

Camp Rilea cafe offers dinner on Christmas Eve

The Daily Astorian

WARRENTON — A Christmas Eve dinner, provided for those in the community who have nowhere else to go, starts at 3 p.m. Sunday at The Port Light Café, 33194B Patriot Way

at Camp Rilea in Warrenton. On the menu are thin-sliced prime rib, scalloped potatoes, vegetables, roll, and a non-alcohol beverage. The cost is by donation only, and the public is welcome.

For information, call 503-861-0245.

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 Seaside — Christian

Anderson, Emma Dutcher, Nicholas Nelson, Rachel Stahly, Joshua Strozzi, Britany West.

Cannon Beach — Annuka Brown.

Gearhart — Hunter Thompson, Rebekah Cave, Aimee Schacher.

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 (Clatskanie) — 8 p.m. Monday, Faith Lutheran Church, 1010 N.E. Fifth St., Clatskanie. For information, call 503-728-3351.

Al-Anon (Nehalem) — 7 p.m. Monday, Riverbend Room, North County Recreation District, 36155 Ninth St. For information, call 503-368-8255.

Al-Anon (Seaside) — 6:30 p.m. Tuesday, Seaside Public Library, 1131 Broadway, call 503-810-5196 for information.

Al-Anon (Tillamook) — 7:30 p.m. Wednesday, St. Albans Episcopal Church, 2102 Sixth St., call 503-842-5094 for information; noon Friday, 5012 Third St., call 503-730-5863 for information.

Al-Anon Family Groups information, Oregon Area Al-Anon

website. 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 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.

Community radio gets upgrade



Coast Community Radio

The Clatsop County Cultural Coalition gave a grant to the Tillicum Foundation, which operates Coast Community Radio, to upgrade two production studios at the station. "When complete, this project will improve, expand and preserve our facilities and training services," Station Manager Graham Nystrom said. "We are very appreciative to the Cultural Coalition for providing Coast Community Radio this opportunity." Pictured, from left, Dylan Hauser-Shaulk and Gabe White, KAYR hosts.

Are poinsettias poisonous? Some holiday truths

By LINDSEY TANNER
Associated Press

CHICAGO — Are poinsettias really poisonous? Are snowflakes really pure as the driven snow? Does feasting really put on the pounds? Sure as sugarplums, myths and misconceptions pop up every holiday season. Here's what science says about some of them:

Flower power

Poinsettias, those showy holiday plants with red and green foliage, are not nearly as harmful as a persistent myth says. Mild rashes from touching the plants or nausea from chewing or eating the leaves may occur but they aren't deadly, for humans or their pets. Poinsettias belong to the

same botanical family as rubber plants that produce latex, so some skin rashes occur in people allergic to latex. According to a Western Journal of Emergency Medicine research review, the plants' toxic reputation "stems from a single unconfirmed death of a 2-year-old in Hawaii in 1919."

Dr. Rachel Vreeman, an Indiana University pediatrician who has researched holiday myths, cited a study on more than 20,000 poison control center reports involving contact with poinsettias.

"In none of those cases were there deaths or serious injury. In fact, more than 95 percent of them required zero medical care," she said.

The anglicized name comes from Joel Poinsett, a 19th cen-

tury U.S. diplomat who brought the plant back from Mexico.

The white stuff

To form snowflakes, moisture high in the atmosphere is frozen by clinging to particles that may include dust specks or soot. Add germs to that list. University of Florida microbiologist Brent Christner has found that bacteria commonly found on plants are surprisingly abundant in "nucleators" present in snow from

populated areas, barren mountain peaks and even Antarctica.

So is catching snowflakes on your tongue a bad idea?

"There's a yuck factor," Christner said. "It's better than yellow snow."

He said the number of bacteria in snow would probably be about 100-fold less than in the same amount of bottled water.

"There are a lot more things to be worried about in making you sick than ingesting snowflakes," he said.

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The Daily Astorian

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THE DAILY ASTORIAN'S
CUTEST BABY CONTEST
is Back!

If your baby was born between **January 1st & December 31st, 2017**, you can submit your newborn's picture either via email at:
CLASSIFIEDS@DAILYASTORIAN.COM
or drop by one of our offices in Astoria or Seaside and we can scan in the photo for you.

Deadline to enter is **Thursday, January 25th at 5pm**
Entries will be printed in The Daily Astorian on January 31st.

*Human babies only please!