

Windermere Foundation donates to Seaside AAUW scholarship fund

The Daily Astorian

The Seaside American Association of University Women (AAUW) Scholarship Foundation announces receipt of a donation of \$1,000 from the Windermere Foundation. All members of Seaside AAUW are members of Seaside AAUW Scholarship Foundation, which has a separate board focusing on fundraising and awarding scholarships to girls and women in local communities.

In addition, the foundation has helped support local middle school girls attending a summer Tech Trek program, and annually honors a local girl or woman as part of the Breaking Barriers Award program.

The Foundation also contributes to the national AAUW Funds scholarship program for advanced degrees and educational opportunities for women.

This year's Scholarship Foundation Board is headed by Jane McGeehan, chairwoman; Linda Schaeffer,



The Seaside branch of the American Association of University Women Scholarship Foundation received a donation of \$1,000 from the Windermere Foundation. Pictured, Scholarship Foundation members with Pam Ackley of the Windermere Foundation. Front row, from left, Jane McGeehan, Ackley, and Pat Johns; back row, Joanne McIntyre and Tricia Howell.

treasurer; and Joanne McIntyre, secretary. Other board members are Patti Breidenbach, Cheryl Folk, Tri-

sha Howell and Pat Johns. AAUW Branch President Cindy Gould acts as liaison with the entire branch

membership. Donors are encouraged to help with this important work by sending checks

made out to the Seaside Scholarship Foundation, and mailed to P.O. Box 693, Seaside, OR 97138.

Medicare information classes to be offered at hospital

The Daily Astorian

“Get a Grasp on Medicare” classes are being offered from 11 a.m. to 1 p.m. Jan. 31 and again on March 5 in the Coho Room at the Columbia Memorial Hospital Columbia Center, 2021 Marine Drive in Astoria.

The classes offer Medicare information,

including: a summary of Part A and Part B benefits; Medicare choices; Medicare updates; Part D and how to enroll; avoiding health care fraud; and other helpful Medicare resources.

To register, call Suzanne at NorthWest Senior and Disability Services at 503-861-4202. Walk-ins are welcome to attend.

HONOR ROLL

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

Clarkson University
Potsdam, New York

Astoria: Megan V. Postlewait
Gonzaga University
Spokane, Washington

Astoria: Caroline Kotsen, Abril Loughran, Liam Loughran.

Experts say world needs a new diet

We should eat less beef, more beans

By CANDICE CHOI
Associated Press

NEW YORK — A hamburger a week, but no more — that’s about as much red meat people should eat to do what’s best for their health and the planet, according to a report seeking to overhaul the world’s diet.

Eggs should be limited to fewer than about four a week, the report says. Dairy foods should be about a serving a day, or less.

The report from a panel of nutrition, agriculture and environmental experts recommends a plant-based diet, based on previously published studies that have linked red meat to increased risk of health problems. It also comes amid recent studies of how eating habits affect the environment. Producing red meat takes up land and feed to raise cattle, which also emit the greenhouse gas methane.

John Ioannidis, chair of disease prevention at Stanford University, said he welcomed the growing attention to how diets affect the environment, but that the report’s recommendations do not reflect the level of scientific uncertainties around nutrition and health.

“The evidence is not as strong as it seems to be,” Ioannidis said.

The report was organized by EAT, a Stockholm-based nonprofit seeking to improve the food system, and published Wednesday by the medical journal Lancet. The panel of experts who wrote it says a “Great Food Transformation” is urgently needed by 2050, and that the optimal diet they outline is flexible enough to accommodate food cultures around the world.



AP Photo/Nati Harnik

A plant-based burger made from wheat protein, coconut oil, potato protein and other ingredients in Bellevue, Neb.

Overall, the diet encourages whole grains, beans, fruits and most vegetables, and says to limit added sugars, refined grains such as white rice and starches like potatoes and cassava. It says red meat consumption on average needs to be slashed by half globally, though the necessary changes vary by region and reductions would need to be more dramatic in richer countries like the United States.

Convincing people to limit meat, cheese and eggs won’t be easy, however, particularly in places where those foods are a notable part of culture.

In Sao Paulo, Brazil, systems analyst Cleberson Bernardes said as he was leaving a barbecue restaurant that limiting himself to just one serving of red meat a week would be “ridiculous.” In Berlin, Germany, craftsman Erik Langguth said there are better ways to reduce greenhouse gas emissions, and dismissed the suggestion that the world needs to cut back on meat.

“If it hasn’t got meat, it’s not a proper meal,” said Langguth, who is from a region known for its

bratwurst sausages.

Before even factoring in the environmental implications, the report sought to sketch out what the healthiest diet for people would look like. While eggs are no longer thought to increase risk of heart disease, the report recommends limiting them because studies indicate a breakfast of whole grains, nuts and fruit would be healthier.

Advice to limit red meat is not new, and is tied to its saturated fat content, which is also found in cheese, milk, nuts and packaged foods with coconut and palm kernel oils. The report notes most evidence on diet and health is from Europe and the United States. In Asian countries, a large analysis found eating poultry and red meat (mostly pork) was associated with improved lifespans. That might be in part because people might eat smaller amounts of meat in those countries, the report says.

Ioannidis noted nutrition research is often based on observational links between diet and health, and that some past associations have not been validated.

Fairgrounds could open for a night of archery practice

The Daily Astorian

The Clatsop County Fairgrounds has offered the use of the fairgrounds for an evening of bow and arrow shooting for \$5 per person. If there are enough people to make it worthwhile for the fairgrounds, it is possible to develop a regular shoot.

There are a number of buoys already set up that are used as backstops for a 4-H archery club. It can also be arranged to be able to shoot from 10 to 30 yards.

Some bows and arrows are available to borrow for those who have no gear, and there are some knowledgeable archers to help beginners. For experienced archers, this is a chance to sight the bow inside, where there is nothing to affect the flight of the arrow.

Those who are interested should call Jim Bergeron at 503-458-6829.

4-H hosts family bingo night Saturday

The Daily Astorian

SEASIDE — The 4-H Leaders Association is holding a Family Bingo Night fundraiser Saturday at the Bob Chisholm Community Center, 1225 Avenue A. The doors open at 6 p.m., and bingo begins at 6:30 p.m. Friends, supporters and the public are welcome to attend.

Ten bingo games cost \$10 per person or \$30 per family. There are bingo prizes, as well as basket drawings; tickets for the drawings cost \$1.

Pulled pork sliders, chips and drinks are available for purchase.

Proceeds from the event will help fund the general 4-H program. For information, call the Oregon State University Extension office at 503-325-8573.

SELF-HELP GROUPS

AI-Anon (Astoria) — 7 p.m. Thursday, Peace Lutheran Church, 565 12th St.; 12 p.m. Wednesday, First United Methodist Church, 1076 Franklin Ave. For information, call 503-325-1087.

AI-Anon (Clatskanie) — 7 p.m. Monday, Faith Lutheran Church, 1010 N.E. Fifth St., Clatskanie. For information, call 503-728-3351.

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

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

AI-Anon (Tillamook) — 7:30 p.m. Wednesday, St. Albans Episcopal Church, 2102 Sixth St., call 503-842-5094 for information; 9 a.m. Thursday, 6505 Headquarter St., Tillamook; noon Friday, 5012 Third St., call 503-730-5863 for information.

AI-Anon Family Groups information — Oregon Area AI-Anon, 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

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) 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 na.org

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

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 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 503-861-2918 or 503-338-8214.

Cutest Baby

PHOTO CONTEST

Babies born between 1/1/18 - 12/31/18

Submit a Photo

By email: classifieds@dailyastorian.com

In person: Drop by our Astoria office and we'll scan the photo for you.

Deadline to enter
Fri., Jan. 25th
@ 5pm