

School District Board recognizes Astoria Screen Printing's help



Submitted Photo

On Oct. 11, the Astoria School District Board gave a certificate of appreciation to Astoria Screen Printing, and its owners Becky and Brian Reichert, for their dedication in providing services and products for all of the schools in the district. Pictured, from left, Becky and Brian Reichert and Jenna Rickenbach, Astoria School District Board member.

Free movie highlights influence of screen time on kids, families

"Screenagers: Growing up in a Digital Age" is sparking community conversations nationwide, as parents and educators learn about how screen time impacts our lives.

Thanks to a grant from the Oregon Health Authority, Clatsop County Juvenile Department's Prevention Program is partnering to bring Screenagers to the North Coast.

Showings are Nov. 3 and Nov. 4. Three more screenings will be planned in Seaside, Cannon Beach and Knappa. Thanks to Warrenton Grade School and PATHS for the free community dinner and child care in Warrenton.

About the film

Physician and filmmaker, Delaney Ruston decided to make "Screenagers" when she found herself constantly struggling with her two kids about screen time. Ruston felt guilty and confused, not sure what limits were best. She realized this is one of the biggest, unexplored parenting issues of our time.

Director Ruston turned the camera on her own fam-

MOVIE SHOWINGS

• **Nov. 3:** 6 p.m. free community dinner, 7 p.m. free film, Warrenton Grade School, 820 S.W. Cedar Ave. Free child care (kids movie night, too!)*

• **Nov. 4:** 2 p.m. free movie, The Columbian Theater, 1114 Marine Drive, Astoria.

ily and others—revealing stories that depict messy struggles over social media, video games, academics and internet addiction.

Stories include Hannah, a 14-year-old victim of social media bullying that stemmed from her trying to hide her use of social media from her mom.

The film also follows Andrew, a straight-A student whose love of video games spins out of control when he goes off to college and lands in an internet rehab center.

*Note that the film is not rated and is intended for middle school age and above, or with parental guidance.

Conference focuses on fitness

By SUSAN CODY
For The Daily Astorian

Curious older adults were awed by Patriot Hall when they gathered for the fourth annual Extraordinary Living Conference at Clatsop Community College. Entering at upper street level, the oval indoor track circles a three-story view down to the gymnasium floor.

A commanding panorama of the Columbia River and Astoria can be seen through north and west windows that stretch from floor to ceiling of the state-of-the-art building. Extraordinary Living focused on fitness this year because of the new center, said Leslie Morgan, one of the organizers.

The conference held in September, attracted 50 to 60 participants, who could choose three out of 12 breakout sessions. Choices included life-enhancing topics such as how to create a happier body, genealogy, the ship report, hiking and paddling trail opportunities, how to live with pain, dancing your way to fitness, smart phone apps, palliative care and senior care living options.

Attendees enjoyed a sandwich buffet by CCC's Bandit Café. Sponsors gave out information during the event.

One of the highlights of the event was sampling some of the activities.

RiversZen Yoga co-owner Peggy Stevens asked the Happier Body and Acupuncture class if anyone had pain, scar tissue, joint replacements, headaches or posture issues. Hands went up to every question.

She and instructor Wendy Hensley demonstrated the use of yoga therapy balls for massaging the connective tissue between muscles, called fascia.

"We focus on what you do so you can live better in your body," said Stevens. "None of us came with an instruction booklet on how we should be doing what with our body."

"Our goal at RiversZen is



Susan Cody

Marco Davis leads a "Dancing Your Way to Fitness" class at the Extraordinary Living Conference at Clatsop Community College's Patriot Hall.

for you to learn some techniques for you to take home and do on your own."

Using small rubber therapy balls can improve circulation and help with plantar fasciitis, sciatica, jaw and shoulder problems, Hensley said.

As she demonstrated, participants joined in rolling the balls under their feet. They also tried leaning on the balls against the wall, while rolling shoulders and other exercises.

A positive, good stretch is what both instructors encourage. They stressed that their exercises are never meant to cause pain and that you should always be in control.

Partnering in this session was Karen Kaufmann, an acupuncturist with a degree in psychology. She helps people with stress management and depression, as well as pain at her Astoria acupuncture clinic.

Stressors are a detriment to physiological, mental, emotional and behavioral health, Kaufmann said.

To relax, she had everyone place their tongue on the roof of their mouth behind the teeth and breathe in through the nose to the count of four; hold for a count of seven; and exhale through the mouth for a count of eight; and repeat three times. She said this is a good exercise to do when you are feeling stressed or before bed.

Acupuncture helps regulate and balance the nervous system, which relieves stress.

Kaufmann also will be seeing patients and caregivers at the new OHSU-Columbia Memorial Cancer Center. She said caregivers benefit from treatment because they are often overtaxed and feel guilty when they are working on themselves.

In a mirrored, third-floor studio, Marco Davis led an exercise class. Seeing themselves in the mirror helps participants check and adjust their movements. Women and men enjoyed the routine that focused on stretching.

The Northwest Coast Trails Coalition hosted a section on water trails, edibles, bird watching and State Parks and National Park activities.

Living Well Self-Management Workshops were discussed by Alissa Dorman of Columbia Memorial Hospital, which sponsors interactive workshops for chronic conditions, diabetes, chronic pain and cancer.

Sponsors included Clatsop Community College, ENCORE, FamilyCare Health, NorthWest Senior and Disability Services, Providence Seaside Hospital and Columbia Memorial Hospital.

Patriot Hall exercise facilities are open to the public from 6 a.m. to 10 p.m. Monday through Friday, and 8 a.m. to 5 p.m., Saturday and Sunday. For information, call 503-338-2408 or email communityed@clatsopcc.edu

Susan Cody is the communications lead for The Way to Wellville Clatsop County.

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