

## MORE NOTES

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

**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-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.

**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.

**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,



Submitted Photo

Students at Lewis and Clark Elementary School weed a garden as part of the Clatsop Kids Go program, implemented by The Way to Wellville.

# Way to Wellville forum is Thursday

The Daily Astorian

The Way to Wellville has a presentation and Community Forum, to show how suggestions have been implemented over the first two years of the five-year initiative. The event is 6:30 to 8 p.m. Thursday at the Holiday Inn Express, 204 W. Marine Drive. The forum was originally scheduled in January, but was postponed due to weather.

Presentations include program updates on Trauma Informed Care, Clatsop County Kids Go, Community Wellness Initiatives and the Universal Preschool

Feasibility Study.

Mary Stark from the national Way to Wellville team will attend. Speakers include local Strategic Council members Dan Gaffney, Debbie Morrow, Stacey Brown, Paulette McCoy and Jeanette Schacher.

The Way to Wellville began in 2014 as a five-year initiative in five communities. Its goal is to help improve health by investing in wellness and disease prevention rather than spending on chronic health care. The Clatsop County Way to Wellville is sponsored by the Columbia Pacific Coordinated Care Organization.

Washington. All are welcome. For information, call 360-665-6041 or go to <http://beachartist.org>

**North Coast Chorale Practice** — 6:45 to 9 p.m., Performing Arts Center, 588 16th St. New members welcome. For information, call 503-791-5681 or 503-338-8403.

### WEDNESDAY

**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.

**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

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**Blood Pressure Checks** — noon to 2 p.m., Astoria Senior Center, 1111 Exchange St. For information, call 503-325-3231.

**International Longshore and Warehouse Union Pensioners** — noon luncheon, 1 p.m. meeting, Local No. 50 Longshore Hall, 491 Industry St.

**Warrenton Kiwanis Club** — 1

p.m., Doogers Seafood and Grill, 103 U.S. Highway 101, Warrenton. For information, call Darlene Warren at 503-861-2672.

**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.

**Beginner Line Dancing for Seniors** — 1:30 to 3 p.m., Astoria Senior Center, 1111 Exchange St. For information, call 503-325-3231.

**Fat Quarter Quilters** — 5:30 to 8 p.m., Homespun Quilts, 108 10th St. Not limited to quilts. For information, call 503-325-3300 or 800-298-3177 or go to <http://homespunquilt.com>

**Warrenton Sunrise Rotary Club** — 6 p.m., Uptown Café, 1639 S.E. Ensign Lane, Warrenton. For information, call 503-325-4030.

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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, Best Western Ocean View Resort, 414 N. Prom, Seaside. Lunch costs \$15. All are welcome. For information, go to

<http://seaside Rotary.com>

**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.

**Knochlers Pinochle Group** — 1 p.m., Bob Chisholm Community Center, 1225 Avenue A, Seaside. Group hosts free refresher and beginning course in card game of pinochle. Course open to anyone 55 and older.

**Lower Columbia Chief Petty Officers Association** — 1 p.m., Clatsop Post 12 American Legion, 1132 Exchange St. The club accepts all enlisted prior, retired and active military personnel, rank E7 and above. For information, call Dave Kinney at 415-827-5190.

**Trivia** — 6:30 p.m., Uptown Cafe, 1639 S.E. Ensign Lane, Warrenton. Teams of up to four players. Three \$2 games, winners take each pot. Rolling jackpot builds from week to week if no one answers jackpot question. For information, call 503-861-5639.

**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.

**Clatsop County Republicans** — 7 p.m., BJ's Pizza Palace, 2490 U.S. Highway 101. For information, call 541-969-2976 or go to <http://tinyurl.com/CCRRepublican>

### 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.

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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.

**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](http://www.astoriaarmory.com)

## 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 Warhund (guitar, flute and clarinet) and meditative songs, Psalms, readings, candlelight and time for quiet reflection.

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

### Interfaith Partnership

SEASIDE — The South County Interfaith Partnership meets at 8:30 a.m. Tuesday at the Pig ‘N Pancake, 323 Broadway, to foster better understanding among faith practitioners and to nurture one another in spirit. All faiths are welcome. For information, call Ann Souvenir at 503-738-0200.

### Cannon Beach Bible

CANNON BEACH — Cannon Beach Bible Church has announced the release of “The Presence of God,” a new book about the Old Testament Book of Esther, by Cannon Beach pastor and author, Steve Hudgik.

“People tend to ignore Esther,” Hudgik said. “They treat it as a nice story about a beautiful queen who saves her fellow Jews from extermination. But, once you know the background, you’ll see this story is not about Esther, it is about God. It is a story that spans over 500 years as God and Satan play out a ‘chess match’ in which the survival of mankind hangs in the balance.”

Hudgik is serving as a church planting missionary at the church. This is his fourth Christian book, and the second in the church’s Quick Commentary series.

For information, go to [www.cbcc.us](http://www.cbcc.us)

### Pacific Unitarian Universalist

The Pacific Unitarian Universalist Fellowship is holding a service at 11 a.m. Sunday at the Performing Arts Center, 588 16th St. Pypor Powell is giving a presentation: “Mental Wellness for All, with a Strong Hand When You Need It.”

Powell is the clinical director of Clatsop Behavioral Health, and also oversees the North Coast Crisis Respite Center. She most recently was the clinical program director for the Southeast Alaska Regional Health Consortium.

Jeff and Monica Van Steenberg are the greeters. Following the service refreshments, provided by Karen Beck and Veja Lahti, are being served downstairs in the Fellowship Room.

For information, call 503-325-5225 or go to [www.pacuuf.org](http://www.pacuuf.org)

### Astoria Baha’is

The Astoria Baha’i Community is hosting dinner and speaker Brad Eaton, who is presenting “The Glorious Future of America and Humanity,” at 6 p.m. Saturday at 300 W. Irving Ave. Those who are interested in learning more about the positive future, are welcome to join the group for clam chowder and dessert.



Brad Eaton

Eaton, who discovered the Baha’i Faith as a high school student, was born in Astoria and graduated from Astoria High School. Over the years he has worked as a broadcast journalist, talk show host and, for the past 28 years, has hosted the Morning Show on Seattle’s classical music station, KING FM.

For information, call 503-325-1963.

### Grace Episcopal

Grace Episcopal Church, 1545 Franklin Ave., is holding a book and media sale, “Books & Brownies & Browsing,” from 10 a.m. to 3 p.m. today and Saturday. Books of all kinds will be available, as will coffee and tea and brownies.

For information, call the church at 503-325-4691 or go to [www.graceastoria.org](http://www.graceastoria.org)

## Employment law is on agenda

The Daily Astorian

The Lower Columbia Human Resources Management Association is holding a seminar, “Employment Law Update: What You Need to Know,” presented by Liani Reeves, from 11:30 a.m. to 1 p.m. March 1 at Buoy Beer Co., No. 1 Eighth St.

Reeves discusses hot topics in employment law, including

recent updates to laws and regulations, court cases and what’s on the horizon in Congress and the Oregon Legislature. An attorney for Bullard Law in Portland, Reeves has also worked as an in-house general counsel and litigation attorney for the state of Oregon.

The Human Resources Certification Institute and the Society for Human Resource Management have approved this

event for one HR general, recertification credit. Anyone with an interest in the topic is welcome to attend.

The cost, including lunch, is \$20 for Society for Human Resource Management members, \$25 for nonmembers and \$15 for students. Register online at [www.lchrma.org](http://www.lchrma.org). Cancellations must be made no later than by 5 p.m. Feb. 24 for a full refund.

## People needed for heart study

The Daily Astorian

Heart disease is the No. 1 cause of death for women. But much knowledge about heart disease comes from research done with men. Dr. Diana Rinkevich and the Columbia

Memorial Hospital/Oregon Health & Science University Cardiology Clinic are recruiting adult men and women to participate in a study on Feb. 24, to better understand how heart disease and gender relate. Participants will

be asked to fill out a questionnaire and complete a few medical tests, such as blood pressure, blood tests and body measurements.

For information about how to participate, call 503-338-4087.

## SELF-HELP GROUPS

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

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

**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](http://www.nworegonna.org)

**TOPS (Take Off Pounds Sensibly) (Astoria)** — 5 p.m. weigh-in, 5:30 p.m. meeting Tuesday, First Lutheran Church, 725 33rd St. For information, call Trisha Haynynen at 503-298-9058.

**TOPS (Seaside)** — 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.

**TOPS (Warrenton)** — 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.

## HONOR ROLL

*This student has qualified for the honor roll by earning a 3.5 grade point average or higher at school.*

University of Oklahoma  
Norman, Oklahoma  
Astoria: Kelsie Ward.

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