

Students hold fundraiser for United Way



United Way of Clatsop County
Astoria Middle School teacher Carrie Kaul's sixth-grade Wellness Class, pictured, conducted a United Way Walk as a class project on April 16 that was a healthy activity and benefited the community. The students developed the idea themselves, and many reached out to family, friends and community members for sponsorship. KRKZ Hits 94.3 FM sponsored each participating student at \$1 per lap, per student. During the walk, the class completed 175 laps, equaling 43.75 miles in just 30 minutes, exceeding their classroom fundraising goal by raising over \$1,000 for United Way of Clatsop County.

RELIGION BRIEFS

Common Ground Interspiritual Fellowship

A Purification Service at Common Ground Interspiritual Fellowship is held on the first Sunday of each month from 9:30 to 10:30 a.m. in the Wesley Room of the Astoria First United Methodist Church, 1076 Franklin Ave. Use the 11th Street entrance.

This service is not defined by any particular belief system, and is especially intended for the "spiritual but not religious," as well as those who draw from more than one faith tradition. For information, go to cgifellowship.org

St. Catherine Episcopal

NEHALEM — St. Catherine Episcopal Church, 36335 U.S. Highway 101 in Nehalem, holds a Labyrinth walk from 3 to 5 p.m. Sunday, and the first Sunday of every month. All are welcome. For information, go to saintcatherineoregoncoast.org

Cannon Beach Community

CANNON BEACH — Cannon Beach Community Church, 132 E. Washington St., holds an Evensong service at 6 p.m. the first and third Sunday of the month. All are welcome.

Evensong features Wes Warhmund (guitar, flute and clarinet) and meditative songs, Psalms, readings, candlelight and time for quiet reflection.

For information, call the church at 503-436-1222.

St. Mary, Star of the Sea Parish

This weekend is the Feast of Ascension of Jesus Christ. Mass is at 4 p.m. Saturday at the St. Francis de Sales Mission, 867 Fifth Ave. in Hammond, and at the 8:30 and 10:30 a.m. and 1 p.m. Sunday (bilingual) Masses at St. Mary, Star of the Sea Catholic Church, 1465 Grand Ave.

All graduating high school seniors are being honored at the 10:30 a.m. Sunday Mass at St. Mary's. Seniors are asked to wear their graduation cap and gown, and are being treated to a cake reception in the auditorium following Mass.

In addition, the Knights of Columbus are providing a breakfast of pancakes, eggs, sausage, juice and coffee in the parish auditorium after the 8:30 and 10:30 a.m. Sunday Masses.

CMH celebrates award winners and Planetree gold certification

The Astorian

Columbia Memorial Hospital commemorated Hospital Week May 12 through 18 with a celebration of its 2019 Planetree gold certification and Spirit of Caring award winners.

After a review at the end of April, Planetree Inc. named CMH a gold-certified hospital in a new certification process. The gold certification recognizes CMH's commitment to excellence in person-centered care, and high ranking in national measures of quality and patient satisfaction.

Each year, CMH recognizes and celebrates caregivers who embrace the challenges and rewards of a career in healthcare by presenting the Spirit of Caring Awards. This year, a record 29 staff and five medical providers received nominations.

The staff winner was Mari Montesano, a social worker in the



Mari Montesano

CMH-Oregon Health and Science University Knight Cancer Collaborative. The provider winner was James "Jay" Reynolds, a nurse practitioner in the CMH/OHSU Cardiology Clinic.

Spirit of Caring winners are



James 'Jay' Reynolds

invited to attend the Planetree International Conference on Person-Centered Care, where caregivers have a chance to connect with and learn from like-minded people, experience new ideas in action and hear about the latest best practices.

Flag retirement ceremony set for June 14

The Astorian

Astoria Chapter Daughters of the American Revolution is holding a retirement ceremony for old, tattered American flags at 1 p.m. June 14 at the Fort Stevens Historical Park, 100 Peter Iredale Road in Hammond. The public is welcome. Flags in need of retirement may be given to any DAR member or taken

to City Lumber, 2142 Commercial St.

New officers were installed at the May meeting. They are Regent Linda Schaeffer, Vice Regent Laurene Church, Chaplain Kathleen Metzler, Secretary Robin Rhodes, Registrar Sue Glen, Historian Evelyn Laughman and Librarian Doris Rademacher-Dramov.

Members Sandra Fuller, Linda

Schaeffer, Sue Glen and Evelyn Laughman are attending the Oregon DAR State Conference in Canyonville. State Organizing Secretary Sandra Fuller and State Parliamentarian Sue Glen are attending the DAR Continental Congress in Washington, D.C., in June.

Women interested in joining the Astoria chapter may call Sue Glen at 503-861-0574 for an application.

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.

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; 9 a.m. Thursday, 6505 Headquarter St., Tillamook; 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) — 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

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 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.

Free swim set at Aquatic Center

The Astoria Parks and Recreation Department is teaming up with sponsors the Van Dusen Family, Nygaard Logging, Walmart, Recology Western Oregon, Tongue Point Job Corps and the Astoria Fire Department to create a summer event filled with free swimming, live music, games, arts and crafts, food and fun from noon to 3 p.m. Saturday at the Astoria Aquatic Center, 1997 Marine Drive.

There are giveaways and prizes for those attending, as well as interactive and informational booths on summer programs, scholarships, Astoria fire trucks and other city services. For information, go to www.astoriaparks.com or call 503-325-7027.

Real estate brokers volunteer at Camp Kiwanilong

CANNON BEACH — Local real estate brokers from the North Oregon Coast participated in Windermere Real Estate's 35th annual Community Service Day by volunteering at Camp Kiwanilong in Warrenton on May 22.

Brokers from Windermere Realty Trust's Cannon Beach and Gearhart offices spent the day placing new mattresses in all of the camp's cabins.

In the past, youth campers would need to bring their own bedrolls to the lodge. Now, through donations from community organizations, including Windermere Realty Trust, all Camp Kiwanilong beds were outfitted with mattresses.

For information, go to windermereportland.com

Relay for Life bingo fundraiser set for Sunday

A Bingo/Dessert Auction benefit takes place on Sunday at the Astoria Moose Lodge, 420 17th St. The games begin at 1 p.m.; desserts are auctioned between games.

Game packets cost \$10 each, plus there are two special games for \$1 each. All proceeds go to the Astoria Moose Trekkers Relay for Life Team's fundraising efforts for the American Cancer Society.

— The Astorian