

MORE NOTES

Continued from Page 1B

Warrenton Alzheimer’s Support Group — 2 to 3:30 p.m., 2002 S.E. Chokeberry Ave., Warrenton. Support and information about Alzheimer’s disease. For information, call Grace Bruseth 503-738-6412.

A Course in Miracles — The Astoria ACIM study group meets weekly from 3 to 4 p.m. For information and location, call Nelle Moffett at 916-307-9790 or email moffett@cglFellowship.org

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

Design your perfect coastal yard

Clatsop Community College is hosting a workshop, “Landscapes and Hardscapes for Living on the Coast” from 3:30 to 5:30 p.m. Tuesday, at the main campus in Astoria.

A properly designed yard saves time and money. Learn how to: use landscaping and hardscaping techniques to redirect water flow and create windbreaks in a home

garden; create visual interest and appeal; use various materials to design a garden space that works; and use the right plant for the right space. Students will also learn techniques for stone work.

The cost is \$20, and preregistration is recommended. To register, go to www.clatsopcc.edu/schedule and search under Course Title or call 503-338-2402.

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

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.

Seaside and Astoria AAUW — 5 to 7 p.m., Camp Kiwanilong, Warrenton. Joint meeting of Seaside and Astoria branches of American Association of University Women. Joyce Zook, Oregon state AAUW president, presents a program on membership, followed by a picnic potluck dinner. All are welcome. For questions, contact Cindy Gould at 503-830-1979.

Warrenton Business Association — 5:30 p.m., commission chambers, Warrenton City Hall, 225 S. Main Ave. For information,

call Kristin Talamantez at 503-861-9750.

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>

Seaport Masonic Lodge No. 7 — 6:30 p.m. dinner, 7:30 p.m. meeting, 1572 Franklin Ave. All Masons and their guests are welcome.

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. Topic: “Realistic Expectations: A New Baby in Your Family.” 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 informa-

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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>

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. 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 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

Craft Vendors Wanted — For 20th Annual Starving Artist Faire, 7 to 10 p.m. Dec. 4, 10 a.m. to 6 p.m. Dec. 5 and 11 a.m. to 4 p.m. Dec. 6, Astoria Armory, 1626 Exchange St. For information, call Cindy Peake at 503-458-6250 (evenings) or email cindykp_6@hotmail.com

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.

Birds clue the way to humpbacks



Jane Webb/For EO Media Group

Pelicans, cormorants and other fish-eating birds in the Columbia River estuary continued to provide clues this week to the presence of schools of small fish, which also attract humpback whales. After many sightings in the north channel near the Washington side of the Astoria Bridge, this past weekend humpbacks were observed in the south channel directly in front of Astoria. At least one of these humpbacks appeared to be a juvenile. If flocks of birds are observed diving into a patch of water, there’s a decent chance the whales may also be nearby, swallowing up tiny fish. One witness reported seeing small fish scattered into the air as a humpback breached the river’s surface from below them.

Place preorder now for book about Westport

The book “Westport, Oregon — Home of the Big Sticks and Gold Medal Salmon” is available for presale. The book, which will exceed 200 pages and have over 150

historical photographs of early Westport, is laid out horizontally and in full color, and will be available by January.

Only 100 books have been printed, and many are

available for purchase. The cost of the book is \$30; the production and printing cost are in excess of \$50 per book.

To place a preorder now,

contact the Clatsop County Historical Society by mail at P.O. Box 88, Astoria, OR 97103-0088, by email at cchs@cumtux.org, or by phone at 503-325-2203.

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 503-458-6467.

Nehalem Al-Anon — 7 p.m. Monday, Riverbend Room, North County Recreation District, 36155 Ninth St, Nehalem. For information, call 503-861-2904.

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, call 503-842-5094 for information; noon Friday, 5012 Third St., Tillamook, call 503-730-5863 for information.

Tillamook Alateen — 5 p.m. Thursday, 5012 Third St., Tillamook. For information, call 503-730-5863.

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 (NWOANA) 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.

Artist signing copies of book

CANNON BEACH — Artist William Steidel is presenting his first published children’s book, “Whose Move,” Saturday at Steidel’s Art, 116 S. Hemlock St. He is signing copies of the book, a story about a

boy and a dragon, starting at 10 a.m. Editions of the hand-embellished hardback books, limited to 100, are available.

For information, call 503-436-1757 or go to www.steidelsart.com



“Astoria really pulled at my heart, the people and the relationships here are what brought us back.”

Paul Hayner, MD
Renaissance Health

Paul Hayner, MD and his family recently returned to Astoria to open Renaissance Health, an independent primary care clinic. During their time away, they relied on the Daily Astorian to stay informed on what was happening in the community and with the people they knew.

“I read the Daily Astorian and followed it to know about general developments in town and to keep up on what was happening with former patients and other folks that we had relationships with. Astoria is a special place and the Daily Astorian does a great job in capturing the uniqueness of the community and its people.”

The Daily Astorian is proud to be a part of our dynamic community and to report the news and information that’s important to you and your neighbors.

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Proud to call Astoria home

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