



Submitted Photo

Participants in the American Association of University Women North Coast Tech Trekkers 2017 included, from left, Abigail Sills, Julia Bowers, Alejandra Lopez, Emily Carpenter, retired Lt. Col. Ellen Silverman, Brianna Brouse, McKayla Medjo and Joanna Catton.

Middle school girls find role models in science, math, more

The Daily Astorian

TILLAMOOK — Several North Coast girls recently attended a American Association of University Women Tech Trek camp at Tillamook Bay Community College. Through hands-on problem solving, a day trip and encounters with women role models in science, technology, engi-

neering and math (STEM), Tech Trek helps girls see their futures while having fun.

One of the role models was U.S. Air Force retired Lt. Col. Ellen Silverman, who shared her work experiences with the Trekkers on professional women's night. She headed up the Social Action Program at England Air Force Base in Alexandria, Louisiana.

The weeklong experiential camp is designed to make STEM exciting and accessible to girls in middle school, the age when research shows girls' participation in these fields drops. After attending the camp, many alumnae say they are less susceptible to negative stereotypes about women in STEM, and more determined to achieve

in whatever career interests them.

All campers are nominated by their seventh-grade math and science teachers, and selected by a committee. Thanks to sponsors and donors, families pay only a \$50 fee to send a girl to camp.

For information about Tech Trek camps, go to <http://bit.ly/1jKMrBu>

RELIGION BRIEFS

Religious Society of Friends

ILWACO, Wash. — The Lower Columbia Quakers, also known as the Religious Society of Friends, meets at 3 p.m. Sunday in the Ilwaco Community Center, 158 First Ave. N. All are welcome to visit and participate. For information, go to <https://lowercolumbiaquakers.org>

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.

St. Mary, Star of the Sea

A Mass is being held at 8:30 a.m. Sun-

day at St. Mary, Star of the Sea Catholic Church, 1465 Grand Ave.

An outdoor Community Mass takes place at 11:30 a.m. Sunday at the St. Francis de Sales Mission, 867 Fifth Ave. in Hammond. At 12:30 p.m., the St. Mary-St. Francis All Parish Picnic Potluck begins. At 12:45 p.m., the food is served, including a Knights of Columbus-sponsored hot dog and hamburger barbecue. Those attending should bring a favorite dish or dessert. There are games, music and snow cones available for all ages. Bingo is from 1:30 to 3 p.m., when cleanup begins.

For information, call the Star of the Sea church office at 503-325-3671.

Our Lady of Victory

SEASIDE — Our Lady of Victory Catholic Church, 120 Oceanway in Seaside, is holding a rummage sale from 9 a.m. to 5 p.m. Wednesday through Friday.

For information, call the church at 503-738-6161.

Grace Episcopal

There is a single service at 9 a.m. Sunday at Grace Episcopal Church, 1545 Franklin Ave. It is an opportunity for those who usually attend either the 8 or 10 a.m. service to share worship, conversation and a meal.

For information, call the church at 503-325-4691 or go to www.graceastoria.org

Pacific Unitarian Universalist

The Pacific Unitarian Universalist Fellowship holds a traditional discussion service at 11 a.m. Sunday in the downstairs Green Room at the Performing Arts Center, 588 16th St. The topic is "Assisted Suicide: Pros and Cons, Personal Feelings," led by Silke Ruschmannk. Child care is available.

For information about the service go to the "Summer Services" page under the "Worship" menu at www.pacuuf.org

MORE NOTES

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Columbia Senior Diners — 11:30 a.m., 1111 Exchange St. 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.

Astoria Rotary Club — noon, second floor of the Astoria Elks Lodge, 453 11th St. Guests always welcome. For information, go to www.AstoriaRotary.org

Knochlers Pinochle Group — 1 p.m., Bob Chisholm Community Center, 1225 Avenue A, Seaside. Cost is \$1 per regular session per person. Players with highest and second highest scores split the prize. Game is designed for players 55 and older, but all ages are welcome.

Mahjong for Experienced Players — 1 p.m., Astoria Senior Center, 1111 Exchange St. For information, call 503-325-3231.

Line Dancing for Seniors — 3 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.

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.

Rethinking Pain Class — 12:30 to 2:30 p.m., Providence Seaside Hospital, Education Center A, 725 S. Wahanna Road, Seaside. Learn how pain develops, body-brain connection, practice calming techniques. No cost. Reservations required. Register by calling 800-562-8964 or online at www.providence.org/classes

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 Family 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 503-338-7581.

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 Kestrel Gates at 503-453-3777, or send message on "La Leche League of Astoria" Facebook page.

Authentic Spiritual Conversations — 7 to 8:30 p.m., 2021 Marine Drive. Open dialogue about spiritual issues. Group supports participants in sharing their own understanding and putting their spiritual values into practice. 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.momsclubofastoria.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. Open group for females and those who identify

as female, and for anyone in an abusive relationship, or those who know someone who is. For information, call Juli Hol 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.

Angora Hiking Club — 1 p.m., Seaside International Hostel, 930 N. Holladay Drive, Seaside, for a beach walk. For information, call Nguyen Trung at 503-739-0243.

Sit & Stitch — 1 to 3 p.m., Home-spun Quilts & Yarn, 108 10th St. Bring knitting, crochet or other needlework projects along to this community stitching time. All skill levels welcome.

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.

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

Reunion set in August during Regatta for Astoria's Class of '72

The Daily Astorian

The Astoria High School Class of 1972 is celebrating its 45th high school reunion Aug. 11 and 12, Astoria Regatta Festival weekend. Teachers and staff still living in the area are invited to attend.

The kickoff event is a casual evening, starting at 5:30 p.m. Aug. 11 on the second floor of Columbia Hall, Clatsop Community College, 1651 Lexington Ave. Pizza will be served and there is a no-host bar. The cost is \$15 per person.

The reunion's main event is at 5:30 p.m. Aug. 12 at the Barbey Maritime Center, 1792 Marine Drive.

Appetizers include shrimp cocktail, fruit medley, a gourmet meat and cheese tray, and traditional chip and dips, followed by a dinner of baked chicken, sweet and sour meatballs, a variety of pastas and green salads. A no-host bar serving local craft beer, wine, sodas and more is available. The

cost is \$35 per person.

Class of 1972 alumnus Jim Dunagan has created and recorded the music program for both evenings. Alumnus Tom Dent has created a video program utilizing yearbook photos of all the classmates and updated it with current photos.

For information, and to purchase tickets, go to www.classof72reunion.com or the "Astoria High School Class of 1972" Facebook page. Checks should be made out to "AHS Class of 1972" and mailed to AHS Class of 1972, 1020 Fourth Ave., Hammond, OR 97121. The deadline to RSVP is Aug. 4.

Extra donations are appreciated to help defray costs and cover the costs of those who want to attend, but for whom price is an issue. Volunteers are also needed and appreciated.

For questions, contact Kevin Leahy at 503-325-8841 or Linda (Duncan) Jordan at lindajordan@comcast.net

Astoria Coffeehouse hosts 'A Benefit for Bex' Wednesday

The Daily Astorian

Astoria Coffeehouse & Bistro, 243 11th St., presents "A Benefit for Bex" from 5 to 9 p.m. Wednesday. The pro-

ceeds from dinner, desserts, drinks and music will be donated to Becky Voie, who has cancer. For questions or to donate, contact Kelsi Beek at 515-344-7828.

Free workshop offered to help understand health insurance

The Daily Astorian

The Oregon Health Insurance Marketplace is sponsoring "Building Blocks of Health Insurance," a free two-hour workshop about understanding health insurance, from 2:30 to 4:30 p.m. Thursday in Room 306 in Towler Hall, Clatsop Community College, 1651 Lexington Ave. The event is open to the public.

Those attending receive information to help them navigate their insurance

options and get the most out of their coverage. Topics of the health-insurance educator covers include: types of health insurance, including Medicare, the Oregon Health Plan, and individual and family plans; summary of benefits documents; explanation of benefits letters; and eligibility for financial assistance.

Preregistration is requested. To register, call 855-268-3767 or email info.marketplace@oregon.gov

attend, RSVP to 503-738-0900.

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 503-738-8695 or go to <http://tinyurl.com/CCRepublican>

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.

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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://seasiderotary.com>

Survivors Circle — noon to 1 p.m., The Harbor, 1361 Duane St. Trauma Recovery and Empowerment Model Peer Support Group for survivors of intimate partner and sexual assault. Held in a safe confidential place to explore the causes, effects and methods of healing from

trauma; emphasis is on empowering survivors. For information, contact Shannon Symonds at 503-325-3426 ext. 106.

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.

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.

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.