

MORE NOTES

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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.

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@cogifellowship.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.

Evergreen Masonic Lodge No. 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.

Authentic Spiritual Conversations — 7 to 8:30 p.m., Astoria Masonic Lodge, 1572 Franklin Ave. Exploring spiritual questions, doubts, practices, longings. Topic is: "How Do We Practice Forgiveness?" Group supports participants in sharing their own understanding and putting their spiritual values into practice. All faiths, including "spiritual but not religious" welcome. For information, email info@cogifellowship.org or call 916-307-9790.

WEDNESDAY
Warrenton Sunrise Rotary Club

Register now for Columbia River Strongman Challenge

The Daily Astorian

Mike and Teale Adelmann, along with their business LiftingLarge.com, are hosting the first annual Columbia River Strongman Challenge on Aug. 20 at 4025 Abbey Lane. The contest starts at 9:30 a.m.; weigh-ins take place from 8:30 to 9 a.m. The public is welcome.

Practice events are from 1 to 3 p.m. Saturday and Aug. 13, also at 4025 Abbey Lane. The cost to enter the competition is \$40 per athlete; or \$50 after Aug. 6. The contest will be capped at 50 total competitors.

The Adelmans moved to Warrenton and bought the D.K. Warren house a little over a year ago, and saw the need for the local strength (men and women) athletes to showcase their hard training. The couple have a combined total of 49 years of competitive power lifting and strongman experience, and have run over 25 contests in New Mexico.

The Astoria Strongman Challenge has two wom-



Submitted Photo

Teale and Mike Adelmann

en's and three men's divisions. Along with individual entries, there is also a team division for local gyms to show who has the strongest athletes. The competition consists of four events: the tire flip, farm-

er's walk, dead lift for reps and the drag/carry medley. Trophies will be awarded for first through third place in all divisions.

For information and entry forms, go to <http://bit.ly/2aviqV3>

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

Moms Offering Moms Support Club — 9 a.m., Capt. Gray Port of Play, 785 Alameda Ave. For information, go to www.momsclubofastoria.org or email president@momsclubofastoria.org

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 Dinners — 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.

Angora Hiking Club — 1 p.m., Sixth Street parking lot. Airport Dike hike. For information, call Bob Westberg at 503-325-4315.

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.

Seaside Dementia Support Group — 2 to 3:30 p.m., Necanicum Village, 2500 S. Roosevelt Drive, Seaside. For families and/or caregivers of dementia patients. All are welcome. To attend, RSVP to 503-738-0900.

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

North Coast Republican Women — 11:30 a.m., Astoria Golf and Country Club, 33445 Sunset Beach Lane, Warrenton. For information, call 503-717-0392 or go to www.clatsop-countyoregon.republican

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., 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>

Lower Columbia Hospice Bereavement and Grief Support Group — 2 to 4 p.m., Meeting Room 1, Bob Chisholm Community Center, 1225 Avenue A, Seaside. Group is open to those who are age 18 or older. For information, call 503-338-6230.

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 Dinners — 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

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



Submitted Photos

New Astoria Lions Club officers and directors are installed by past District Gov. Bob Hoover during a ceremony June 28.

Lions install officers, donate time and money to community

The Daily Astorian

On June 28, the Astoria Lions Club installed its officers for the 2016-2017 fiscal year. Charlene Larsen is president, first vice president is Lavina Jones, second vice president is Nancy Lockett, secretary is Lenard Hansen, treasurer is Norm Davis, lion tamer is Ron Larsen, tail twister is Russ Thompson, and the directors are Carl Abraham, Gene Mellot and Donna Thompson.

The club also presented a Helen Keller Humanitarian award to Steve Forester, editor/publisher of The Daily Astorian, for the paper's strong support of the Astoria Lions Club since 1944 by donating excess newsprint, over runs and paper. Over the past 16 years the club has processed and sold the newsprint for \$140,000, which has accounted for a bit over half of the funds the club has invested in the community during this same 16-year period.

The Astoria Lions Club has donated \$109,400 for hearing exams, hearing aids, eye exams and glasses; \$67,900 to the Oregon Lions Sight and Hearing Foundation; \$20,500 for various local youth program activities; \$15,700 for the Christmas food basket activities; and \$37,200 for other miscellaneous activities.

In addition to contributions of money, the club has



Tom Gill, left, of the Astoria Lions Club, presents the Helen Keller Humanitarian award to Steve Forester, editor/publisher of The Daily Astorian.

done student eye screening at the Knappa, Astoria and Warrenton school districts. Another project is the annual Flags for First Graders, where each student is given a brief history of the American flag and miniature flag of their own.

Lions Club members have donated hours of cooking time for the American Cancer Society's annual Cancer Walk for Life and Lower Columbia Hospice, and provided tents and cooking equipment for other charitable causes. Through the years members have contributed hours in other programs such as Start Making a Reader Today (SMART), adopting a highway section for clean-up, providing assistance and materials for building a wheelchair ramp for a blind person, adopting Ninth Street Park as an ongoing com-

munity clean-up project, providing equipment and working with nursing students from Clatsop Community College doing medical screening in Seaside for the annual Homeless Connect project, assisting at the fairgrounds each Christmas loading food boxes for distribution, and contributing time and effort on field trips in various countries to get recycled glasses to in rural areas.

The Lions welcome donations of old glasses. Most optometrists' offices have a Lions Club collection box.

The Astoria Lions Club holds a luncheon meeting at noon each Tuesday on the second floor of the Astoria Elks Club, 453 11th St. Those interested in joining are welcome to call a club representative beforehand at 503-325-0590 to ensure there is enough for lunch.



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Junior Class Average	13+
Sophomore Class Average	13+
Freshman Class Average	13+



Explanation:

A Grade Equivalent score of 9.1 would mean that the student scored as well as an average 9th grader (freshman) who took the test in his 1st month. The score of 13+, which is the highest score given, means the student did better than an average freshman in college. All four classes averaged 13+ on this year's test.

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