

COMMUNITY NOTES

SATURDAY

Sit and Stitch Group — 11 a.m. to 1 p.m., Custom Threads, 1282 Commercial St. Knitting, crocheting and needle work. For information, call 503-325-7780.

Detachment 1228 Marine Corps League — noon, Uptown Cafe, 1639 S.E. Ensign Lane, Warrenton. For information, contact Lou Neubecker at 503-717-0153.

Columbia Northwestern Model Railroad Club — 1 p.m., in Hammond. Group runs trains on HO-scale layout. For information, call Don Carter at 503-325-0757.

Spinning Circle — 1 to 3 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>

SUNDAY

Authentic Spiritual Conversations — 3 to 4:15 p.m., Seaside Public Library conference room, 1131 Broadway. Exploring spiritual questions, doubts, practices and longings in a space where everyone's needs are respectfully held. All faiths, including "spiritual but not religious," agnostic and atheist are welcome. For information, email info@cgjifellowship.org or call 916-307-9790.

Line Dancing — 5:30 to 8 p.m., Seaside American Legion, 1315 Broadway. For information, call 503-738-5111. No cost; suggested \$5 tip to the instructor.

MONDAY

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

Scandinavian Workshop — 10 a.m., First Lutheran Church, 725 33rd St. Needlework, hardanger, knitting, crocheting and quilting. All are welcome. For information, call 503-325-1364 or 503-325-7960.

Senior Lunch — 11:30 a.m., Bob Chisholm Senior Center, 1225 Avenue A, Seaside. Suggested donation \$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. Cost is \$6. 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.

Astoria Rotary Club — noon, second floor of the Astoria Elks Lodge, 453 11th St. Guests always welcome. For information, go to www.AstoriaRotary.org

Knocklers Pinochle Group — 1 p.m., Bob Chisholm Community Center, 1225 Avenue A, Seaside. Cost is \$1 per regular session per person. Players with highest and second highest scores split the prize. Game is designed for players 55 and older, but all

ages are welcome.

Mahjong for Experienced Players — 1 p.m., Astoria Senior Center, 1111 Exchange St. For information, call 503-325-3231.

Line Dancing for Seniors — 3 to 4:30 p.m., Astoria Senior Center, 1111 Exchange St. Not for beginners. For information, call 503-325-3231.

Astoria Toastmasters — 6:30 p.m., Hotel Elliot conference room, 357 12th St. Visitors welcome. For information, go to www.toastmasters.org or call 503-894-0187.

Depression and Bipolar Support Alliance — 7 to 9 p.m., Room A, Columbia Memorial Hospital, 2111 Exchange St. Open to all those diagnosed with a mood disorder, or have a family member or friend diagnosed, or who think they might have depression or bipolar disorder. For information, contact Patricia Fessler at 503-325-8930.

TUESDAY

World War II Warbirds — 8 a.m., Labor Temple Diner, 934 Duane St.

Stewardship Quilting Group — 9:30 a.m. to 1:30 p.m., First Lutheran Church, 725 33rd St. All are welcome. Donations of material always appreciated. For information, call Janet Kemp at 503-325-4268.

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 \$6. For information, or to have a meal delivered, call 503-325-9693.

Astoria Kiwanis Club — noon, El Tapatio, 229 W. Marine Drive. For information, call Robert McClelland at 503-894-0187 or Susan Brooks at 503-741-0186 or 503-338-4994.

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

Bras2Moms Fitting — 1 to 3 p.m., Columbia Memorial Hospital Birthing Center, 2111 Exchange St. Bras2Moms provides free nursing bras and/or tanks to mothers, so women do not become discouraged with, or stop breastfeeding because they cannot afford a nursing bra. A \$5 donation is requested, but not required. For best fit, come for a fitting two weeks after giving birth. Sizes subject to availability. For information, call 503-325-4321.

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 moffett@cgjifellowship.org

Evergreen Masonic Lodge No.

Volunteers spruce up downtown for summer

The Daily Astorian

Merchants and local residents volunteered their time May 21 during the annual Downtown Clean-up event, hosted by the Astoria Downtown Historic District Association (ADHDA).

Volunteers completed a number of projects, including removing weeds, moss and graffiti. Fred Meyer provided snacks and treats for the post-cleanup hot dog barbecue lunch.

"Thank you to all of our wonderful volunteers, and to Fred Meyer. It was great to see so many community members come out to help clean up downtown," said ADHDA Executive Director Alana Garner. "There was a lot to be done, and we definitely made a dent."

Garner said the cleanup effort will be an ongoing summer project, and ADHDA is looking for volunteers to help weed and water the downtown bump-outs and planters. If interested, contact her at 503-791-7940 or alana@astoriadowntown.com



Submitted Photo

Paul Koenig cleaning graffiti off of a phone booth during a recent Astoria Downtown Clean-up event.

137 — 6:30 p.m. dinner, 7:30 p.m. meeting, 201 N. Holladay Drive, Seaside. All Masons and their families are welcome. For information, call 503-717-0808.

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 \$6. 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.

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

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 \$6. 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>

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.

Lighthouse for Kids Project — 10 a.m. to 2 p.m., Homespun Quilts, 108 10th St. Making quilts for children going through sexual abuse assessment. For information, call 503-325-3300 or 800-298-3177 or go to <http://homespunquilt.com>

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 \$6. 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

Torn American Flags Collected — Torn and tattered American flags may be placed in a collection basket at City Lumber in Astoria for the flag retirement program, held at 1 p.m. June 14 by Astoria Chapter Daughters of the American Revolution in the historic area at Fort Stevens. Flags may also be given to any member of the chapter.

Seaside hospital offers free pain education class

The Daily Astorian

SEASIDE — A pain education class, "Understanding Pain: With Knowledge Comes Power," is being held from 5:30 to 7:30 p.m. June 9 at Providence Seaside Hospital, Education Center A, 725 S. Wahanna Road.

When people understand how pain really works, their pain decreases. This class is designed

to help understand how pain works in both the body and brain. Participants will learn about what pain really is, and how much a person's own actions and thoughts can improve pain.

There is no charge for the class, but reservations are required by calling the Resource Line at 800-562-8964 or by registering online at www.providence.org/classes

Genealogical society holds organization workshop Saturday

The Daily Astorian

The Clatsop County Genealogical Society is holding a workshop from 1 to 4 p.m. June 11 at the Church of Jesus Christ of Latter-day Saints, 350 Niagara Ave. An RSVP is requested to attend.

Hannah Allan, professional genealogist, and research assistant with the Oregon Historical

Society, is presenting her program, "Organizing Your Family History." Those who have a laptop should bring it, as there will be some organizing online. Also bring items to scan and a flash drive. For those who do not use a computer, there will be help for organizing things physically.

To RSVP, call Carol Wamshar at 503-298-8917 or 503-458-5654.

Oregon/Costa Rica Partners select new officers

The Daily Astorian

On May 15, the Oregon/Costa Rica Partners of the Americas elected a new board of directors. Ned Heavenrich is president, Peter Marfell is vice president, and Joy Brandt assumes the role of treasurer. Marisa Bevington of Portland continues as secretary to the group.

Other board of directors are Lurana Heavenrich, Marguerite Hills, Mary Gayle Vaningen, Jani Van Pelt, Gayle Wallace, and Scott McLain. Karen Graham is serving a one year term as past president.

Oregon/Costa Rica Partners of the Americas, a nonprofit organization that has been in existence for 51 years,

sponsors a four-week adult cultural exchange during which Costa Ricans come to Oregon in September and visit four different locations for home stays. In February a group of Oregonians travels to Costa Rica and stays in four different parts of that country.

Oregon/Costa Rica Partners of the Americas also has a high school exchange providing students from each country home stays for two months. In addition, the group is involved in seeking volunteers to teach English in Costa Rica from January through April.

For information, go to <http://oregonpartners.net>. For details about the programs in the Clatsop and Pacific county area, contact Ned Heavenrich at 503-458-5182.

Scholarships group awarding more than \$200,000 to AHS students

The Daily Astorian

Astoria High School Scholarships Inc. celebrates its 40th anniversary of providing scholarships to local graduates at 7 p.m. Thursday at the Liberty Theater.

In 1976, high school teacher Michael Foster established a scholarship fund dedicated to retiring teachers. In June 1977, the nonprofit awarded two \$250 scholar-

ships. This year, the group will award more than \$200,000 to 88 students. Over the past 40 years, the nonprofit has awarded 1,814 scholarships totaling more than \$3 million.



WANTED
Alder and Maple Saw Logs & Standing Timber
Northwest Hardwoods • Longview, WA
Contact: Steve Axtell • 360-430-0885 or John Anderson • 360-269-2500

ACCEPTING NEW PATIENTS
Astoria Chiropractic
BARRY SEARS, D.C.
AUTO ACCIDENTS
WORK-RELATED INJURIES
Don't delay! Call today!
We bill most insurance companies including Medicare
503-325-3311 2935 MARINE DR • ASTORIA

Astoria Band Boosters
CAN & BOTTLE DRIVE
1 P.M. - 3 P.M. • SUNDAY, JUNE 5TH
AT ASTORIA HIGH SCHOOL
PLEASE, NO EARLY DROP-OFFS
Items must have the 5 cent, OR redemption label in order to benefit the band programs
The Band Boosters are the only source of funds to keep Astoria's school band programs functioning. Please help by dropping off your empties or making a donation.
Call (503) 791-8134 or email i_want_to_help@astoriabands.org to arrange pickup of large amounts.