

Astoria Police hosting 'Coffee with a Cop'

The Daily Astorian

The Astoria Police Department is inviting community members to meet with officers later this month to discuss local issues, build relationships and drink coffee. The "Coffee with a Cop" program takes place at 2 p.m. Tuesday at the Blue Scorcher Bakery. The program provides a unique opportunity for com-

munity members to ask questions and learn more about the department's work in neighborhoods, according to police.

The majority of contacts law enforcement has with the public happen during emergencies, or emotional situations. Those situations are not always the most effective times for relationship building with the community, police say, and some community

members may feel that officers are unapproachable on the street.

"Coffee with a Cop" breaks down barriers and allows for a relaxed, one-on-one interaction. The program is a national initiative supported by The United States Department of Justice, Office of Community Oriented Policing Services.

Register now for Small Business Management Program

The Daily Astorian

Clatsop Community College's Small Business Management Program starts Thursday. The program, geared toward business owners, covers business planning, operations, leadership, financial basics, reports and statements, branding, marketing, human resources, strategic planning and more. It includes a combination of monthly classes at the college's South County Campus, monthly one-on-one coaching sessions at the participant's business and the opportunity to network with other business owners.

The program costs \$695, equating to an hourly rate of about \$14 per hour. Kevin Leahy, the director of the college's Small Business Development Center, said some private consultants charge more than \$100 an hour for similar services. The college recently added Walt Postlewait, executive vice president and chief lending officer of Craft3, as manager of the program.

For information, email sbdc@clatsopcc.edu or call the South County Campus and Small Business Development Center at 503-338-2402.

Support veterans with spaghetti dinner on Saturday

The Daily Astorian

Members of Warrior Expeditions, a veteran non-profit outdoor therapy program, are completing their bicycle trip across the U.S. on the Trans America Trail on Saturday. The group will end their ride at the Columbia River Maritime Museum.

At 4 p.m. Saturday, Clatsop Post 12 American Legion, 1132 Exchange St., is hosting the veterans group and holding a fundraiser spaghetti dinner at 4 p.m. Music with DJ Dave starts at 5 p.m. The public is welcome, and the cost for dinner is a minimum \$5 donation. All proceeds will go to Warrior Expeditions Trans-America Trails.

Warrior Expeditions sup-

ports combat veterans transitioning from their military service by participating in long distance outdoor expeditions. Veterans participating have the opportunity to decompress and come to terms with their wartime experiences.

The equipment and supplies required to complete a long distance outdoor expedition are provided by Warrior Expeditions, which also coordinates community support in the form of transportation, lodging and food from veteran and community organizations along the route. Warrior Expeditions also assists the veterans with job placement opportunities at their completion of their journey.

Develop design techniques at September seminar

The Daily Astorian

Linda Rothchild Ollis is presenting a workshop, "Strong Design," from 10 a.m. to 4 p.m. Sept. 9 and 10 at the Astoria Art Loft, 106 Third St., to help art-

ists develop strong designs using special techniques. The cost is \$198, and many materials will be provided.

The enrollment cutoff is Aug. 30. For information, call 503.325.4442 or email astoriaartloft@gmail.com

SELF-HELP GROUPS

Seaside TOPS (Take Off Pounds Sensibly) — 9:15 to 10:15 a.m. meeting Tuesday, North Coast Family Fellowship Church, 2245 N. Wahanna Road. All are welcome. For information, call 509-910-0354.

Astoria TOPS — 5 p.m. weigh-in, 5:30 p.m. meeting Tuesday, First Lutheran Church, 725 33rd St. For information, call Trisha Hayrynen at 503-298-9058.

Warrenton TOPS — 9 to 9:45 a.m. weigh-in, 10 a.m. meeting Wednesday, First Baptist Church, 30 N.E. First St. For information, call Marilyn Barnard 503-861-2918 or Jeannie Pike 503-861-1404.

Alcoholics Anonymous — To find a meeting, call 503-861-5526 or go to www.aa-oregon.org

Kick Butts Group Meets (Nicotine Anonymous) — 6:30 to 7:30 p.m. Wednesday, Seaside Public Library, 1131 Broadway.

Al-Anon Family Groups information line for Clatsop and Tillamook counties, 503-338-5688. Oregon Area Al-Anon website. oregonal-anon.org

Astoria Al-Anon — 12 p.m. Wednesday, First United Methodist Church, 1076 Franklin Ave. For information, call 503-325-1087; 7 p.m. Thursday, Crossroads Community Church, 40618 Old Highway 30, Svensen. For information, call 503-458-6467.

Clatskanie Al-Anon — 8 p.m., Monday, United

Methodist Church, 290 S. Nehalem St. For information, call

503-728-3351.

Nehalem Al-Anon — 7 p.m. Monday, Riverbend Room, North County Recreation District, 36155 Ninth St. For information, call 503-368-8255.

Seaside Al-Anon — 6:30 p.m. Tuesday, Seaside Public Library, 1131 Broadway, call 503-810-5196 for information.

Tillamook Al-Anon — 7:30 p.m. Wednesday, St. Albans Episcopal Church, 2102 Sixth St., call 503-842-5094 for information; noon Friday, 5012 Third St., call 503-730-5863 for information.

Tillamook Alateen — 6:30 p.m. Thursday, 5012 Third St. For information, call 503-730-5863.

Warrenton Al-Anon — noon Friday, United Methodist Church, 679 S. Main Ave. For information, call 503-738-5727.

Narcotics Anonymous — The Northwest Oregon Area of Narcotics Anonymous (NwONA) holds meetings in Clatsop County. For full schedule details, as well as upcoming special events, call the Helpline at 503-717-3702, or go to www.nworegonna.org

Men's Sexual Purity Recovery Group — Tuesday nights. Part of the Pure Life Alliance (www.purelifealliance.org) in Portland. For information, call the confidential voice mail at 503-750-0817 and leave a message.

MORE NOTES

Continued from Page 1B

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

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@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.

Authentic Spiritual Conversations — 7 to 8:30 p.m., Astoria Masonic Lodge, 1572 Franklin Ave. Exploring spiritual questions, doubts, practices, longings. Group supports participants in sharing their own understanding and putting their spiritual values into practice. Topic is: "Letting Go of Limitation." 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.

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>

Fish Prints on the Plaza — 11 a.m. to 3 p.m., Columbia River Maritime Museum, 1792 Marine Drive. Explore how Japanese fisherman recorded their catch before taking them to market. Real fish and paint being used; dress accordingly. Included with paid CRMM admission; museum members are free. For information, contact Nate Sandel at sandel@crmm.org

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.

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 Elks Lodge No. 1748 — 7:30 p.m., 324 Avenue A, Seaside. For information, call 503-738-6651 or email seasideelks@yahoo.com

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.clatsopcountyoregon.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.

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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://seasideerotary.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 non-religious. 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.

Lower Columbia Danish Society — 7 p.m., First Lutheran Church, 725 33rd St. Danish Show-and-Tell: Members bring items with a Danish connection and share stories. Snacks will be available. There is no membership fee, and the public is welcome. Being or speaking Danish not required, just an interest in Danish heritage, culture, and traditions. Meetings are held in English unless otherwise indicated. For questions call 503-325-2612.

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.

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Photos will be printed in the **September 16th** edition of the **Daily Astorian**

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DEADLINE: SEPTEMBER 13TH @ 5PM