

# Local credit union raises \$6,500 for Astoria Net Shed

The Daily Astorian

Staff at Wauna Federal Credit Union choose one charity or nonprofit organization within their footprint to raise funds toward each quarter, and for the first quarter of 2018, employees chose Astoria High School's Net Shed.

In just seven years, the Net Shed has given away more than 32,000 items of clothing, shoes, undergarments, hygiene products, costume jewelry and accessories to AHS students and their families.

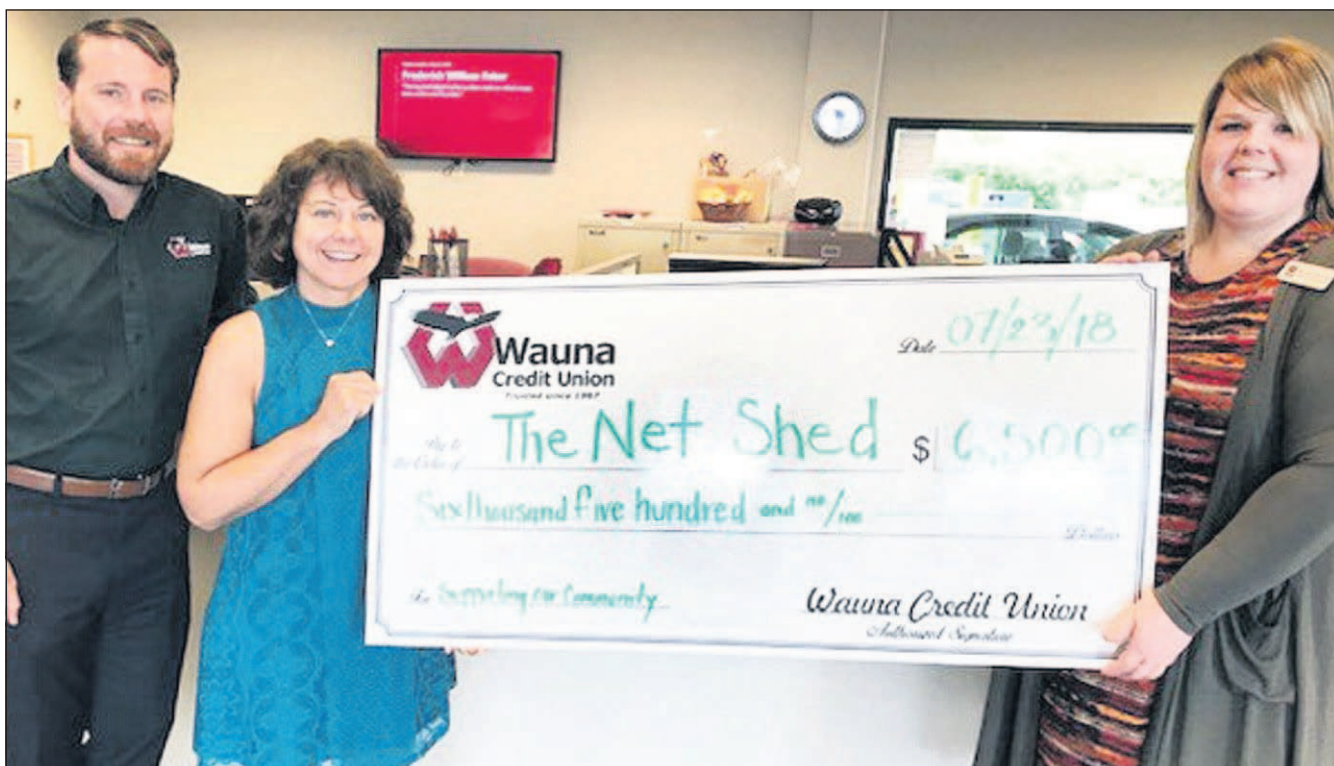
"I started the Net Shed from my personal need to help the students and families of AHS," Net Shed founder Linda Ho-Martin said.

"I wanted to help in a way that didn't seem like charity and that could be accessed by all, with no negative stigma."

Through WCU staff and member donations, the credit union managed to raise \$6,500 for the Net Shed, which will go toward stocking the store, scholarships for students and operations assistance.

**Wauna Federal Credit Union donated \$6,500 to the Astoria High School Net Shed.**

**Pictured, from left, Michael Murdoch, communications specialist at WCU, Linda Martin-Ho, director and founder of the Net Shed, and Kristen DeForrest, member services manager, Astoria Branch, WCU.**



Wauna Federal Credit Union

## Rummage sale today and Saturday will benefit senior dog sanctuary

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WARRENTON — Angels For Sara Sanctuary for senior dogs is holding its fifth annual fundraiser Rummage and Bake Sale from 9 a.m. to

4 p.m. today and Saturday at 269 S. Main Ave. in Warrenton.

The sanctuary is supported entirely by donations, and 100 percent of funds raised will go toward care of the dogs.

The event is also a can drive, and there will be bins set out to collect cans and plastic bottles (no glass).

For information, go to [fb.me/angelsforsarasanctuary](http://fb.me/angelsforsarasanctuary)

## Nursery tour and plant sale focuses on native plants

The Daily Astorian

TILLAMOOK — The Tillamook Estuaries Partnership is hosting a native plant sale on Aug. 25.

The event will be held at their Northwest Oregon Restoration Partnership Nursery, 6820 Barracks Circle in Tillamook.

Native plants are grown

at the nursery for distribution among local, state and federal organizations to help with restoration projects.

"Whatever plants do not go to restoration projects we try to turn over and make them available to the public," said Maysa Miller, a partnership coordinator.

Plants such as goat's beard, shore pine, salal, cascara,

black twinberry, pacific ninebark, rose spirea and more are available for \$4 per plant.

Miller will be leading nursery tours at 12:30 and 2 p.m.

There will also be a native garden display to give people a sample of how to plant a successful native garden.

Registration for the event is required at [explorenaturetillamookcoast.com](http://explorenaturetillamookcoast.com)

## Humphrey is a new OB-GYN at Columbia Memorial

The Daily Astorian

Columbia Memorial Hospital has added a new OB-GYN.

Dr. Sarah Humphrey is seeing patients at the hospital's Women's Center.

Humphrey joins doctors. Nathan Amrine and Robert Holland, along with nurse midwives Patricia Boullie and Corinne Almquist.

Humphrey completed her medical degree at the University of Wisconsin School of Medicine and Public Health and an obstetrics and gynecology residency at the University of Washington.

She holds bachelor's degrees from Lewis & Clark College and Portland State University.

Her medical interests include contraception, abnormal uterine bleeding, mis-



Sarah Humphrey

physical therapist at the hospital, and their infant son.

"We wanted to come to a smaller place," Humphrey said in a release. "We spent the last four years in Seattle and that wasn't for us."

After teaching overseas, Humphrey's parents moved to Naselle, Washington, 15 years ago when she was a college student in Portland.

Humphrey spent several summers working in Astoria and Seaside restaurants and sees her new job on the North Coast as somewhat of a homecoming.

"Dr. Humphrey will be a great addition to our staff at the CMH Women's Center," said Nicole Williams, the hospital's chief operating officer, in the release.

"We are excited to have her on board and caring for women in our community."

carriage management, pregnancy complications and minimally invasive surgery. She is also fluent in Spanish.

She recently relocated to Astoria with her husband, a

## Lower's campaign kicks off with an event in Seaside

The Daily Astorian

SEASIDE — Friends of Vineeta Lower are holding a campaign kickoff at 1 p.m. Saturday at 150 N. Roosevelt Drive.

The community is invited to come and meet Lower, who is a Republican candidate for state House District 32.

## SELF-HELP GROUPS

**Al-Anon (Astoria)** — 7 p.m. Tuesday, Peace Lutheran Church, 565 12th St.; and noon Wednesday, First United Methodist Church, 1076 Franklin Ave. For information, call 503-325-1087; also a meeting at 7 p.m. Thursday, Crossroads Community Church, 40618 Old Highway 30, Svensen. For information, call 503-458-6467.

**Al-Anon (Clatskanie)** — 7 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; also meetings at 9 a.m. Thursday, 6505 Headquarter St., Tillamook; and at noon Friday, 5012 Third St., call 503-730-5863 for information.

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

site. [oregonal-anon.org](http://oregonal-anon.org)

**Alateen (Tillamook)** — 4 p.m. Monday, 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](http://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 to attend the program. Free dinner and child care are 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.

**Men's Sexual Purity Recovery Group** — Tuesday nights. Part of the Pure Life Alliance ([purelifealliance.org](http://purelifealliance.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 [nworegonna.org](http://nworegonna.org)

**Overeaters Anonymous** — 1 p.m. Sunday, Suzanne Elise Assisted Living Community Library, 101 Forest Drive, Seaside. Call 503-738-0307 for information.

**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.

**TOPS (Seaside)** — 9:15 to 10:15 a.m. meeting Tuesday, North Coast Family Fellowship Church, 2245 N. Wahanna Road. All are welcome. For information, call 509-910-0354.

**TOPS (Warrenton)** — 9 to 9:45 a.m. weigh-in, 10 a.m. meeting Wednesday, First Baptist Church, 30 N.E. First St. For information, call Marilyn Barnard 503-861-2918 or Glennys Sherman at 503-338-8214.

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