

MORE NOTES

Line Dancing for Seniors — 3

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to 4:30 p.m., Astoria Senior Center, 1111 Exchange St. Not for beginners. For information, call 503-325-3231.

Astoria Toastmasters — 6:30 p.m., Hotel Elliot conference room, 357 12th St. Visitors welcome. For information, go to www.toastmasters.org or call Christa Svensson at 206-790-2869.

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 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.

North Coast La Leche League — 5:30 to 7 p.m., Blue Scorcher Bakery, 1493 Duane St. Pregnant women, mothers, babies and toddlers welcome. Topics: preparing for childbirth and breastfeeding, adjusting to motherhood, parenting babies and toddlers, benefits and challenges of breastfeeding, nutrition and weaning. For breastfeeding support, call or text Megan Oien at 503-440-4942 or message on "La Leche League of Astoria" Facebook page.

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.

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

Astor students jump for Heart Association



Submitted Photo

Astor School held its annual Jump Rope for Heart event on Valentine's Day, raising a total of \$5,577 for the Heart Association. Second-grader Sam Schacher, pictured cross jumping, was the highest fundraiser that day, garnering \$665 in donations.

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 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.

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.

Seaside Rebounders Stroke Support Group — 1 to 2 p.m., Providence Seaside Hospital Education Center, 725 S Wahanna Road, Seaside. Stroke survivors, their caregivers and family members welcome. For information, call 503-717-7781.

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.

Warrenton Business Association — 5:30 p.m., commission chambers, Warrenton City Hall, 225 S. Main Ave. For information, call Kristin Talamantez at 503-861-9750.

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>

Seaport Masonic Lodge No. 7 — 6:30 p.m. dinner, 7:30 p.m. meeting, 1572 Franklin Ave. All Masons and their guests are welcome.

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.

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

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.

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.

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

Dental health goes to school



Submitted Photo

Dental hygienist Suzy Jagger, left, and the Tooth Fairy, Hayleigh Bell.

The Daily Astorian

Suzy Jagger, who has been in the dental field since 2009 and is a dental hygienist at Klemp Family Dentistry, went to local schools to teach kids about the importance of a healthy mouth and how to brush and floss their teeth.

Last year, at Warrenton Grade School, she taught approximately 20 classrooms from kindergarten to third grade. Klemp Family Dentistry donated new toothbrushes, toothpaste, floss, healthy snacks and color-

ing books. Each student also received their own calendar to monitor their brushing and flossing.

Jagger's special guest, the Tooth Fairy, Hayleigh Bell, a current contestant in the Miss Clatsop County competition, volunteered to come along and help Jagger with a puppet show to demonstrate the difference between healthy and unhealthy snacks.

"It is extremely important to create these positive experiences at a young age," Jagger said, "to get them excited about good healthy habits."



Submitted Photo

Pictured, Clatsop County 4-H members who attended the Western Oregon Regional Leadership Development Retreat. Back row, from left, Jared Delay, Claire Tetlow, Baylee McSwain, Henry Samuelson, Kory Constantine, Lacey Arwood and Sandra Carlson. Front row, Astonemis Ray, Alyssa Goins, Cole Biamont, Cori Biamont and Jarrett Arwood.

Classes help families deal with dementia

The Alzheimer's Association Oregon Chapter is holding a two-part class, "Dementia Conversations" and "Effective Communication Strategies" from 1:30 to 4 p.m. Wednesday at the Astoria Senior Center, 1111 Exchange St. The class is designed to help the partic-

ipants discuss Alzheimer's and dementia with their families.

Those attending will also explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with

dementia, and identify strategies to help connect and communicate at each stage of the disease.

This class is free, but registration is required. To register, call 800-272-3900. For a list of upcoming classes, visit www.alz.org/oregon

Pacific County Democrats host crab feed in March

SOUTH BEND, Wash. — The Pacific County Democrats annual Crab Feed begins at 4 p.m. March 18, at the Willapa Harbor Community Building, 916 W. First St. in South Bend. The event includes a live auction, silent

auction, raffle, speakers and the Pacific County Democrat of the Year.

Tickets, which cost \$40 per person, can be purchased online at www.pacificcountydems.com/annual-crab-feed.html

Auction donations and volunteers are needed. For information about how to donate and volunteer, email pacificcountydems@gmail.com

GRADUATES

The following student has graduated from college:

Edinboro University
Edinboro, Pennsylvania
Astoria: Janet Sheridan, master's degree, art.

Western Governors University
Salt Lake City
Astoria: Rosemary Geraghty, master's degree, special education; Lorrie Brinkerhoff,

master's degree, healthcare management; Suzanne Harris, endorsement preparation program, educational leadership

Warrenton: Amanda Chaloux, master's degree, management and strategy; Diana Widdows, master's degree, teaching in elementary education (K-8); Colleen Bennett, master's degree, special education; William Jones, master's degree, management and strategy.

Astoria Band Boosters

CAN & BOTTLE DRIVE

1 P.M. - 3 P.M. • SUNDAY, MAR. 5TH

AT ASTORIA HIGH SCHOOL

PLEASE, NO EARLY DROP-OFFS

Items must have the 5 cent, OR redemption label in order to benefit the band programs

The Band Boosters are the primary source of funds to keep Astoria's school band programs functioning. Please help by dropping off your empties or making a donation.

Call (503) 791-8134
or email i_want_to_help@astoriabands.org
to arrange pickup of large amounts.

What's Fresh

Oysters (Willapa Bay)	Razor Clams (Seaside - Local)
Steamer Clams (Willapa Bay)	Dungeness Crab (Local)
Petrale Sole (Oregon Coast - Local)	Salmon (Washington)
Smelt (Cowlitz River)	

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