

# A 'Whale' of a win at Silver Salmon



The Silver Salmon's 14th annual Coloring Contest and Open House was held Feb. 24. Entrants were provided a 20-inch-by-20-inch sheet of white paper, a pencil, and a new box of 24 crayons, which was all that could be used for the entry.

First-place winner of \$300 cash was Sam Sadler with "Whale," pictured left. Second place was "Tree of Light," pictured upper right, by Danielle Schmidt, who received a \$150 Silver Salmon gift certificate. In third place was "Crossing the Bar," pictured lower right, by Susan Brookfield, who received a \$50 Silver Salmon gift certificate. "It was a success again," said Jeff Martin, co-owner of the Silver Salmon. "Lots of fun, and amazing art."

Submitted photos

## Students can enter art for Capitol contest

BEAVERTON — The office of Rep. Suzanne Bonamici, D-Ore., is now accepting submissions for the 2015 Congressional Art Competition.

The competition is open to all students grades nine through 12 who reside or attend high school in Oregon's 1st Congressional District. A panel of local artists will select the winner, and his or her artwork will be publicly displayed on Capitol Hill for one year.

"Every year I look forward to this competition to encourage student involvement in art and to highlight a local student from Oregon's 1st District," Bonamici said. "As the cofounder of the bipartisan STEAM (Science, Technology, Engineering, Art and Mathematics) Caucus I know the importance of the arts in stimulating innovative thinking in students. I look forward to seeing the amazing work the talented students of Oregon's 1st Congressional District have to offer."

Since the competition started in 1982, more than 650,000 high school students have participated. One piece of artwork from each congressional district will be displayed in Washington, D.C., in the Cannon Tunnel of the U.S. Capitol Building. Students in Oregon's 1st Congressional District who are interested in participating can visit <http://bonamici.house.gov/art>. The winning student will be invited to attend a ribbon-cutting ceremony in the nation's capital. Details for the 2015 competition can be found at [www.house.gov/content/educate/art\\_competition](http://www.house.gov/content/educate/art_competition)

## SENIOR NOTES

**Alzheimer's Association Oregon Chapter** — Information, referral and counseling services for families and caregivers of people with Alzheimer's, dementia and other related disorders. For information, call 800-272-3900 (24 hours a day).

**Astoria Alzheimer's & Other Dementia Family Support Group** — 2 to 3:30 p.m. third Monday, Clatsop Care Center, 646 16th St., first floor conference room. Open to all family members of people with dementias. For information, call Rosetta Hurley at 503-325-0313, ext. 216, or email [support@clatsopcare.org](mailto:support@clatsopcare.org)

**Clatsop Behavioral Health After Hours Crisis Line** — 503-325-5724.

**Clatsop Community Action** — 503-325-1400. Respite care services, low-income energy assistance, emergency food assistance, housing information, emergency personal care items.

**Columbia Senior Diners** — 11:30 a.m. weekdays, Peace Lutheran Church (lower level), 565 12th St. Cost is \$5. For information, or to have a meal delivered, call 503-325-9693.

**Exploring New Concepts of Retirement Education (ENCORE)** — 503-338-2408. Provides a wide assortment of educational experiences for individuals older than 50.

**Elder Friendship Line** — 800-971-0016. Available from 8 a.m. to 11 p.m.; crisis calls taken 24/7.

**Food Pantries** — 503-325-1400. Clatsop Community Action serves six food pantries in Clatsop County through the Oregon Food Bank Network. Call for area locations and hours.

**Grief Support Group, Astoria** — 4:30 to 6 p.m. third Tuesday, Pacific Coast Medical Supply, third floor conference room, 1210 Marine Drive. For information, call Lower Columbia Hospice at 503-338-6230.

**Grief Support Group, Seaside** — 2 to 4 p.m. first Thursday, Bob Chisholm Community Center, Meeting Room 1, 1225 Avenue A, Seaside. For information, call Lower Columbia Hospice at 503-338-6230.

**Legal Aid Services of Oregon** — 888-245-4091. Provides free services in civil cases to low income people.

**Lifespan Respite** — 503-325-1400. Provides information, referral, training and paid respite for family caregivers.

**National Suicide Prevention Lifeline** — 800-273-TALK (8255). A 24-hour, toll-free suicide prevention service for anyone in a suicidal crisis. TTY users should dial 800-799-4TTY (4889).

**National Alliance on Mental Illness** — 800-950-NAMI (6264) or locally, 503-717-1835. Separate support groups for people with mental illness and families of those with mental illness are available.

**Northwest Oregon Housing Authority** — 503-861-0119. Rent assistance based on income.

**NorthWest Senior and Disability Services** — 503-861-4202 or 800-442-8614. Medicaid services, food stamps, information and assistance, family caregiver support services, Medicare choice assistance, home delivered meals, senior meal sites and senior peer counseling.

**Oregon Aging and Disability Resource Connection** — 855-ORE-ADRC (673-2372), [www.adrcoregon.org](http://www.adrcoregon.org). Information and services for older adults, people with disabilities, their caregivers and families.

**Oregon Home Care Commission Registry and Referral System** — 877-867-0077, <https://www.or-hcc.org>. Provides lists of home care workers available to hire.

**Partners for Seniors** — 503-717-7174. Serves South Clatsop County seniors with volunteer visits, transportation, light housekeeping, yard work, minor home repairs, daily phone calls.

**Senior Center, Astoria** — Astoria Senior Center, temporarily located at 1555 W. Marine Drive in the old Astoria Yacht Club, 503-325-3231.

**Senior Center, Seaside** — Bob Chisholm Community and Senior Center, 1225 Avenue A, Seaside, 503-738-7393.

**Senior Center, Warrenton** — Warrenton Community and Senior Center, 170 S.W. Third St, Warrenton, 503-861-3502 Mondays and Thursdays.

**Veteran Benefits** — 800-827-1000.

## Get your Year of the Goat on at Kan's

SEASIDE — Seaside Elks Lodge 1748 invites the community to a Year of the Goat Chinese Dinner March 26, a fundraiser for the Kan Memorial Scholarship at Seaside High School. Seating is available at 5, 6 or 7 p.m., and the cost is \$15 per person.

The menu includes favor-

ite recipes from Kan's Chinese Restaurant, including barbecue pork, chow mein, egg foo young, fried rice, noodles and more.

Reservations may be made by calling the lodge at 503-738-6651, emailing [seasideelks@yahoo.com](mailto:seasideelks@yahoo.com) or at the lodge during business hours.

## SELF-HELP GROUPS

**Seaside TOPS (Take Off Pounds Sensibly)** — 8 to 8:45 a.m. weigh-in, 9 to 10 a.m. meeting Tuesday, North Coast Family Fellowship Church, 2245 N. Wahanna Road, Seaside. For information, call 503-861-2904.

**Astoria TOPS** — 5 p.m. weigh-in, 5:30 p.m. meeting Tuesday, First Lutheran Church, 725 33rd St. For information, call Trisha Hayrynen at 503-325-4114.

**Warrenton TOPS** — 9 to 9:45 a.m. weigh-in, 10 a.m. meeting Wednesday, First Baptist Church, 30 N.E. First St., Warrenton. For information, call Marilyn Barnard 503-861-2918 or Jeannie Pike 503-861-1404.

**Alcoholics Anonymous** — To find a meeting, call 503-861-5526 or go to [www.aa-oregon.org](http://www.aa-oregon.org)

**Kick Butts Group Meets (Nicotine Anonymous)** — 6:30 to 7:30 p.m. Wednesday, Seaside Public Library, 1131 Broadway.

**Al-Anon Family Groups** information line for Clatsop and Tillamook counties, 503-338-5688. Oregon Area Al-Anon website. [oregonal-anon.org](http://oregonal-anon.org)

**Astoria Al-Anon** — 7 p.m. Tuesday. The Harbor, 1361 Duane St. For information, call 503-861-1703; noon Wednesday, First United Methodist Church, 1076 Franklin Ave. For information, call 503-325-1087; 7 p.m. Thursday, Crossroads Community Church, 40618 Old Highway 30, Svensen. For information, call 503-458-6929.

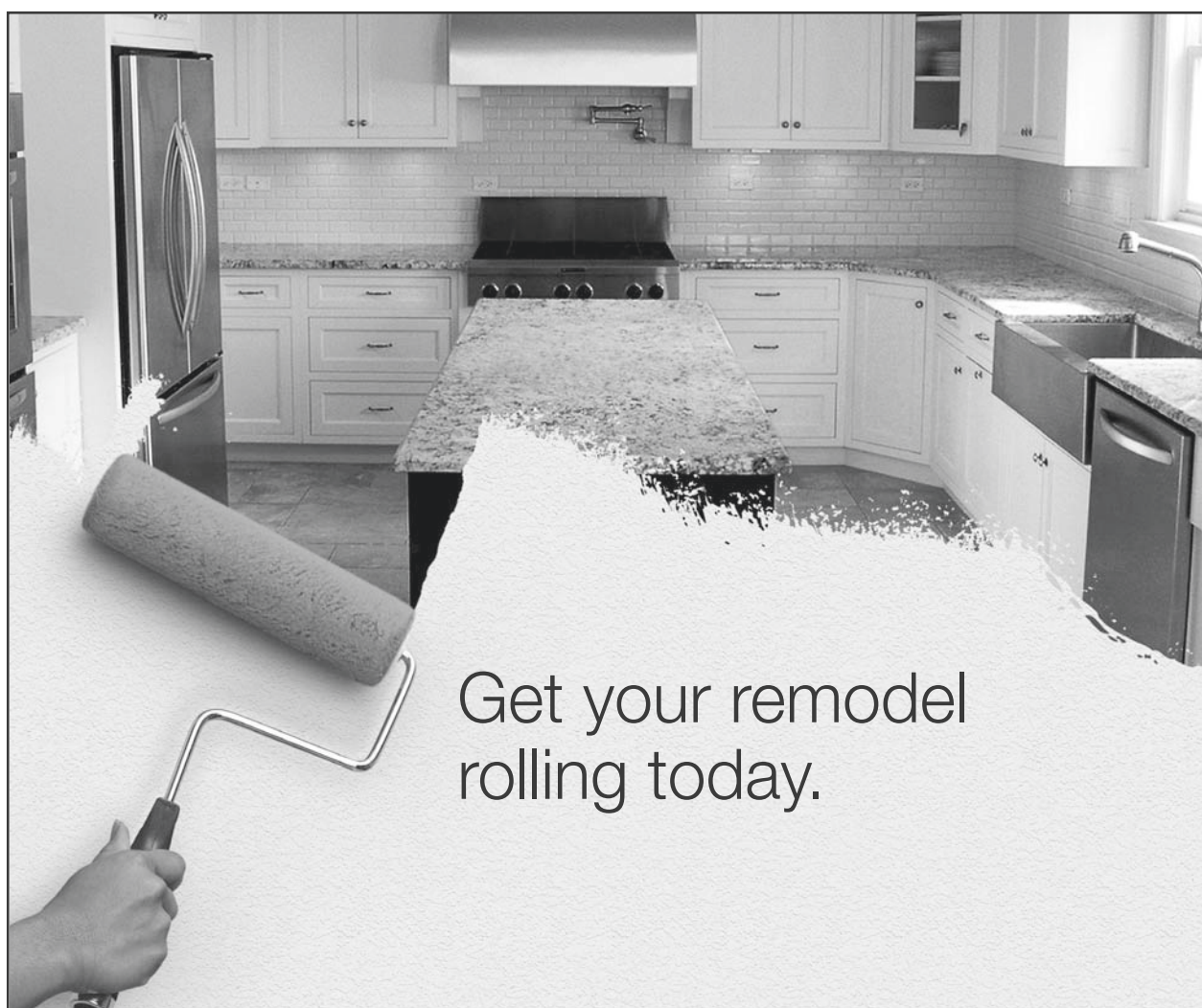
**Nehalem Al-Anon** — 7 p.m. Monday, Riverbend Room, North County

Recreation District, 36155 Ninth St, Nehalem. For information, call 503-368-8255.

**Seaside Al-Anon** — 7:30 p.m. Tuesday, Seaside Public Library, 1131 Broadway, Seaside, call 503-810-5196 for information; noon Friday, same location, call 503-738-5727 for information.

**Tillamook Al-Anon** — 7:30 p.m. Wednesday, St. Albans Episcopal Church, 2102 Sixth St., Tillamook. For information, call 503-842-5094.

**Narcotics Anonymous** — The Northwest Oregon Area of Narcotics Anonymous (NwONA) holds meetings in Clatsop County. For full schedule details, as well as upcoming special events, call the Helpline at 503-717-3702, or go to [www.nworegonna.org](http://www.nworegonna.org)



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