

Moonrise



Astorian Elizabeth McMaster titles this photo over the Peter Iredale at Fort Stevens State Park "Moonrise."

Courtesy of Elizabeth McMaster

AARP safe driving classes scheduled

AARP is holding three "Smart Driver" classes in February. The classes have new student guide books and videos. All of the classes are from 9 a.m. to 4 p.m. and include a 45-minute break for lunch, and two short breaks. Those attending should come early to get the paperwork done.

- Feb. 13: Clatsop Community College, 1455 Roosevelt Drive, Seaside. Ron Bline is teaching. Call CCC at 503-338-2408 to register.

- Feb. 19: Peace Lutheran Church, 565 12th St., Astoria. Di Stuppy is the instructor. Call CCC at 503-338-2408 to register.

- Feb. 25: Tillamook Bay Community College, 4301 Third St., Tillamook. Craig Leslie is teaching. Call TBCC at 503-842-8222 or 888-306-8222 to register.

These courses are designed for seniors age 50 and older, but anyone can attend. Oregon state law provides for a discount on auto insurance premium for completing this course. Attendance at the entire class is required to receive a certificate of completion. Most insurance companies require that a refresher course be taken every three years to continue to receive the discount; or every two years for those who are 70 or older.

Preregistration is required and seating is limited. The cost for the class is \$15 for AARP members and \$20 for nonmembers. Tuition is payable at the start of class, with checks made payable to AARP.

For questions or information, contact John Benson at 503-738-5925 or bensons-bend@gmail.com

Learn CPR, first aid

Clatsop Community College offers monthly classes on CPR for health professionals, as well as CPR/first aid. Participants will receive the two-year American Heart Association First Aid/CPR/AED (automated external defibrillator) certification card.

The next set of classes will be held Tuesday at the College's main campus in

Astoria. CPR for health professionals is from 8 a.m. to noon, and CPR/first aid follows from 1 to 5 p.m. Both classes will be repeated in March.

The cost for each class is \$40 to CCC and \$20 to the instructor at the class for the book. To register, visit www.clatsopcc.edu/ schedule and search under CPR, or call 503-338-2402.

Cancer support group begins sessions Feb. 11

WARRENTON — Adult cancer patients, their support team and family members are invited to a monthly support group focusing on sharing of stories, encouragement, inspiration, education, information and resources. The group meets from 2 to 3:30 p.m. the second Wednesday of the month, starting Feb. 11, at Northwest Senior and Disability Services, 2002 S.E. Chokeberry Ave. in Warrenton.

Two groups will occur simultaneously so that cancer patients can meet together

while their loved ones can share stories about their experiences supporting cancer patients. Each group will be led by licensed social workers, Brigid Koeppen from Columbia Memorial Hospital, and Allison Whisenhunt from Providence Seaside Hospital.

All sessions are free. For information, contact Whisenhunt at allison.whisenhunt@providence.org or 503-717-7439, or Koeppen at brigid_koeppen@columbiamemorial.org or 503-338-4085.

Talent Search shows education options

The Talent Search Program at Clatsop Community College serves approximately 670 students from sixth through 12th grades in cooperation with the Astoria, Warrenton, Seaside and Knappa school districts. The mission of the program is to help students succeed in school and develop a clear vision of their educational choices beyond high school.

On Jan. 23, Clatsop Community College hosted approximately 45 seventh-grade students for a tour of its Lexington Avenue and Marine and Environmental Re-

search and Training Station (MERTS) campuses. Students met with faculty members from various disciplines and were introduced to the range of opportunities available at CCC, ranging from earning college credit while in high school, to earning a certificate or degree, to advanced continuing education.

The Talent Search Program helps enrolled students to:

- Be successful in middle school and high school classes.
- Learn about career choices and educational options.
- Begin setting individual

educational and career goals and planning how to achieve them.

- Select appropriate classes to build a foundation for their postsecondary work.

- Graduate from high school prepared for postsecondary education.

- Enter and successfully complete a postsecondary degree or certificate program.

Students participating in this federally-funded pro-

gram come from low-income households and/or are raised by parents who have not completed four-year college degrees. Students who do not meet these two criteria, but who can benefit from the Talent Search services, may be enrolled in the program if space is available.

Direct inquiries to Robert McClelland at 503-325-2898 or rmmccllland@clatsopcc.edu

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Why does my front load washer smell like mildew...is there a solution?

The mildew smell is caused by residual detergent left in the sump of the washer. Most laundry detergent contains protein fillers which are derived from animal fat. Make sure you are using an HE (high efficiency) detergent without these protein fillers. After each use of your washer you should wipe down the rubber door seal and leave the door ajar so the interior dries out. Roby's recommends our Excelsior HE liquid detergent available exclusively at Roby's!



What causes a dry mouth?

Many possibilities exist here which need to begin with effective oral hygiene. People who are heavy tobacco smokers or heavy consumers of alcohol also show signs of dry mouth. Many prescription medications also play a role in creating a dry-mouth syndrome. Patients with this condition have an increased risk to dental disease, decay and infection and should have this evaluated.



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