

MORE NOTES

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Seaside Lions Club — 5 p.m., West Lake Restaurant & Lounge, 1480 S. Roosevelt Drive, Seaside. For information, call 503-738-7693.

Pacific County (Wash.) Democrats — 7 p.m., North County Annex, 1216 Robert Bush Drive, South Bend, Wash. For information, email Diane Knutson at dlknutson69@yahoo.com

TUESDAY

Tobacco Free Coalition of Clatsop County — 9 to 10:30 a.m., Clatsop County Health and Human Services, 820 Exchange St. Anyone interested in tobacco use prevention and education welcome. For information, call Steven Blakesley at 503-325-8500 or Alissa Dorman at 503-325-4321, ext. 5758.

Do Nothing Club — 10 a.m. to noon, 24002 U St., Ocean Park, Wash. Men's group. For information, call Jack McBride at 360-665-2721.

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., 1111 Exchange St. The cost is \$5. For information, or to have a meal delivered, call 503-325-9693.

Astoria Lions Club — noon, Astoria Elks Lodge, 453 11th St. Prospective members welcome. For information, contact Charlene Larsen at 503-325-0590.

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. Bring your book. For information and location, call 916-307-9790 or email mofett@cgiFellowship.org

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

Warrenton Sunrise Rotary Club — 7 a.m., Dooger's Seafood & Grill, Youngs Bay Plaza, 103 S. U.S. Highway 101, Warrenton. For information, call 503-325-4030.

Chair Exercises for Seniors — 9 to 9:45 a.m., Astoria Senior Center, 1111 Exchange St. For information, call 503-325-3231.

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 Juli Hol to reserve a spot at 503-325-3426, ext. 103.

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 Diners — 11:30 a.m., 1111 Exchange 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, 1111 Exchange St. For information, call 503-325-3231.

Warrenton Kiwanis Club — 1 p.m., Doogers Seafood and Grill, 103 U.S. Highway 101, Warrenton. For information, call Darlene Warren at 503-861-2672.

Seaside Rebounders Stroke Support Group — 1 to 2:30 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.

Sit and Stitch Group — 1 to 3 p.m., Custom Threads, 1282 Commercial St. Knitting, crocheting and needle work. For information, call 503-325-7780.

Mahjong for Experienced Players — 1:15 p.m., Astoria Senior Center, 1111 Exchange St. 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.

Line Dancing for Seniors — 1:30 to 3 p.m., Astoria Senior Center, 1111 Exchange St. For information, call 503-325-3231.

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

Angora Hiking Club — 9 a.m., 1820 S.E. Front St. Road cleanup. For information, call Bob Westberg at 503-325-4315.

Chair Exercises for Seniors — 9 to 9:45 a.m., Astoria Senior Center, 1111 Exchange St. For information, call 503-325-3231.

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., 1111 Exchange 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.

Clatsop County Genealogical Society — noon to 2 p.m., Church of Jesus Christ of Latter-day Saints, 350 Niagara Ave. Park in rear of church and enter by side door. Group has joined forces with the LDS Family History Center. Agenda: a 27-minute webinar, with handouts: "Beyond Family Tree Maker: How to Take Control of Preserving Your Family Tree Information"; regular meeting follows. All are welcome. For questions, call Carol Wamsher at 503-298-8917 or Sali Diamond at 503-325-1963.

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

Better Breathers Club — 1:30 to 3 p.m., Providence Seaside Hospital Education Center (lower level), 725 S. Wahanna Road. Offered in conjunction with the American Lung Association. Sessions offer support, ways and techniques to cope with COPD, asthma, pulmonary fibrosis and other respiratory issues. Caregivers also welcome. No cost, but registration encouraged by calling 800-562-8964.

Columbia River Meditation Group — 6 to 7:30 p.m., Room 306, Towler Hall, Clatsop Community College. Class led by ordained Zen priest and is nonreligious. Group practices different meditation styles, focuses on developing a regular meditation practice. All are welcome. For information, email shinei@zendust.org

Jam Session — 6:30 to 8:30 p.m., Astoria Senior Center, 1111 Exchange St. Open to the public. For information, call 503-325-3231.

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., 1111 Exchange 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

Bingo — 7 p.m., Wickiup Senior Center, 92650 Svensen Market Road. For information call Mark Tischer at 503-458-6482.



Submitted Photo

Donelda Annat, Warrenton Sunrise Rotary Club president, right, presents the club's Student of the Month honor to Warrenton High School student Libby Biel. At left, the school's assistant principal, Josh Jannusch.

Biel selected as Rotary Student of the Month

WARRENTON — Libby Biel, a Warrenton High School senior, has been selected to be the fifth recipient of the Warrenton Sunrise Rotary Club's Student of the Month award. She was recognized at the club's meeting at Doogers Seafood & Grill.

The program honors accomplished local high school students who clearly make a difference in their school and/or in their community. The school administration chooses each recipient. Biel was an all-league volleyball player and team captain, competed in track and field, and made it to the state track meet last year, placing in triple jump. She is a member of the Student Council and Honor Society, participates in many different service projects, and is active in her church, volunteering many

hours to help the less fortunate by taking mission trips.

Each student of the month receives a printed award along with gift certificates from area businesses — including Warrenton Fultano's Pizza, GB Jewelers, Amie's Café and The Coffee Addiction — who also want to acknowledge noteworthy student achievements. In addition, Lektro treats the recipient and the school staff representative to breakfast.

Warrenton Sunrise Rotary meets at 7 a.m. each Wednesday at Dooger's Seafood & Grill, Youngs Bay Plaza, 103 S. U.S. Highway 101. All are welcome to learn more about becoming a member, and to work on programs, such as this one, and other community service projects. For information, go to the Warrenton Sunrise Rotary Club's Facebook page.

SELF-HELP GROUPS

Tillamook Alateen — 6:30 p.m. Thursday, 5012 Third St. For information, call 503-730-5863.

Warrenton AI-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 Coun-

ty. 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.

HONOR ROLL

The following students have qualified for the honor roll by earning a 3.5 grade point average or higher at school.

Clatsop Community College Astoria

Astoria: Alex Autio, Grace Autio, Nicole Bingham, Carolyn Blackmon, Damian Burrell, Kacie Cameron, Alec Chapa, Vickie Childs, Carrie Clarke, Shelby Cook, Ryan Crouter, Darby Cullen, Liliana Diaz Preciado, Miranda Dietrichs, Ashley Doak, Heather Earley, Yessica Gonzalez Preciado, Nathan Hampton, Hannah Havranek, Tessa Hoelscher, Hunter Hogg, Allison Ingmire, Andrea Jeremiah, Olivia Jeremiah, Spencer Johnston, Jillian Ketcham, Nicholas Ketcham, Victor Korn, Melissa Lahti, Liwen Li, Jacquelyn Marinovich, Jesse Miller, Daniel Myking, Teresa Nicholson, Georges Oates Larsen, Rebecca Owenby, Christopher Patenaude, John Patillo, Savannah Petersen, Kimber Peterson, Edwin Phillips, Joshua Raichl, Ruby Reed, Millena Riffe, Benjamin Rodriguez, Jordan Schweitzer, Levi Starbird, Megan Sturzen, Kimberly Sultan, Dale Sydnam, D'len Thomasian, Heidi Thompson, Stefan Thompson, Haley Werst, Jacob Wettern, Mitchell Whiteside, Douglas Wilcox.

Birkenfeld: Victor Berg.

Cannon Beach: William Benefield, Jasmine Perkins.

Clatskanie: Jonathan Kaminski.

Gearhart: Brianna Babbitt, Rebekah Cave, Rachael Leroux, Cole Thomas.

Hammond: Kimberly Gonzalez Garcia, Christiana Holiday.

Illwaco, Washington: Brian Davidson.

Long Beach, Washington: Kienyn Adams, Kathryn Richard.

Naselle, Washington: Matthew Carter, Adrian Corona, Connor See.

Ocean Park, Washington: Ryan Edwards, Ryan Gardner, Courtney Stephenson, Robbert Warner.

Seaside: Avery Anderson, Jason Jones, Brooke Laws, Alex Lyon, Rebecca Misho, Katherine Sellars, Daniel Smith, Rachel Stahly, Joel Symonds, Melissa Watson.

Seaview, Washington: Tishina Gray, Ian Hoyt.

Skamokawa, Washington: Joss Ayres-Sims.

Vernonia: Laura Terrill.

Warrenton: William Brinkerhoff, Jephtha Duggan, Nicholas French, Saga Frey, Maria Goyena, Teresa Hawkins, Carlie Joy, Ben Najera, Nicholas Porter, Adam Simmons, Jennifer Sychra, Ronnie Wilson.

Westport: Robert Bailey, Katie Burgher, William Newton, Craig Wilson.



ENERGY COSTS TOO HIGH? TRY LOOKING AT IT IN A DIFFERENT LIGHT.

Want to lower your energy costs? When you update lighting and other equipment, you can see the difference instantly and recoup your investment in no time. Talk to a qualified trade ally to learn about Energy Trust of Oregon cash incentives for all kinds of energy-saving solutions.



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Visit www.energytrust.org/mybusiness or call us at 1.866.368.7878.

Serving customers of Portland General Electric, Pacific Power, NW Natural and Cascade Natural Gas.

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