

## Local PEO chapter awards scholarship to Cyndi Mudge



Chapter FE, PEO Sisterhood

Laura Stewart, left, president of Chapter FE of the PEO Sisterhood presents Cyndi Mudge with a Program for Continuing Education award of \$1,600 from PEO Sisterhood International. The PEO Sisterhood raises money for scholarships, grants and loans in support of women and their educations. Chapter FE raises money through its annual Easter Tulip Bouquet Sale, which starts in April. For information, contact Gloria Jones at 503-791-0780.

## Relay for Life sets event

The Daily Astorian

GEARHART — Relay for Life of Clatsop County is holding an event with pizza and prizes from 6 to 7:30 p.m. Feb. 20 at Gearhart Bowl & Fultano's Pizza, 3518 Highway 101 N. in Gearhart.

The occasion provides an opportunity to register

a team, team members and survivors, get fundraising tips, share ideas about what should be at the relay event, meet other teams and participants and learn more about Relay for Life of Clatsop County. This year's theme is "Passport to Hope."

To attend, RSVP to 360-353-0063 or email anna-bennett1@live.com

## Cooking classes offered for middle school youth

The Daily Astorian

Oregon State University's 4-H and Snap-Ed Food and Nutrition programs are offering a free four-week cooking classes to middle school students from 3:15 to 5 p.m. Thursdays, from Feb. 14 to March 7, at Knappa High School, 41535 Old U.S. Highway 30.

The class teaches cutting, measuring, kitchen safety,

and meal preparation. Students will cook a breakfast, a skillet meal in the oven, do stove top frying, and prepare a Hawaiian meal that will be served to family members at the final class.

Space is limited. To sign up, contact the school principal, Laurel Smalley, at 503-458-5993. For questions about the program, contact Sandra Carlson at 4-H at 503-325-8573.

## VOLUNTEERS

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with Trap/Neuter/Release/Feed (TNR), especially in the Seaside and Knappa/Svensen areas. TNR involves setting and/or monitoring traps, and daily feeding of cats and maintenance of any shelters, and is a proven, science-based method that along with spay/neuter programs is the only effective and humane way of ending cat homelessness and suffering. Call 503-741-7369 for information and to volunteer.

**Seaside American Legion Veterans' Assistance & Rehabilitation** — Volunteers needed to help knit/crochet items for hospitalized vets and cut coupons for military families. Donations of fabric/yarn welcome. Group meets from 10 a.m. to 2 p.m. second Tuesday of the month at 1315 Broadway, Seaside. For information, call 503-738-5111 and leave a message for Marilyn Faulkner.

**Seaside Downtown Development Associa-**

## Knights of Columbus to hold fundraiser dinner and raffle

The Daily Astorian

The Knights of Columbus Council holds its annual Spaghetti Dinner and Raffle from 5 to 7:30 p.m. Saturday in the St. Mary, Star of the Sea School auditorium, 1411 Grand Ave. All are welcome.

The classic Italian dinner menu consists of spaghetti with homemade meat

sauce, green salad, garlic bread and an assortment of beverages, including wine.

The cost is \$12 per person for adults, \$5 for children 10 and younger, and \$30 per family. Desserts are available for purchase from the youth group.

Raffle tickets are being sold with cash prizes of \$500, \$250, \$100, \$50 and \$25. The drawing takes

place the evening of the dinner, but ticket holders do not need to be present to win. Tickets cost \$5 each, and can be purchased at the dinner or until 4 p.m. today at St. Mary, Star of the Sea Parish office.

The spaghetti dinner is the largest fundraiser of the year for the William J. Leahy Astoria Knights of Columbus council.

## Astoria High School student earns scholarship at Pacific Lutheran

The Daily Astorian

PARKLAND, Wash. — Henry Samuelson, a student at Astoria Senior High School, has been awarded a Pacific Lutheran University President's Scholar-

ship worth \$26,000 a year, along with the opportunity to earn more.

Only 127 President's Scholars were selected, and they have been invited to interview on the PLU campus in February to

compete for the next level of PLU Presidential Scholarships — one of 10 \$31,000 per year Harstad Founder's Scholarships, or one of five full-tuition Regents' Scholarships.

**tion** — Volunteers needed to help with local events throughout the year. For information, call Sarah Dingley at 503-717-1914 or email director@seasidedowntown.com

**Seaside Museum and Historical Society** — Volunteers needed to help as docents, maintaining and creating exhibits, and various events throughout the year. Small and large projects available. Any amount of time appreciated. Call the museum at 503-738-7065 or email seasidemuseum@hotmail.com

**Senior Peer Mentor Program** — Volunteers, age 45 or older, needed in Clatsop County to help mentor seniors coping with mild/moderate depression and/or anxiety. Program participants use workbook model that teaches strategies for positive change. For information, con-

tact Chad Cox at chad.cox@nwsds.org or 503-304-3414.

**Start Making a Reader Today** — Needs volunteers to read to students one-on-one for one hour a week at local elementary schools. To volunteer, call 503-391-8423 or go to getsmartoregon.org

**Svensen Congregate Meal Site** — Wickiup Grange Hall, 92683 Svensen Market Road. To volunteer, or for information, call Debbie Dunaway at 503-791-7298 or 503-861-4202.

**Titanic Lifeboat Academy** — Volunteer to help care for animals and assist with sustainable living projects; minimum commitment of four hours per week requested. For information, contact Caren Black at 503-325-6886.

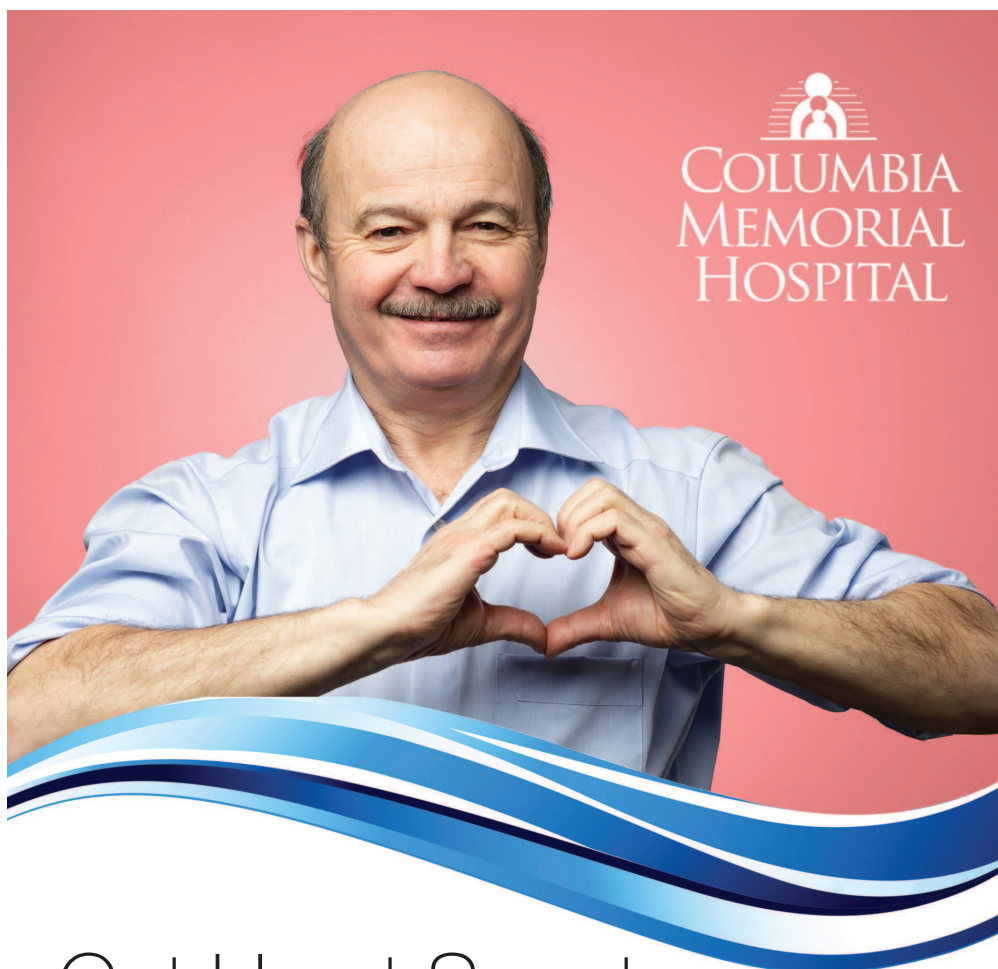
**Tri-City Spay and Neuter Thrift Store** — 600 Broadway, Seaside. Needs volunteers interested in improving the

welfare of animals. For information, call 503-738-7040.

**U.S. Coast Guard Auxiliary** — Uniformed civilian volunteer branch provides boating education courses, vessel inspections to public; offers chance to learn new skills. No former military or boating experience needed. Meetings 7 p.m. first Wednesday of the month. For information, call Della Wilson at 360-244-7062 or email willsonkart@gmail.com

**Warrenton Senior Lunch Program** — Warrenton Community Center, 170 S.W. Third St. Volunteers needed to help with Meals on Wheels and in the dining room Mondays or Thursdays. For information, contact Barb Balensifer at 503-861-1341.

**Wildlife Rehab Center of the North Coast** — Needs volunteers to help rehabilitate orphaned and injured wildlife. Call 503-338-0331.



## Get Heart Smart

February is American Heart Month and CMH reminds you to focus on your heart. Here are three heart-friendly actions you can take today.

- 1. Be active.** Escape the rainy, cold weather by moving your exercise routine indoors.
- 2. Mind your food.** Skip high-sodium packaged foods and choose fresh, low-salt foods like fresh or frozen fruits and veggies.
- 3. Invite a friend.** Your mood impacts your heart health, so reach out to friends, family and healthcare providers, if you are feeling blue.

CMH is here to help you make new, heart-healthy habits. Join a class or support group.

[columbiamemorial.org/events/](http://columbiamemorial.org/events/)

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www.columbiamemorial.org • A Planetree-Designated Hospital

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# Food & Drink Specials

**VALENTINE'S DAY**  
February 14<sup>th</sup> • 12pm - 10pm

## ELCOMPADRE

119 S. Main St. • Warrenton  
503-861-2906  
1900 Pacific Ave. N. • Long Beach  
360-642-8280