocean Shores, call Vivian (360) 580-9927 and/or Dennis (618) 934-5431.

PUBLISHER'S NOTICE

All real estate advertising in this newspaper is subject to the Fair Housing Act which makes it illegal to advertise any preference limitation or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination. Familial status includes children under the age of 18 living with parents or legal custodians, pregnant women and people securing custody of children under 18. This newspaper will not knowingly accept any advertising for real estate which is in violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain of discrimination call HUD toll-free at 1-800-669-9777. Toll-free telephone number for the hearing impaired is 1-800-927-9275.



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