

NOTES

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Spinning Circle — 3 to 5 p.m., Astoria Fiber Arts Academy, 1296 Duane St. Bring a spinning wheel. For information, call 503-325-5598 or go to <http://astoriafiberarts.com>

Seaside Rebounders Stroke Support Group — 4:30 to 6 p.m., Providence Seaside Hospital Education Center, 725 S Wahanna Road, Seaside. Stroke survivors, their caregivers and family members welcome. For information, call 503-717-7781.

North Coast Chapter, Oregon Equestrian Trails — 5:30 p.m., El Compadre Restaurant, 119 S. Main Ave., Warrenton. Business meeting starts at 7 p.m. All are welcome. For information, call Linda Brim at 503-325-1562 days.

WEDNESDAY

Help Ending Abusive Relationship Tendencies — 10 to 11:30 a.m., The Harbor, 1361 Duane St. HEART covers subjects related to the effects of domestic violence on children, parents and other family members, dynamics of power and control, and how to recognize red flags. For anyone in an abusive relationship, or who knows someone who is. Call Audrey Williams ahead to reserve a spot at 503-325-3426 ext. 104.

Open Sewing Gathering — 10:30 a.m. to 4:30 p.m., Homespun Quilts, 108 10th St. For information, call 503-325-3300 or 800-298-3177 or go to <http://homespunquilt.com>

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 Dinners — 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.

Blood Pressure Checks — noon to 2 p.m., Astoria Senior Center, temporarily located at 1555



Submitted photo

Astoria Regatta's entry in Warrenton's 2015 Old-Fashioned Fourth of July Parade won the Mayor's Trophy, the parade's top prize.

Prizes awarded at Warrenton's Fourth of July parade

WARRENTON — Thousands of people lined Main Avenue for the city's largest Fourth of July event. There were more than 100 entries in the parade, about 30 vehicles in the classic vehicle show and 14 motorcycles in the tailgate party. In addition, about 30 people participated in the Kids' Decorated Bike Show and rode in the parade.

Astoria Regatta's float won the top prize in the parade, the Mayor's Trophy, selected by Mayor Mark Kujala. Other winners were Fort Stevens State Park, the Warrenton Tro-

phy; Costco, the Clatsop Trophy; Kids on Patrol, the Astoria Trophy; and Hampton Lumber, the Hammy Award.

At the vehicle show, Steve and Judy Jordan's 1955 Buick Century Convertible earned the Mayor's Choice Trophy. People's Choice went to Chuck Reneke's "muscle" car. Judge's Choice was Wes Holthusen and sons' 1968 GMC K-10 truck.

Coollest Motorcycle trophy winner was Michael Smith's Harley-Davidson "custom bagger."

W. Marine Drive in the old Astoria Yacht Club. For information, call 503-325-3231.

North Coast Multiple Sclerosis Care and Share Help Group — noon, Clatsop Retirement Village, 947 Olney Ave. For information, call 503-325-7898.

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.

Northwest Tea Party — 6:30 p.m., Uptown Cafe, 1639 S.E. Ensign Lane, Warrenton. For information, call 503-325-7220.

WomenHeart of North Oregon Coast — 6:30 p.m., Columbia Memorial Hospital Health and Wellness Pavilion, third floor conference room, 2165 Ex-

change St. Peer support group for women living with, or at risk of heart disease. The topic for discussion is cholesterol. For information, email Michele Abrahams at WH-NorthOregonCoast@womenheart.org

U.S. Coast Guard Auxiliary, Buoy 10 Flotilla 64 Astoria — 7 p.m., USCG Tongue Point Swimmers Building No. 1. Open to the public. For information, go to www.cgaux.org

Seaside Elks Lodge No. 1748 — 7:30 p.m., 324 Avenue A, Seaside. For information, call 503-738-6651 or email seasideelks@yahoo.com

Maple Chapter No. 95, Order of the Eastern Star — 7:30 p.m., Masonic Lodge Hall, 201 N. Holladay Drive, Seaside. For information, call 503-717-0808.

THURSDAY

La Leche League of Astoria — 11 a.m. to 12:30 p.m., 320 South St. For those interested in breastfeeding; mothers, babies and toddlers welcome. The topic is: "Becoming a Mother: Adjusting to Parenthood." For information, call Megan Oien at 503-440-4942 or Janet Weidman at 503-741-0345.

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 Dinners — 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>

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.

Parents, Families and Friends of Lesbians and Gays (PFLAG) Oregon North Coast — 6:30 to 8 p.m., First Lutheran Church, 725 33rd St. For information, contact Drew Herzig at drewherzig@yahoo.com

Veterans of Foreign Wars, Fort Stevens Post 10580 — 7 p.m., Warrenton Christian Church, 1376 Anchor St., Warrenton. For information, call Mel Jasmin at 503-861-2030.

Lower Columbia Classic Car Club — 7 p.m., Steve Jordan's shop building, 35232 Helligso Lane. New members welcome. For information or directions, call Steve Jordan at 503-325-1807.

Rainland Fly Casters — 7 p.m., First Presbyterian Church Annex, 11th Street and Harrison Avenue. For information, call Tom Scoggins at 503-325-6358, or Walt Weber at 360-777-8295, or go to www.rainlandflycasters.com

FRIDAY

AAUW Walking Group — 9:30 a.m., Peace 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 Dinners — 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.

Community Skate Night — 5 to 9 p.m., Astoria Armory, 1650 Exchange St. Admission \$3. Limited roller skate rentals available for \$3; roller blades available. For information, call 503-791-6064 or go to www.astoriaarmory.com

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.

GRADUATE

On June 20, Alysia Johnson graduated from U.S. Merchant Marine Academy at Kings Point, N.Y., summa cum laude, with a bachelor of science degree in marine transportation. She also received a commission as an ensign in the U.S. Navy Reserve and a third mate (unlimited) U.S. Coast Guard license.

After graduating from St. John's College in Santa Fe, N.M., in 2010, Johnson took a year off to travel and sail traditional square-riggers before starting the program at USMMA, one of the five federal service academies and seven maritime academies in the country.

While there, she completed a year of sea time sailing as a cadet, including trips to the Middle East, Asia, and participation in Operation Deep Freeze to refuel McMurdo Base, Antarctica. She was also an active member of the sailing team, and served as the regimental waterfront officer for one of her midshipman billets first class year. She received several awards for leadership, scholar-athlete participation, and academic achievement.

She has taken a job working with TE Subcom as a mate on a cable-laying ship. Her first project is working on installing a transatlantic cable from Canada to England.

Johnson is a 2006 Astoria High School graduate, and the daughter of Columbia River bar pilot Capt. Robert Johnson, who is also a USMMA graduate.



Submitted photo

Alysia Johnson, right, receives the tube containing her U.S. Coast Guard license, diploma, and U.S. Navy Reserve commission, from Rear Adm. James Helis, the superintendent of the U.S. Merchant Marine Academy.

Concert held at Redmen Hall in Skamokawa

SKAMOKAWA, Wash. — Redmen Hall, 1364 State Route 4 in Skamokawa, is presenting its Second Sunday July Concert from 2 to 4 p.m. Sunday. Musicians Layton and Pam Elliott are performing. Tickets cost

\$10 for adults and \$5 for children 12 and younger.

Redmen Hall is open from noon to 4 p.m. Thursday through Sunday. For questions, call the hall at 360-795-8675.

SCHOLARSHIP

Kathryn McClaine, a sophomore studying dance and lighting design/technology, earned a \$650 Odyssey of the Stars Dance Scholarship and a \$1,350 Alexander and Virginia Dean Scholarship from the University of Montana School of The-

atre & Dance in Missoula, Mont.

She is a 2005 graduate of Washington Academy of Performing Arts Conservatory High School in Redmond, Wash., and the daughter of Scott and Helen McClaine of Astoria.

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

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.

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@clatsop-care.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 Dinners — 11:30 a.m. weekdays, Peace Lutheran Church (lower level), 565 12th St. Cost is \$5. For informa-

tion, 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, 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.adrcforegon.org. Informa-

HONOR ROLL

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

Clatsop Community College Astoria

Astoria: Hillery Aguiar-Galloway, Malcom Archambault, Jaryd Atkins, Alex Autio, Kendra Bevers, Katelyn Bogh, Jack Burkhart, Jessica Childress, Darby Cullen, Brianna David, Melanie Davis, Adam Dean, Sarah Fredericksen, Andrea Gonzalez, Levi Hammond, Bradford Heck, Shelby Heck, Ella Hughes, Madison Hunt, Kristine Jensen, Ryan Johnson, Jacob Kaup, Melissa Lahti, Erin Laramore, Brian Lichtens, Sarah Lindgren, Jennifer Mandujano, Sarah Marble, Alex McNeff, Brook Moreland, Teresa Nicholson, Jeralyn O'Brien, Georges Larsen, Desiree Palomino, Chris Partin, Tyler Pearson, Edwin Phillips, Molly Savage-Kost, Nicole Schaeffling, Alicia Sutton, D'len Thomasian, Stefan Thompson, Sean Thurston, Miguel Velasco, Jodi Volmler, Veronica Weidman, Douglas Wilcox.

Birkenfeld: Alexa Clinefelter.
Cannon Beach: Andrea

Villa Luna.

Gearhart: Christine Allen, Cynthia Gauntz, Rachael Leroux, Cole Thomas.

Hammond: Josef Glover, Raquel Legler, Desiree Newberry.

Long Beach, Wash.: Thomas Bowen, Lesley Ferguson, Isabelle Grotting, Arrianna Wiegardt.

Naselle, Wash.: Allison Todd.

Nehalem: Kathleen Idzal.

Ocean Park, Wash.: Rosario Araujo, Ryan Edwards, Dalila Galvan-Pacheco, Rosy Galvan-Pacheco.

Oysterville, Wash.: Kimberly Perez.

Rosburg, Wash.: Emily Saari.

Seaside: Rebecca Bell, Evelyn Castro, Victoria Clark, Travis Cockcroft, Tesca Hoelscher, Jason Jones, Rosemary Kinch, Parker McCarthy, Lee Smith, Jose Sosa, Jason Wallis.

Seaview, Wash.: Breanne Dale, Brandon Hoover.

Skamokawa, Wash.: Joss Ayres-Sims.

Warrenton: Sonova Aiken, Vickie Childs, Carlie Joy, Kyle Kirby, Alison Walter, Ronnie Wilson.

Westport: Robert Bailey, Katie Burgher.

tion 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 house-keeping, 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, 503-738-7293.

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.