

## Healthy Homes 5K run focuses on domestic violence awareness

The Daily Astorian

In observance of Domestic Violence Awareness Month, The Harbor and the Clatsop County Domestic Violence Council are holding the Healthy Homes — Taking a Stand Against Domestic Violence 5K Fun Run 2017 Oct. 6. Registration begins at 9 a.m., and the race starts at 10 a.m. The starting line is at the Barbey Maritime Center, 1792 Marine Drive.

The purpose of this all-ages community event is to promote education, prevention and support services for those affected by domestic violence. Also included are a resource fair, music and a pledge to

stand against intimate partner violence. Awards for first-, second- and third-place runners are being given, as well as for several other categories.

This event is "rain or shine," and free for everyone, with a suggested donation of \$10 for registered runners/walkers or \$20 per group. Donations will directly support services for victims and survivors of intimate partner violence in Clatsop County. Dogs are welcome to join the run, but are not permitted inside the building.

Participants may register in advance at <http://bit.ly/2f9TB71>. For information, call 503-325-3426, ext. 107 or go to [www.facebook.com/ClatsopCountyWRC](http://www.facebook.com/ClatsopCountyWRC)

## Free day-use on Saturday at Washington State Parks

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ILWACO, Wash. — On Saturday, the Washington State Parks and Recreation Commission invites people to celebrate National Public Lands Day with a free visit to Washington's state parks. Day-use visitors will not need a Discover Pass to visit state parks.

The Discover Pass legis-

lation provided that there are up to 12 free days each year when the pass would not be required to visit state parks; it is still required to access lands managed by the Washington Department of Fish and Wildlife and Department of Natural Resources on these days.

Free days apply only to day-use access by vehicle, not overnight stays or rented facilities.

## WEDDINGS

### Conklin — Andrasik

Claire Conklin of Felton, California, daughter of Jerry and Laura Conklin of Astoria, exchanged wedding vows with Sean Andrasik, also of Felton, at 6 p.m. Monday, June 5, 2017, at Sunset Park in Taos, New Mexico. He is the son of Mary Andrasik of Hartford, Connecticut, and John Andrasik of Southington, Connecticut.

The ceremony was performed by Magistrate Judge Jefferey Shannon.

The bride graduated from Clatsop Community College in 2005, from Linfield College in 2007 and from American University in 2013. She is employed at Cabrillo College in Aptos, California.

The bridegroom is a grad-



Sean and Claire Andrasik

uate of Xavier High School in Middletown, Connecticut. He is employed by the San Francisco Fire Department.

The couple honeymooned in Taos.

## HONOR ROLL

The following students have qualified for the honor roll by earning a 3.5 grade point average or higher at school.

### Oregon State University Corvallis

**Astoria:** Megan Sturzen, Alexander Autio, Jacob Neilson.  
**Clatskanie:** Jonathan Kaminski.

## SELF-HELP GROUPS

**Al-Anon (Astoria)** — 7 p.m. Tuesday, Peace Lutheran Church, 565 12th St.; 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.

**Al-Anon Family Groups information, Oregon Area Al-Anon website:** [oregonal-anon.org](http://oregonal-anon.org)

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

**Alcoholics Anonymous** — To find a meeting in Clatsop County, call 971-601-9220, in Tillamook County, call 503-739-4856, or go to [www.aa-oregon.org](http://www.aa-oregon.org)

**Celebrate Recovery** — 6 p.m. Thursday, The Table Church, 852 Broadway, Seaside. Faith-based 12-step program designed to help anyone struggling with hurts, habits and hangups, including drugs and alcohol, anger, co-dependence, domestic abuse or sex, food or pornography addictions. Being religious not required. Free dinner and child care provided. For information, call D.B. Lewis at 503-741-5977.

**Eating Disorders Anonymous** — 1:10 to 2:10 p.m. Wednesdays, River Zen Yoga, 399 31st St. A 12-Step program. For information, call Susan Williams at 510-417-5553.

**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.pure-lifealliance.org](http://www.pure-lifealliance.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)

**Overeaters Anonymous Women's Meeting** — noon to 1 p.m. Thursday, 1218 Avenue A., Seaside.

**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 Hayrynen at 503-298-9058.

### Pioneer Presbyterian Church

(Next to Camp Rilea)

Thank all of you who contributed to hurricane relief at our "Concert for Irma" with the *Consort of All Sorts*

Coming Saturday, October 14, 1:00 pm  
**Blessing of the Animals**  
Bring Your Pet to be Blessed.  
Donations Go To  
Clatsop County Animal Shelter

**Sunday Services 10:00 am**  
Children's Ministry  
begins October 15, 10:00 am  
♦ 503-861-2421 ♦  
[pioneerchurchpcusa.org](http://pioneerchurchpcusa.org)

## Astor's PTO raises \$2,650 for school library books



Damian Latona

The Astor Elementary Parent Teacher Organization's rummage sale Sept. 16 and 17 raised \$2,650 to buy new books for the Astor Elementary School Library. The raffle alone raised over \$500. Pictured, from left, Sarah Landwehr, Vivian and Kelly Ecstien, Amanda Casian, Britta and Sabine Noguerra, Kassia Nye, Kellie Latona, Dan O'Donnell, Principal Kate Gohr, Eric Noguerra and Librarian Tamee Blankenship.

## VOLUNTEER OPPORTUNITIES

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

**American Red Cross** — Needs registration volunteers (donor ambassadors) in Clatsop County to provide customer service and enhance the blood donor experience. For information, call Angela Basurto at 503-528-5430.

**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 Veteran Van Drivers** — Volunteer drivers needed for the Disabled American Veterans van for one or more trips per month. The van leaves Astoria at 7 a.m. for the Portland Veterans Admin-

istration Hospital and returns in the early afternoon. To volunteer, contact Dick Lang, Astoria DAV van coordinator, at 503-298-8757 or [dicklang@charter.net](mailto:dicklang@charter.net). Drivers receive free breakfast and lunch vouchers for the hospital canteen on every trip.

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

**Camp Kiwanilong** — A large variety of volunteer opportunities are available. For information, call 503-861-2933 or go to [www.campkiwanilong.org](http://www.campkiwanilong.org)

**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](mailto:lparker@co.clatsop.or.us)

**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 Community Action Regional Food Bank** — Volunteers needed to help hand out fruits and vegetables at the weekly produce pantries for two hours on Thursdays, from April to October, in Seaside and Warrenton. Warehouse attendants are needed for food packing or processing, picking orders for agencies, light janitorial and housekeeping, or lawn and grounds maintenance. Three to four-hour shifts are available Monday through Friday. To volunteer, call 503-861-3663.

**Clatsop Community College Outreach Literacy** — Needs volunteer literacy tutors to work with adults, native and non-native speakers. Training available. For information, call 503-338-2557.

**Clatsop County Public Works** — 1101 Olney Ave. Adopt-A-Road volunteers needed to remove litter two times (minimum) per year for two years. Safety equipment and supplies provided. Volunteers must receive safety orientation. For information, call 503-325-8631.

**Columbia Memorial Hospital** — Needs volunteers to provide assistance to patients, visitors and hospital staff. Training provided. For information, go to [www.columbiamemorial.org](http://www.columbiamemorial.org). To schedule an interview, call 503-325-4321.

**Columbia River Maritime Museum** — 1792 Marine Drive. Volunteer opportunities for those with an interest in maritime history. For information, call the volunteer coordinator weekdays at 503-325-2323.

**Columbia Senior Diners** — 1111 Exchange St., Astoria Senior Center. Volunteers needed weekdays to serve tables and for kitchen help. To volunteer, call 503-325-9693.



## ENERGY COSTS TOO HIGH? TRY LOOKING AT IT IN A DIFFERENT LIGHT.

Want to lower your energy costs? When you update lighting and other equipment, you can see the difference instantly and recoup your investment in no time. Talk to a qualified trade ally to learn about Energy Trust of Oregon cash incentives for all kinds of energy-saving solutions.

➕  
Get more from your energy. Visit [www.energytrust.org/mybusiness](http://www.energytrust.org/mybusiness) or call us at **1.866.368.7878**.

Serving customers of Portland General Electric, Pacific Power, NW Natural, Cascade Natural Gas and Avista.

**EnergyTrust**  
of Oregon