

Dying: 'Death is not very tidy'

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others preferred to sit silent and simply listen, for their hearts were still broken, their grief still too raw.

"Death is not very tidy, no matter what we do," said Margo Warner, an Astoria resident who, in the last few years, has experienced the deaths of three people close to her. "It's difficult. It's complicated. And you're not going to walk away the next day and just start a new life. It just hangs in the room. It's like a sudden disappearance of people that you care about, and it's very wrenching."

The discussions happening statewide often attract people for whom death is not far off, Annie Kaffen, an Oregon Humanities program officer, said.

These participants, who sometimes have terminal diagnoses, are asking questions that become urgent as the idea of ceasing to exist becomes real to them.

"If you are faced with a life-limiting illness, what does matter to you? What choices are you going to make? Who's going to be involved in that? How are you going to approach your end-of-life care?" Kaffen said.

Other questions came up: "Who will miss me?" "Who will pack my boxes?" "Who will feed my animals?" "What burdens will I leave behind for others to bear?"



Joshua Bessex/The Daily Astorian

Oregon Humanities facilitator Andrea Cano, center, speaks to the group during the "Talking About Dying" event at the Astoria Library Friday.

The living

Jonathan Lingel, an Astoria resident, scanned the room and said, "I just wanna know if I'm unusual, but I want to die alone. I don't want people around me."

He was surprised to learn that a few others felt the same. "I'm in the dying-alone club," a woman in the group later admitted.

One man, whose comments suggested he was estranged from his family, said, "I don't mind dying alone — and, in fact, I'd probably prefer it."

But he wondered how his family would find out the "black

sheep of the family" had died, who would show up to identify the body and who would notice that he hadn't been around for a while. "I'll have to start faxing my daughter, telling her, 'Yeah, I'm still upright and taking nourishment.'"

One of the takeaways of "Talking About Dying" was to start talking about living, about how people can better spend the time they have left. Cano said it can be reassuring to write an advance directive outlining the kind of care one wants to receive as death draws nigh.

The audience agreed that a comfortable death is possible

when one plans for it and keeps the plan current.

"The way to live better is to be able to talk about death," Astoria City Councilor Drew Herzig said afterward. "You live a fuller life if you are able to think about your death."

And they agreed it's just as important to strengthen relationships, not only to make sure a person's final wishes are carried out, but to avoid the regret that can haunt both the living and the dying: that they didn't get to know their loved ones well enough, or love them dearly enough, before they slipped away.

SCOREBOARD

PREP SCHEDULE	
TODAY	
Volleyball — Astoria at Seaside, 7 p.m.; Rainier at Warrenton, 6:30 p.m.; Knappa at Vernonia, 6 p.m.; Jewell at Livingstone Adventist, 5:30 p.m.; Ilwaco at Rainier (WA), 7 p.m.	Male 8-13 John Bosworth, 45:36
Girls Soccer — Scappoose at Astoria, 7:15 p.m.; Valley Catholic at Seaside, 7 p.m.	Female 14-19 Christine Baltzer, 46:32
Boys Soccer — Astoria at Scappoose, 4:15 p.m.; Seaside at Valley Catholic, 7 p.m.	Male 14-19 Justin Atkins, 42:15
WEDNESDAY	Female 20-24 Andrea Smith, 44:05
Cross Country — Astoria at Valley Catholic Invitational, TBA	Male 20-24 Donald Knapp, 36:15
THURSDAY	Female 25-29 Natalie Sahnaw, 41:34
Volleyball — Valley Catholic at Astoria, 7 p.m.; Tillamook at Seaside, 7 p.m.; Warrenton at Portland Christian, 6:30 p.m.; Knappa at City Christian, 6 p.m.; Chief Leschi at Ilwaco, 7 p.m.	Male 25-29 Stevie Allen, 35:00
Girls Soccer — Seaside at Astoria, 7:30 p.m.	Female 30-34 Jessica Southers, 43:12
Boys Soccer — Seaside at Astoria, 5:30 p.m.	Male 30-34 Mike Allen, 35:35
FRIDAY	Female 35-39 Vienna Fields, 47:02
Football — Astoria at Seaside, 7 p.m.; Clatskanie at Warrenton, 7 p.m.; Knappa at Nestucca, 7 p.m.; Ilwaco at Raymond, 7 p.m.	Male 35-39 Chris Batte, 42:02
SATURDAY	Female 40-44 Chausonette Alcalá, 45:07
Football — Naselle at Twin Valley, 1 p.m.	Male 40-44 Gregorio Moreno, 41:31
Volleyball — Astoria at Corbett Tournament, TBA; Seaside at Philomath Tournament, 8:30 a.m.; Life Christian at Knappa, 6 p.m.	Female 45-49 Cheri Baker, 47:27
COLUMBIA CROSSING 10K	Male 45-49 Scott Thielman, 41:42
Female 10K Overall	Female 50-54 Kim Sahnaw, 48:45
1, Natalie Sahnaw, 41:34	Male 50-54 Edward Hunter, 40:23
2, Jessica Southers, 43:12	Female 55-59 Fabiola Lopez, 45:24
3, Kysa Cronrath, 43:23	Male 55-59 Jack Troupe, 46:10
4, Andrea Smith, 44:05	Female 60-64 Carol Miller, 57:49
5, Anna Snyder, 44:44	Male 60-64 Jerry Roberts, 40:42
Male 10K Overall	Female 65-69 Kathleen Staub, 58:17
1, Stevie Allen, 35:00	Male 65-69 Del Borders, 47:52
2, Mike Allen, 35:35	Female 70-74 Vicki Griffiths, 1:01:27
3, Jonnie Dunne, 35:49	Male 70-74 Richard Fischer, 53:44
4, Donald Knapp, 36:15	Female 75-79 Marjan Wazeka, 1:11:25
5, John Locke, 37:01	Male 75-79 Robert Henry, 1:23:50
Age Group Winners	Male 80+ Murray Stanley, 1:17:42
Female 8-13 Emma Johnson, 50:32	

Hood to Coast: 'We look forward to being here next year'

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During the first Hood to Coast workshop, audience members complained about rude behavior by runners, "arrogant" organizers and vendors who tapped into private power supplies. With the beach closed off at this year's race because of high winds and stormy weather, runners filled the streets and blocked store entrances, business owners said.

At a second city workshop last week, it became clear orga-

nizers could not accommodate a date change.

A change of heart

City councilors were unanimous in their support of the race for two more years.

"There was never an issue, as far as I know, about Hood to Coast going away," City Councilor Randy Frank said. "The only issue was, would they change their date, and after all these meetings, it came down to 'No, we're not interested in changing that date.' That's why I'm voting

we continue with Hood to Coast."

Frank shared his thanks with those who had attended meetings and workshops leading up to the vote Monday night. "It was a great time for the process, for businesses and private individuals to be heard," he said.

Before adding his affirmative vote, Councilor Seth Morrisey asked for ways to involve more businesses and retailers on the beach, with the addition of local food vendors. "I'd also like Hood to Coast pay more

money to come to Seaside, and I'd like to see that money earmarked in ways that citizens of Seaside can actually see," he said.

"The thought of disinventing 20,000 visitors just doesn't make logical sense to me," Councilor Jay Barber said. "I do not want to see Hood to Coast leave Seaside, and I believe reasonable people sitting down together in a collaborative way can make this work all the way around the route to benefit from the event."

Barber added a motion call-

ing for formation of a collaboration committee, with members to be appointed by the mayor. The committee would include the city, not-for-profits, the Seaside Downtown Development Association, Seaside Chamber of Commerce and representatives of organizations that benefit from the race. The committee would meet with "representatives of Hood to Coast to discuss changes that may be needed to be made at the end of the two-year contract, including date and potential compensation for the city

and other potential beneficiaries."

This motion was also unanimously endorsed by the council.

After the meeting, Hood to Coast's Floyd presented a check to Mayor Don Larson on behalf of Seaside Park and Recreation Department with the \$18,000 proceeds from this year's race.

"We're humbled by this discussion," Floyd said. "We appreciate what's happening here in Seaside. We look forward to being here next year, and we thank you for your support."

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AUTOMOBILE	
535-595.....Automobile	

NEW TODAY

Garage Sale
Friday, Saturday 10am-5pm
335 Ave. S, Seaside
Washer, dryer, refrigerator,
misc. furniture and more

35 LOST & FOUND

Will the individual(s) who removed the 9MM handgun from the locked storage unit on Hwy A-101 kindly return it to that location. It is registered in my name and I do not want to be responsible for any incident in regards to its use. As for the money you stole, you may keep it as a consolation prize. You know who you are, as do I. Henceforth, kindly refrain from further abuse of my rights and my person.
Anon

LOOKING for livestock buyers? Place a low-cost classified ad.

45 PUBLIC NOTICES

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Complaint form link:
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70 HELP WANTED

Entry-level Customer Service Representative for The Daily Astorian's circulation department.
A can-do attitude and willingness to learn are necessary. You will help customers in person, by phone and through email, plus do data-entry and create reports. This position is also a back-up driver, delivering products as needed. Must be able to lift up to 40 pounds and be willing to learn to drive a delivery van. Driving and criminal background checks will be completed pre-hire. Hours are generally 9 am to 6 pm, Monday through Friday.
Benefits include paid time off (PTO), insurances and a 401(k)/Roth 401(k) retirement plan. Send resume and letter of interest to EO Media Group, PO Box 2048, Salem, OR 97308-2048,
by fax to 503-371-2935 or e-mail hr@eomediagroup.com

70 HELP WANTED

CARE COORDINATOR
PART TIME
Responsible for overseeing and scheduling the activities of the Home Care Aides directed toward achieving optimum quality client care including scheduling, supervision, client assessments and evaluations. Ensures all client care is provided in accordance with established agency procedures and government regulations. Becomes first contact to develop clients' best possible plan of care and scheduling needs. Position requires excellent communications and computer skills. Knowledge of the Private Duty/Home Care services preferred. Needs to be a team player. Flexible schedule. Candidates must possess a current drivers' license with good driving abstract. Interested individuals may send in their resume at the Personal Service Providers office, 201 7TH Street in Hoquiam or by email at Melissa@myhhhh.org. Questions, please contact Missy Dhooghe (360)538-1540.

Fibre Federal
YOUR COMMUNITY CREDIT UNION
AVP - Commercial Lending
Fibre Federal Credit Union, a \$900m financial institution is seeking a dynamic, progressive, team oriented individual for the position of AVP-Commercial Lending. Primary responsibilities will include relationship and loan management for TLC, A division of Fibre Federal Credit Union business members in the Oregon Coast Region.
Three to four years comprehensive banking or financial services experience, with strong small business and commercial lending experience required. The successful candidate will also possess at minimum, a Bachelor's Degree in related field or an equivalent combination of work experience and education and advanced skills with Microsoft Office Suite, automated lending platforms and financial analytical software.
If you have excellent people skills and are interested in joining a financially sound, growing and learning organization, send your resume and references to: humanresources@fibrecu.com. Position - Exempt/Salary DOE. Fibre Federal Credit Union is an Equal Opportunity Employer.

70 HELP WANTED

Business Development Specialist
TLC, A division of Fibre Federal Credit Union, a \$900m financial institution is seeking a dynamic, progressive, team oriented individual for the position of Business Development Specialist.
Primary responsibilities will include building relationships with local business entities throughout the Oregon Coast Region as well as developing sales objectives and recommending strategies to retain and expand the credit union's membership base.
Ability to travel throughout the Oregon Coast Region on a weekly basis will be a requirement of this position.
At least 2 years experience in business development and prior banking or credit union background preferred. The successful candidate will also possess a Bachelor's Degree in Business or a related field or an equivalent combination of work experience and education with outstanding communication and sales skills.
TLC, A division of Fibre Federal Credit Union offers a competitive salary and benefits package.
If you have excellent people skills and are interested in joining a financially sound, growing and learning organization, send your resume and references to: humanresources@fibrecu.com.
EEO/AA
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ERROR AND CANCELLATIONS

Please read your ad on the first day. If you see an error, The Daily Astorian will gladly re-run your ad correctly. We accept responsibility for the first incorrect insertion, and then only to the extent of a corrected insertion or refund of the price paid. To cancel or correct an ad, call 503-325-3211 or 1-800-781-3211.

70 HELP WANTED

Administrative Assistant Supportive Services for Veteran Families (SSVF)
Salary range: 11.50 - 13.50 depending on experience
Clatsop Community Action (CCA) is seeking a 1/2 time Administrative Assistant to provide all aspects of administrative support to the SSVF program including records maintenance, data collection and entry, reporting, and HMIS tracking and support. This is a part-time position working 20 hours per week.
CCA Veteran Services, Supportive Services for Veteran Families: Homeless Prevention and Rapid Re-housing for homeless, or imminently homeless, single Veterans and Veteran families.
CCA's SSVF Program: Clatsop Community Action's grant's goal is to target and assist adult veterans and their families who are literally homeless or at imminent risk of becoming homeless. The SSVF program coordinates with County, State, and Federal veteran-serving agencies and other service providers to provide case management, homelessness prevention and rapid re-housing to help transition veterans and their families to stable and permanent housing.
Qualified veterans are encouraged to apply!
Job Requirements: Previous relevant administrative experience required. Working knowledge of Microsoft Word, Excel, PowerPoint, Outlook, and Adobe products. Experience in a social service setting preferred. Experience with the Homeless Management Information System (HMIS), Federal-State data entry systems, or other data entry systems desired.
Any job offer will be contingent upon the results of an updated background investigation and a drug screen.
For a full job description please contact CCA at 503-325-1400.

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IN SUPPORT OF
Breast Cancer Awareness month
For every ad with a pink background, The Daily Astorian will donate all of the earned proceeds and will be shared between our local hospitals, Columbia Memorial and Providence Seaside.
The proceeds will be applied to their breast-health programs. Our goal is to earn \$1,000 during the month of October.
CALL 503-325-3211 TO PARTICIPATE
Please join us when placing your ad and help us paint the paper pink!

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