

MORE NOTES

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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.

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 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 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 mof-fett@cgiFellowship.org

Fair flag work



Submitted Photo

Cub Scouts from the Fort Clatsop District assisted during the opening ceremonies of the Clatsop County Fair. Pictured, from left, Fort Clatsop District Executive Crystal Neher, Dashed Neher, Clatsop Post 12 American Legion Commander Mike Phillips, Anthony Anglim and Rylee McCollum.

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>

Authentic Spiritual Conversations — 7 to 8:30 p.m., Astoria Masonic Lodge, 1572 Franklin Ave. Exploring spiritual questions, doubts, practices, longings. Topic is: "Discerning Guidance." 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@cgifellowship.org or call 916-307-9790.

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. Warrenton Volkswalk. 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 Re-

lationship 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: "Weaning: Four Chambers of the Heart." 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 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.

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

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.cgau.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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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>

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.

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

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 \$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.

Adolescents can get a checkup and take home swag

The Daily Astorian

SEASIDE — The Columbia Pacific Coordinated Care Organization is hosting a Student Wellness Activities and Games (SWAG) event from 6 to 7:30 p.m. Aug. 24 at the Providence Medical Group, 725 S. Wahanna Road. The event is for Oregon Health Plan members ages 12 to 20 years old. There is no charge.

SWAG events are a creative and fun way to make preventive care the norm for adolescents, and are intended to provide dedicated time to adolescent well visits in a way that is engaging and informative, by offering games, raffle prizes and food along with checkups and sports physicals.

"By encouraging the adolescent well visits, we hope to establish a pattern in a young person of thinking about preventative health care rather than waiting for a health issue to become chronic and difficult to manage," Nancy Knopf, Columbia Pacific CCO community health partnership manager, said.

Data from Oregon Healthy Teens Survey, a statewide survey among eighth and 11th graders, indicates that Clatsop County has higher drug and alcohol used compared to the state average. In the visit, adolescents will complete an evidence-based screening tool on alcohol and drug misuse.

Preregistration is encouraged. For information, or to make an appointment, call 503-717-7060.

Finnish American Folk Festival names winners

The Daily Astorian

NASELLE, Wash. — The Finnish American Folk Festival has announced the winners of several competitions and the raffle. The results are as follows:

Wife Carry — Sheriann and Peter Hakim of Salem; **Nokia Phone Toss** — Paul Wirkkala of Olympia, Washington; and the **Boot Toss** — Conor Smith of Seattle. All except Peter Hakim are graduates of Naselle High School.

The Paavo Nurmi 5K Run/Walk had 60 participants and the winners are listed in first, second and third place order in each category. **Female Walkers:** Colleen Haley, Angie Wirkkala and Stephanie Esvelt. **Male Walkers:** Phil Penttila, Marvin Sotka and Mike Turner. **Female Runners:** Samantha Shivji, Betsy Penoyer and Lauren Katyryniuk. **Male**

Runners: Dylan Wirkkala, Peter Hakim and Cramer Smith.

There were several winners in the raffle, but Judy Perkiomaki won the grand prize, a Oiva Toikka Bird, donated by Finn Ware. Second prize, \$400, donated by the festival, was won by Steve Lampimaki; and third prize, a gift basket donated by FAFF members, was won by Anita Raistakka. For information about the festival, go to www.nasellefinnfest.com

Head Start accepting applications now

The Daily Astorian

Clatsop County Head Start centers are now accepting applications for school year 2016-2017 for children who will be age 3 or 4 by Sept. 1. Applications are available at local Head Start centers.

Head Start is a no cost, family-focused, early childhood development program that helps children prepare for school by providing experiences in science,

math, art, language, motor skills and socialization. Head Start also provides each child with an individualized instruction program, USDA approved meals and family support.

A limited number of spaces are available. For information call the Seaside office at 503-738-0873, the Warrenton office at 503-861-9681 or the Astoria office at 503-325-5421. If there is no answer, call 503-556-3736.

ENGAGEMENT



Jason Karna and Shannon Roberson

Roberson — Karna

Pam and Greg Hitchman of Astoria announce the engagement of their daughter, Shannon M. Roberson of Warrenton, to Jason Karna, also of Warrenton. He is the son of Marcene Adamonis of Gearhart and Gene Karna of Portland.

The bride-to-be is a health care provider.

The prospective groom is a fisherman.

An Aug. 27 wedding is planned.

OREGON CAPITAL INSIDER
We're investing in Salem coverage when other news organizations are cutting back.
Get the inside scoop on state government and politics!

BACK TO SCHOOL
Show your students how proud of them you are by sending us a photo of their **FIRST DAY AT SCHOOL!**
Photos will be printed in the **September 16th** edition of the **Daily Astorian**
EMAIL: CLASSIFIEDS@DAILYASTORIAN.COM
DEADLINE: SEPTEMBER 13TH @ 5PM