

Friday

*** World's Longest Garage Sale**, 9 a.m., Long Beach Peninsula, Long Beach, Wash.
Palette Puddlers Art Show, 10 a.m., Cannon Beach Chamber of Commerce, 207 N. Spruce St., Cannon Beach.
Quarterflash, 7 p.m., Liberty Theater, 1203 Commercial St., Astoria, \$22 to \$35.
"The Foreigner," comedy, 7 p.m., North County Recreation District, 36155 9th St., Nehalem, \$15.
"The Orphans," comedy, 7 p.m., The Barn Community Playhouse, 1204 Ivy Ave., Tillamook, \$10 to \$15.
*** "The Sleeping Beauty,"** musical, 7 p.m., Astor Street Opry Company, 129 W. Bond St., Astoria, \$5 to \$10, all ages.
*** WWII Presentaion with Alisha Hamel**, 7 p.m., Cannon Beach History Center & Museum, 1387 S. Spruce St., Cannon Beach.
"Mixed Emotions," comedy, 7:30 p.m., Coaster Theatre Playhouse, 108 N. Hemlock St., Cannon Beach, \$15 to \$20.
Fernando, rock-n-roll, 9 p.m., The Adrift Hotel, 409 Sid Snyder Drive, Long Beach, Wash., no cover.
Project Lionheart, hip-hop, 9 p.m., Pitchwood Inn & Alehouse, 425 3rd St., Raymond, Wash., 21 and older.

Saturday

*** World's Longest Garage Sale**, 9 a.m., Long Beach Peninsula, Long Beach, Wash.
Nature Journaling Hike, 10 a.m., Fort Columbia State Park, off Hwy. 101, Chinook, Wash., all ages.
Palette Puddlers Art Show, 10 a.m., Cannon Beach Chamber of Commerce, 207 N. Spruce St., Cannon Beach.
*** SummerFest**, noon, along Pacific Ave., downtown Long Beach, Wash., free.
*** Celebrate Preservation Month**, 1 p.m., Knappton Cove Heritage Center, 521 Washington Hwy. 401, Naselle, Wash.
Norman Sylvester Band, rhythm-n-blues, 5 p.m., Nehalem Bay

WEEKEND Best Bets

Winery, 34965 Hwy. 53, Nehalem.
Stumptown Swing, jazz, 6 p.m., Pine Grove Community Center, 225 Laneda Ave., Manzanita, \$10 to \$20.
*** Project Lionheart**, hip-hop, 6:30 p.m., Raymond Theatre, 323 3rd St., Raymond, Wash., \$6 to \$12, all ages.
Alena, country, 7 p.m., American Legion, 1315 Broadway, Seaside, no cover, 21 and older.
Author Brian Doyle, 7 p.m., Cannon Beach Book Company, 132 N. Hemlock St., Cannon Beach.
Author Presentation with Ellen Eisenberg, 7 p.m., Cannon Beach History Center & Museum, 1387 S. Spruce St., Cannon Beach.
"The Foreigner," comedy, 7 p.m., North County Recreation District, 36155 9th St., Nehalem, \$15.
"The Orphans," comedy, 7 p.m., The Barn Community Playhouse,

Sunday

*** World's Longest Garage Sale**, 9 a.m., Long Beach Peninsula, Long Beach, Wash.
Palette Puddlers Art Show, 10 a.m., Cannon Beach Chamber of Commerce, 207 N. Spruce St., Cannon Beach.
*** SummerFest**, 11 a.m. to 4 p.m., along Pacific Ave., downtown Long Beach, Wash., free.
Wurlitzer Organ Concert with Jeff Fox, 2 p.m., Raymond Theater, 323 3rd St., Raymond, Wash., \$10.
"Mixed Emotions," comedy, 3 p.m., Coaster Theatre Playhouse, 108 N. Hemlock St., Cannon Beach, \$15 to \$20.
Jackalope Saints, 8 p.m., Fort George Brewery, 1483 Duane St., Astoria, no cover.
Woodland, bluegrass, 8 p.m., The Adrift Hotel, 409 Sid Snyder Drive, Long Beach, Wash., no cover.

*** Recommended for kids.**

NOTES

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Ukulele Players — 1:30 p.m., Warrenton Masonic Lodge, 66 S.W. Fourth St., Warrenton. All are welcome, including beginners. Loaner ukuleles available. For information, call Roger Williams at 503-717-5645.

Fat Quarter Quilters — 5:30 to 8 p.m., Homespun Quilts, 108 10th St. Not limited to quilts. For information, call 503-325-3300 or 800-298-3177 or go to <http://homespunquilt.com>

Astoria Regatta Association — 6 to 7 p.m., Clatsop Community College, Columbia Hall, Room 219. A short meeting, a presentation by the Regatta Court, and refresh-

ments and desserts. All are welcome. For information, go to www.astoriaregatta.com

THURSDAY

Wickiup Senior Lunches — 11:30 a.m., Wickiup Grange Hall, 92683 Svensen Market Road. Free for those older than 60 (\$3 suggested donation), \$6.75 for those younger than age 60. For information, call Michelle Lewis at 503-861-4200.

Senior Lunch — 11:30 a.m., Bob Chisholm Senior Center, 1225 Avenue A, Seaside. Suggested donation of \$3 for those older than 60; \$6.75 for those younger than 60. For information, call Michelle Lewis at 503-861-4200.

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

Warrenton Senior Lunch Program — noon, Warrenton Community Center, 170 S.W. Third St. Suggested donation of \$5 for seniors and \$7 for those younger than 60. For information, or to volunteer, call 503-861-3502 Monday or Thursday.

Seaside Rotary Club — noon, Shilo Inn, 20 N. Prom, Seaside. For information, go to <http://seasiderotary.com>

Knocklers Pinochle Group — 1 p.m., Bob Chisholm Community Center, 1225 Avenue A, Seaside.

Group hosts free refresher and beginning course in card game of pinochle. Course open to anyone 55 and older.

Columbia River Meditation Group — 6 to 7:30 p.m., Room 306, Towler Hall, Clatsop Community College. Class format, registration required. Drop-ins welcome. For information, call Ron Maxted at 503-338-9153.

Clatsop County Republicans — 7 p.m., old Port of Astoria offices, 422 Gateway Ave. For information, call 503-738-6474 or go to www.clatsopcountyoregon.republican

FRIDAY

AAUW Walking Group — 9:30 a.m. Seaside Branch of American

Association of University Women weekly low-impact group walk, followed by coffee and fellowship. For information, call 503-738-7751.

Senior Lunch — 11:30 a.m., Bob Chisholm Senior Center, 1225 Avenue A, Seaside. Suggested donation of \$3 for those older than 60; \$6.75 for those younger than 60. For information, call Michelle Lewis at 503-861-4200.

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

Open Skating — 5 to 9 p.m., Astoria Armory, 1650 Exchange St. Admission \$2. Limited roller skate

rentals available for \$3; bring own skates if possible.

OTHER

U.S. Coast Guard Cutter Yocona (168) Sailors — Reunion of shipmates being planned in 2015 for anyone stationed on the cutter Yocona. For information, contact Ken Pearson at 503-741-0860 or kenpearson@centurytel.net

Gloves and Mittens Needed — The Astoria Warming Center needs a substantial number of large size (so they will fit everyone) men's crocheted or knitted warm gloves and mittens for the coming winter. Some hats are also needed. For information, call Sandy Rea at 503-738-3103.

PEO awards six scholarships

Chapter DL PEO Sisterhood has presented six local women with scholarships to help further their college education for the 2015-2016 school year.

Four Oregon State Scholar awards went to: Mary Byes, Portland State University, \$1,300; Mariam McCauley Saucedo, George Fox University, \$1,010; Julie Stallsworth, University of Phoenix, Portland Campus, \$1,100; and Jodi Vollmer, Oregon State University, \$950.

Ashlyn Gohl, who attends the University of Oregon, received the Oregon Marguerite Scholarship of \$1,670, and Darby Cullen, a student at Clatsop Community College, received the Chapter DL Margaret Howell Scholarship of \$1,250.

PEO is an international philanthropic organization with the goal of assisting women in attaining a college education. For information, go to www.peointernational.org

Phi Kappa Phi initiates Warrenton scholar

Tristin Herup-Wheeler of Warrenton was recently initiated into the collegiate honor society for all academic disciplines, Phi Kappa Phi at Idaho State University. Membership is by invitation and requires nomination and approval by a chapter.

Founded in 1897 at the University of Maine and headquartered in Baton Rouge, La., Phi Kappa Phi has chapters on more than 300 college and university campuses in North America and the Philippines. For information, go to www.phikappaphi.org

HONOR ROLL

The following students have earned a 3.5 grade point average or higher at their schools, qualifying them for the honor roll.

**Brenau University
Gainesville, Ga.**
Astoria: Rachel Ellis.

**Simpson University
Redding, Calif.**
Warrenton: Kirk Hamar.

GRADUATE

This student has graduated from college:

**Lycoming College
Williamsport, Pa.**

Astoria: Mackenzie Litwin, bachelor's degree, archaeology and religion

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. Wahana 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

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

Astoria Al-Anon — 12 p.m. 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.

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

Warrenton Al-Anon — noon Friday, United Methodist Church, 679 S. Main Ave. For information, call 503-738-5727.

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

Men's Sexual Purity Recovery Group — Tuesday nights. Part of the Pure Life Alliance (www.purelifealliance.org) in Portland. For information, call the confidential voice mail at 503-750-0817 and leave a message.

CMH performs first pacemaker implant

Two hearts are beating more steadily thanks to Columbia Memorial Hospital's surgical team and Dr. Charles Henrikson of Oregon Health & Science University.

On May 19, the hospital surgically implanted a its first cardiac devices into patients. Now patients in need of a pacemaker or implantable cardiac defibrillator can have the procedure performed locally and go home the next day.

The hospital's first pacemaker implant patient, Ronald Barclay of Long Beach, Wash., said he was very pleased with his experience at CMH. "I've been extremely healthy all my life, so I'm not used to this," Barclay said.

He began having heart trouble last summer and was being monitored at home. One night his heart stopped in his sleep. His cardiologist, Dr. Diana Rinkevich, recommended he have a pacemaker implanted.

"If it had to happen, I'm glad it happened here," Barclay said.

"I like the hospital and I like the people who work here," Barclay said. "I stumbled into good physicians. And Seattle has such awful traffic."

The hospital's and OHSU's cardiology clinic has been monitoring and programming pacemakers and defibrillators for three years. Previously, the clinic referred 25 to 40 patients a year to other hospitals for pacemaker implants. While more complex implant procedures will still be referred to OHSU, the clinic expects to implant two to five devices per month.

Henrikson performed the surgeries



Submitted photo
Ronald Barclay (right) of Long Beach, Wash., and his son John Barclay (left) receive instructions from nurse Donna Sproul after Barclay's pacemaker implantation surgery. Barclay was the first person to have a pacemaker implanted at CMH.

with the help of the hospital's surgical and radiology teams. Henrikson is the director of the clinical cardiac electrophysiology laboratory at OHSU. He treats patients with cardiac arrhythmias and teaches arrhythmia management to other physicians. He will continue performing implants at the hospital through the summer until another cardiologist, trained with Henrikson, joins the clinic later this year.

"Developing the policies, staff training and set-up necessary to implant cardiac devices has taken a tremendous coordinated effort by many

people at CMH," said Dr. Katrina McPherson, vice president of the CMH Medical Group. "But doing so means that we will be better able to serve our cardiac patients, providing medical excellence without the miles."

In general, patients who receive a pacemaker report feeling less fatigued. Barclay is hopeful that he will have more energy for doing things he enjoys, such as gardening, and that the new pacemaker will allow him to drive long distances again.

For more information or to schedule an appointment, call 503-338-4087.

VOLUNTEER OPPORTUNITIES

4-H — Looking for 4-H leaders. For information, call Sandra Carlson at the Oregon State University Extension at 503-325-8573.

Astoria Column — 1 Coxcomb Drive. Volunteers needed to welcome visitors, provide information and answer questions about the Astoria Column and the city of Astoria. For information, call the Friends of the Astoria Column Visitor Center at 503-325-2963.

Astoria Riverfront Trolley Association — 111 W. Marine Drive. Needs conductors/motormen to operate trolley and narrate points of interest. One or more three-hour shifts per month. For information, call the 503-325-6311.

Astoria Senior Center — Temporarily located at 1555 W. Marine Drive in the old Astoria Yacht Club. To volunteer, call Larry Miller at 503-325-3231.

Astoria-Warrenton Area Chamber of Commerce — 111 W. Marine Drive. Volunteers needed at the chamber and for events. For information, call 503-325-6311.

Camp Kiwanilong — A large variety of volunteer opportunities are available. For information, call 503-861-2933 or go to www.campkiwanilong.org

Caring Adults Developing Youth (CADY) Mentoring Program — 800 Exchange St., second

floor. Needs mentors for youths ages 10 to 17 at risk of school failure. Time commitment: one year, about eight hours per month. For information, contact Laura Parker at 503-325-8601 or lparker@co.clatsop.or.us

Clatsop Animal Assistance Inc. — Needs volunteers who have a strong commitment to work on behalf of the Clatsop County Animal Shelter's dogs and cats. For information, email info@dognscats.org or call 503-861-0737.

Clatsop Care Center — Volunteers needed daily for all three meals to provide one-on-one assistance to dining dependent residents. Volunteers must participate in a 16-hour training program. For information, contact Mandy Brenchley at 503-325-0313, ext. 209.

Clatsop County Animal Shelter — Animal care volunteers age 16 and older needed for one 3-hour shift per week. Pick up an application at 1315 S.E. 19th St., Warrenton. For information, or to schedule orientation, call Leslie Atkinson at 503-325-1000.

Clatsop Community College Outreach Literacy — Needs volunteer literacy tutors to work with adults, native and non-native speakers. Training available. For information, call 503-338-2557.

Clatsop County Public Works — 1101 Olney Ave. Adopt-A-Road volunteers needed to remove litter two times (minimum) per year for

two years. Safety equipment and supplies provided. Volunteers must receive safety orientation. For information, call 503-325-8631.

Columbia Memorial Hospital — Needs volunteers to provide assistance to patients, visitors and hospital staff. Training provided. For information, go to www.columbiamemorial.org. To schedule an interview, call 503-325-4321.

Columbia River Maritime Museum — 1792 Marine Drive. Volunteer opportunities for those with an interest in maritime history. For information, call the volunteer coordinator weekdays at 503-325-2323.

Columbia Senior Diners — 565 12th St. Volunteers needed weekdays to serve tables and for kitchen help. To volunteer, call 503-325-9693.

Community Emergency Response Team — CERT volunteers needed for community events and disaster response with local police, fire and emergency medical service agencies. Training includes fire safety, first aid, traffic and crowd control, communications, damage survey, disaster planning and civic events within city limits. For information, contact CERT coordinator Kenny Hansen at khansen@astoria.or.us or leave a voicemail at 503-325-4411.

Friends of Seaside Library — 1131 Broadway, Seaside. Volunteers needed to staff the fundraising store. For information, call

503-738-6742 or stop by the library.

Knappa Rural Fire Protection District — Needs volunteer firefighters. Training provided. For information, contact any of the active personnel or call Chief Paul Olheiser at 503-458-6610.

Lunch Buddy Mentoring Program — Adults needed to mentor elementary and middle school students once a week during lunch. For information, call Mary Jackson at 503-440-0368 or email lunchbuddies.mp@gmail.com

NorthWest Senior & Disability Services — Needs dishwashers and volunteers to serve and clean up weekdays at a meal site, and drivers for Meals on Wheels. For information, contact Candy Foster at 503-738-9323.

Providence Seaside Hospital — Needs volunteers to drive local senior citizens to medical appointments for the Partners for Seniors Program, and to work in the Providence Seaside Hospital Gift Shop. Commitments as small as one hour a month to regularly scheduled weekly shifts are available. For information, call Volunteer Services at 503-717-7171 or email Alana.Kujala@providence.org

Seaside Downtown Development Association — Volunteers needed to help with local events happening throughout the year. For information, call Tita Montero at 503-717-1914 or email director@seasidedowntown.com