

Local students represent coast at state spelling bee

The Daily Astorian

SALEM — The Oregon Statewide Spelling Championship takes place between 10 a.m. and 1:30 p.m. at the Oregon State Fair on Saturday in the Picnic Grove at the Oregon State Fairgrounds. Eileen Park of KOIN 6 is the master of ceremonies for the competition.

Kaden Gemar of Astoria and Darren Garnett of Seaside are representing Clatsop County, and Lyia Whitbeck and Gage Tatum, both of Fossil, and Austin Ogier of Astoria will be representing Wheeler County. They are part of a record 68 spellers coming from 29 Oregon counties scheduled to challenge their spelling skills. Students participating in the event have

won their school, district, and county written spelling contests.

This is the eighth year that Oregon Spellers, which was formed after the Oregon Department of Education ended their support for the spelling contest in 2009, has sponsored the championship. For information, go to www.oregonspellers.org

Following the Championship, Emily Sinovic from KOIN will emcee for "The Bee at the Fair — a 'just for fun' verbal spelling bee" also sponsored by Oregon Spellers. The Bee is open to all Oregon State Fair patrons starting with kids 12 and under at 2:30pm and teens/adults at 3:30pm. Fun prizes will be awarded to the first, second, and third place winners in each group.

Register now for the extraordinary living conference

The Daily Astorian

The third-annual Conference on Extraordinary Living comes to Clatsop Community College Sept. 10, offering breakout sessions covering finance, travel, healthcare, the outdoors, scams, genealogy and other topics pertinent to retired seniors. A keynote speaker will talk about 100 years of service at Lewis and Clark National Historic Park. Local medical practitioners and an aging studies educator will wrap the event up. A dona-

tion of \$10 is requested.

Check-in starts at 8:30 a.m. and the conference runs from 9:30 a.m. to 4 p.m. Lunch is provided by the North Coast Food Web, and flu shots will be available. The conference is sponsored by Exploring New Concepts of Retirement Education (ENCORE), Columbia Memorial Hospital, Providence Seaside Hospital and Northwest Senior & Disability Services.

To register, call 503-338-2566. For information, visit <http://tinyurl.com/zspwy6t>

Pain class is on tap for Tuesday

The Daily Astorian

SEASIDE — A pain education class, "Understanding Pain: With Knowledge Comes Power," is from 12:30 to 2:30 p.m. Tuesday at Providence Seaside Hospital, Education Center A, 725 S. Wahanna Road.

When people understand how pain really works, their pain decreases. This class is designed to help

understand how pain works in both the body and brain. Participants will learn about what pain really is, and how much a person's own actions and thoughts can improve pain.

There is no charge for the class, but reservations are required by calling the Resource Line at 800-562-8964 or by registering online at www.providence.org/classes

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 High-

way 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

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.

Detachment 1228 Marine Corps League — noon, Uptown Cafe, 1639 S.E. Ensign Lane, Warrenton. For information, contact Lou Neubecker at 503-717-0153.

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

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 (LABOR DAY) 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 — No lunch is being served Monday.

Columbia Senior Diners — No lunch is being served Monday.

Warrenton Senior Lunch Program — No lunch is being served Monday.

Depression and Bipolar Support Alliance — 7 to 9 p.m., Room A, Columbia Memorial Hospital, 2111 Exchange St. Open to all those diagnosed with a mood disorder, or have a family member or friend diagnosed, or who think they might have depression or bipolar disorder. For information, contact Patricia Fessler at 503-325-8930.

TUESDAY

World War II Warbirds — 8 a.m., Labor Temple Diner, 934 Duane St.

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.

Astoria-Warrenton Duplicate Bridge Club — 12:30 to 4 p.m., Astoria Senior Center, 1111 Exchange St. Anyone may play if they have a partner; to request a bridge partner, call 503-325-0029.

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@cgifellowship.org

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. Group supports participants in sharing their own understanding and putting their spiritual values into practice. Topic is: "Being Present in the Body." 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.

Moms Offering Moms Support Club — 9 a.m., Capt. Gray Port of Play, 785 Alameda Ave. For information, go to www.momclubofastoria.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., Home-spun Quilts, 108 10th St. For information, call 503-325-3300 or 800-298-3177 or go to <http://home-spunquilt.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 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.

Angora Hiking Club — 1 p.m., Sixth Street parking lot. Yeon House hike. For information, call Bob Westerberg 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.

Warrenton Gateway Masonic Lodge No. 175 — 6:30 p.m. dinner, 7:30 p.m. meeting, at 66 S.W. Fourth St., Warrenton.

THURSDAY

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

Clatsop County Genealogical Society — 11 a.m. to 1 p.m., Church of Jesus Christ of Latter-day Saints, 350 Niagara Ave. Park in rear of church. Discussion is about the Periodical Source Index (PERSI) and RootsMagic 7. All are welcome. For questions, call Carol Wamsher at 503-298-8917 or Saii Diamond at 503-325-1963.

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.

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://seaside Rotary.org>

Astoria-Warrenton Duplicate Bridge Club — 12:30 to 4 p.m., Astoria Senior Center, 1111 Exchange St. Anyone may play if they have a partner; to request a bridge partner, call 503-325-0029.

Oregon Retired Education Association — 1:30 p.m., Astoria Transit Center, 900 Marine Drive. Presentation by Master Gardeners, "Winterizing Your Garden." Donations accepted for Astor Elementary School Library. All those interested in youth and community affairs are welcome. Refreshments will be served.

Better Breathers Club — 1:30 to 3 p.m., Providence Seaside Hospital Education Center (lower level), 725 S. Wahanna Road. Offered in conjunction with the American Lung Association. Sessions offer support, ways and techniques to cope with COPD, asthma, pulmonary fibrosis and other respiratory issues. Caregivers also welcome. No cost, but registration encouraged by calling 800-562-8964.

Ecola Creek Awareness Project — 5:30 p.m., Les Shirley Park, Cannon Beach. Potluck annual meeting. Bring a dish to share and a friend. Also a business meeting.

Astoria Yacht Club — 5:30 p.m., Chinook Building, 300 Industry St., Suite 201. Thursday Night Downtown Rally. Skippers meet in the AYC Clubroom. All boats, power, sail, or paddle, are welcome to participate. Boats get under way at 6 p.m. and return to the clubroom by 8 p.m. for light dinner and awards. A \$5 donation is requested per boat to help with refreshments.

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.

Lighthouse for Kids Project — 10 a.m. to 2 p.m., Homespun Quilts, 108 10th St. Making quilts for children going through sexual abuse assessment. For information, call 503-325-3300 or 800-298-3177 or go to <http://homespunquilt.com>

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

VOLUNTEER OPPORTUNITIES

4-H — Looking for 4-H leaders. For information, call Sandra Carlson at the Oregon State University Extension at 503-325-8573.

Astoria Column — 1 Coxcomb Drive. Volunteers needed to welcome visitors, provide information and answer questions about the Astoria Column and the city of Astoria. For information, call the Friends of the Astoria Column Visitor Center at 503-325-2963.

Astoria Riverfront Trolley Association — 111 W. Marine Drive. Needs conductors/motormen to operate trolley and narrate points of interest. One or more three-hour shifts per month. For information, call the 503-325-6311.

Astoria Senior Center — 1111 Exchange St. To volunteer, call Larry Miller at 503-325-3231.

Astoria-Warrenton Area Chamber of Commerce — 111 W. Marine Drive. Volunteers needed at the chamber and for events. For information, call 503-325-6311.

Caring Adults Developing Youth (CADY) Mentoring Program — 800 Exchange St., second floor. Needs mentors for youths ages 10 to

17 at risk of school failure. Time commitment: one year, about eight hours per month. For information, contact Laura Parker at 503-325-8601 or lparker@co.clatsop.or.us

Clatsop Animal Assistance Inc. — Needs volunteers who have a strong commitment to work on behalf of the Clatsop County Animal Shelter's dogs and cats. For information, email info@dogsncats.org or call 503-861-0737.

Clatsop Care Center — Volunteers needed daily for all three meals to provide one-on-one assistance to dining dependent residents. Volunteers must participate in a 16-hour training program. For information, contact Mandy Brenchley at 503-325-0313, ext. 209.

Clatsop County Animal Shelter — Animal care volunteers age 16 and older needed for one 3-hour shift per week. Pick up an application at 1315 S.E. 19th St., Warrenton. For information, or to schedule orientation, call Leslie Atkinson at 503-325-1000.

Camp Kiwanilong — A large variety of volunteer opportunities are available. For information, call 503-861-2933 or go to www.campkiwanilong.org

GRADUATES

The following students have graduated from college:

Western Governors University Salt Lake City

Astoria: Hannah Johnson, bachelor's degree, early childhood education; Stephanie Sparks, endorsement preparation program, educational leadership; Tiffany Whitney, master's degree, management and strategy.

Warrenton: Faedra Mathews, master's degree, nursing leadership and management; Rebecca Lewis, bachelor's degree, nursing.

**MORE
COMMUNITY
AND RELIGION
NEWS ON
PAGE 7B.**