

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.

**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**  
**Cannon Beach American Legion Women’s Auxiliary Breakfast** — 9 to 11:30 a.m., American Legion, 1216 S. Hemlock St., Cannon Beach.

**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, embroidery 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 Lew-is 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](http://www.AstoriaRotary.org)

**Knochlers 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.

**Astoria Alzheimer’s & Other Dementia Family Support Group** — 2 to 3:30 p.m., first-floor conference room, Clatsop Care Center, 646 16th St. Open to all family members of people with dementias. For information, call Rosetta Hurley at 503-325-0313, ext. 222, or email [support@clatsopcare.org](mailto:support@clatsopcare.org)

**Line Dancing for Seniors** — 3 to 4:30 p.m., Astoria Senior Center, 1111 Exchange St. Not for begin-



Submitted Photo

Cartwright Park Pump Track in Seaside opens Saturday.

Pump Track opening celebration set

The Daily Astorian

SEASIDE — Celebrate opening day of the Cartwright Park Pump Track from noon to 5 p.m. Saturday. The track is located behind the Sea-

side School District office at 1801 S. Franklin St. near Avenue S, and features bumps, berms and curves for mountain bikes, without a lot of elevation.

There will be music, a “pump off”

for most consecutive laps and a raffle drawing. Bring the bikes and the entire family for a day of fun. The event is hosted by the North Coast Trail Alliance, a sub-chapter of Northwest Trail Alliance.

ners. 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](http://www.toastmasters.org) or call 503-894-0187.

**TUESDAY**  
**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 Lew-is 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 Frank Spence at 503-325-2365 or Susan Brooks at 503-791-3026.

**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.

**Warrenton Caregiver Support Group** — 1:30 to 3 p.m., 2002 S.E. Chokeberry Ave., Warrenton. Support, information and resources for caregivers. For information, call Grace Bruseth at 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](mailto:mofett@cgiFellowship.org)

**Speak Peace** — 4:30 to 5:30 p.m., Astoria Masonic Lodge, 1572 Franklin Ave. Get help with communication challenges and create more harmony and peace at home and at work; combines learning-by-doing with short explanations of the principles behind Nonviolent Communication (NVC). No prior knowledge required. For information, call 916-307-9790.

**Lower Columbia Hospice Bereavement Support Group** — 4:30 to 6 p.m., Columbia Memorial Hospital Community Center, Chinook Conference Room, 2021 Marine Drive. Open to age 18 or older. For information, call 503-338-6230.

**North Coast Chapter, ABATE of Oregon** — 5:30 p.m., Astoria Moose Lodge, 420 17th Street. All are welcome. For information, call 503-791-7253.

**Peninsula Arts Association** — 6 p.m., PAA Office, Long Beach Depot Building, Third Street N. and Pacific Highway, Long Beach, Wash. All are welcome. For information, call 360-665-6041 or go to <http://beachartist.org>

**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.

**Angora Hiking Club** — 9 a.m., Sixth Street parking lot. Hammond Volkswalk hike. For information, call Arline LaMear at 503-338-6883.

**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>

**La Leche League of Astoria** — 11 a.m. to 12:30 p.m., 216 Alameda Ave. For those interested in breastfeeding; mothers, babies and toddlers welcome. Topic is: “Breast-feeding: Questions and Answers.” 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 Lew-is at 503-861-4200.

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**Blood Pressure Checks** — noon to 2 p.m., Astoria Senior Center, 1111 Exchange St. 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.

**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.

**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 Exchange St. Peer support group for women living with, or at risk of heart disease. For information, email Michele Abrahams at [WH-NorthOregonCoast@womenheart.org](mailto: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](http://www.cgaux.org)

**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**  
**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.

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**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 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](mailto: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.

**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](http://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 Lew-is 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](http://www.astoriaarmory.com)

**OTHER**  
**Festival Volunteers Needed** — First annual Manzanita Music Festival, scheduled for July 23 and 24, needs volunteers. For information, call Karen McCarty at 503-440-4505 or email [k.mccarty53@yahoo.com](mailto:k.mccarty53@yahoo.com)

Register now for Paavo Nurmi run

The Daily Astorian

NASELLE, Wash. — This year’s 2016 Finnish-American Folk Festival Paavo Nurmi run is scheduled to start at 8 a.m. July 30. The course begins and ends at the Naselle High School track. Runners and walkers should be aware the course is a gravel road, and using caution is necessary. Awards will be presented at 9:30 a.m. at the high school track, and a variety of awards will be given: youngest, oldest, fastest male, fastest female, and the runner who traveled the farthest will all receive medals.

The run is named after the Finnish runner and Olympic gold medal winner in the 1920, 1924 and 1928 games. It is a 5K (3.1 miles) course. The registration fee is \$15, which does not include T-shirt, or \$25 including a T-shirt. A limited number of race T-shirts will be available July 30; pre-register before July 18 to ensure receiving one.

A Pannukakku Breakfast (Finnish Pancake) is available for purchase beginning at 7 a.m. at the Epsilon Sigma Alpha (ESA) Alpha Theta booth, located inside the school, and will also be available after the race.

To register for the race, go to <http://nasellefinnfest.com> and click on “2016 Festival,” or contact Haleigh See at [haleigh\\_see11@hotmail.com](mailto:haleigh_see11@hotmail.com) or 360-484-3878.



Wikimedia via Creative Commons

Paavo Nurmi at the 1920 Summer Olympics.

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# WANTED

★ Classified/Inside Sales ★

The Daily Astorian is looking for an individual with excellent customer service skills, both in person and over the phone. Someone who brings an upbeat and “go get ‘em” attitude to the table, works well with a team as well as alone. This position requires great computer skills, accurate spelling, the ability to receive incoming classified advertising calls as well as calling advertisers back for ad renewals. Manage special monthly projects requiring cold calls. Must be persistent and be able to handle rejection with ease. This is a full time position, working Monday through Friday. Evenings and weekends off, plus paid holidays!

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