# **Roley receives mentorship award**

#### The Daily Astorian

SEASIDE — Sheila Roley, the superintendent of Seaside School District and former principal of Seaside High School, was chosen to receive the Bev Gladder Mentorship Award at the annual Confederation of Oregon School Administrators (COSA) conference, held at the Seaside Civic & Convention Center in June.

Recipients of the award are recognized for being committed to mentoring and supporting more than one new or aspiring school administrator, and for their exemplary leadership, ethics and professionalism.

Roley has mentored administrators on the North Coast for many years, including administrators in the Seaside, Warrenton, Knappa and Jewell School districts. She has organized a county-wide administrators' book study on leadership books, and has organized county-wide monthly administrator gatherings so administrators in smaller districts could have camaraderie, support and a listening ear.



# Senior dog sanctuary holds rummage sale

#### The Daily Astorian

GEARHART — Angels for Sara Sanctuary for Senior Dogs is holding its third Annual Fundraiser and Rummage Sale from 9 a.m. to 4

p.m. today and Saturday at 3470 U.S. Highway 101, Suite 104, in Gearhart. All proceeds will go to the sanctuary dogs for medical needs, food, beds, and whatever else they may need.

Items for sale include furniture (such as a roll-top desk and matching chair and a bar that has a hidden game table with a roulette wheel), signed and numbered art prints from local artists, knickknacks,

gadgets, lamps, kitchen unopened games, a flat screen TV, DVD players and bird houses.

Many of the prices are by donation. Credit and debit cards will be accepted.

## Astoria Warming Center seeks volunteers

#### The Daily Astorian

The Astoria Warming Center is holding an introduction to its operation from 4 to 5 p.m. Sunday in the social hall of the First United Methodist Church, 1076 Franklin St. Enter through the double-doors on the 11th Street side of the building.

The event provides an overview of the plans for the coming winter and an opportunity for the public to learn more about the AWC and the volunteer opportunities available there. All are welcome.

For information, email astoriawarmingcenter@gmail.com or call Drew Herzig at 503-325-1895.

### GRADUATES

The following students have graduated from college:

Washington State University Pullman, Wash. Astoria: Giatana Elliott, bachelor's degree, social sciences; Kayla Sheeley, bachelor's degree, fine arts. Bay Center, Washington: Olivia Nisbet, bachelor's degree, architectural studies.

Ilwaco, Wash .: Elleigh Kaino, bachelor's degree, zoology.

Long Beach, Wash .: Brandon Malmstadt, bachelor's degree, biology, summa cum laude.

Naselle, Wash.: Krist Novoselic, bachelor's degree, social sciences, magna cum laude.

## RELIGION BRIEFS

#### **Society of Friends**

SEAVIEW, Wash. — The Lower Columbia Worship Group of the Society of Friends (Quaker) meets at 3 p.m. Sunday in the Peninsula Church Center Fireside Room (south building), 5000 N Place. This is a "silent" (unprogrammed) worship group. All are welcome to visit and participate. For information, call 503-895-7474.

#### **Cannon Beach Community**

CANNON BEACH - Cannon Beach Community Church, 132 E. Washington St., holds an Evensong service at 6 p.m. the first and third Sunday of the month. All are welcome.

Evensong features Wes Warhmund (guitar, flute and clarinet) and meditative songs, Psalms, readings, candlelight and time for quiet reflection.

For information, call the church at 503-436-1222.

**Our Saviour's Lutheran** 

SEASIDE — Our Saviour's Lutheran Church presents "Song, Scripture and Sacrament" from 11 to 11:30 a.m. Wednesday at Suzanne Elise Assisted Living, 101 Forest Drive. All are welcome.

For information, call the church at 503-738-6791.

#### **Great Vow**

CLATSKANIE — The Great Vow Zen Monastery, located at 79640 Quincy-Mayger Road in Clatskanie, is holding its seventh annual Jizo Bon Festival from 3 to 10 p.m. Aug. 27.

This special festival includes painting lanterns, Obon dancing, a play, and an informal dinner. The evening also includes a Ksitigarbha ceremony and a lantern procession through the Jizo garden. All are welcome, especially families with children.

A donation of \$10 or \$15 for fam-

ilies or groups of friends, and \$5 for individuals, is suggested to cover the cost of tea, lanterns, and supplies. RSVP is requested at www.zendust. org/calendar

For information, call 503-728-0654.

#### **First Lutheran**

Twenty-four cyclists, who are part of the Bike the US for MS cross country bike trips, visited First Lutheran Church and the Astoria community for two days and nights. The adults, ranging in age from 18 to 66, raise awareness for multiple sclerosis research and volunteer for patients.

These tours follow America's most traveled cross-country routes. Bike riders can ride a segment of the route, or they can ride from the East Coast to the West Coast.

Many of the riders visiting Astoria joined the group in Seattle and are traveling to San Diego along the Oregon and California coasts. Proceeds from the 2016 fundraising will support research and treatment and fund financial assistance projects across the U.S. So far this year the team has raised \$303,776.

The First Lutheran Church members provided dinners and breakfasts, along with accommodations.

#### **Grace Episcopal**

Grace Episcopal Church Preschool, 1545 Franklin Ave., is holding an Open House from 5 to 6 p.m. Thursday with teachers Denise Allen and Denise Raihala. Registration forms are available on the church website (www.graceastoria. org), at the church during the week and during the Open House. Thereare limited openings for the coming school year, and scholarships are available. For questions, call the church at 503-325-4691.

An evening Renaissance concert featuring Musica Maestrale takes place at 7 p.m. Friday in the Sanctuary. The group is also holding Baroque music workshops during the day Saturday, and there are Baroque concerts at noon and 7 p.m. For information, go to www. musicamaestrale.org

#### Women's Bible Study

The Christian Church of Warrenton and First Presbyterian Church of Astoria are co-sponsoring Beth Moore's "Esther: It's Tough Being a Woman," an in-depth women's Bible study of the Book of Esther.

The 10-week study begins Sept. 9. The group will meet from 6:30 to 8:30 p.m. each Friday in the Fellowship Hall parlor of the Presbyterian Church. Use the 11th Street and Harrison Avenue. All are welcome

For information, contact Karen Williams at 503-861-0957.



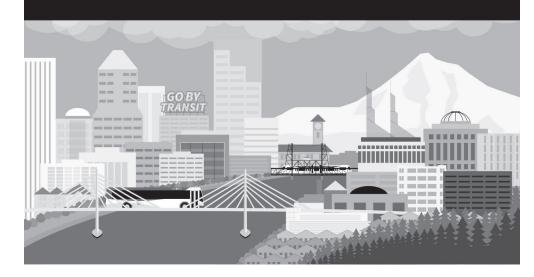


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# **Making Healthcare Work for You**

Get the tools you need to navigate the healthcare system better. Join us for a community health literacy fair for all ages!

### September 19, 2016 2-5pm, Astoria Senior Center (1111 Exchange Street, Astoria, OR)

### Get tools for:

- 1. Talking with your doctor.
- Getting the most out of your insurance. 2.
- Managing your medical costs. 3.
- 4. Reading your bill and insurance statement.
- Making end-of-life decisions. 5.
- 6. Finding community assistance.

### Schedule of events:

**2pm** Opening Remarks, City Councilor Zetty Nemlowill

**3pm** "Making the Most of Your Medical Appointment" by Foot & Ankle Surgeon Dr. Michael Murdock



4pm "Health Coaching: Put your plans into action" by Venus Fromwiller, Health Coach

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