



Shrey Sharma



Kajsa Jackson

Astoria Rotary honors Jackson and Sharma as students of the month

The Astorian

The Astoria Rotary honored two Astoria High School seniors, Kajsa Jackson and Shrey Sharma, as Students of the Month for November. Students of the Month are selected from the junior and senior classes at Astoria and Knappa high schools; they must be in good standing in school, and involved in school and community activities.

Jackson, whose parents are Lynn and Dawn Jackson, has maintained a 3.95 GPA while taking most of the honors and advanced placement classes at AHS. She is a member of the Honors Choir and the Port City Singers, participates in varsity volleyball and basketball and has been involved in musicals and theater productions at school. She plans to attend Brigham Young University and major in creative writing.

Sharma, the son of Sheetal and Sameer Sharma, maintains a 4.0 GPA and has taken all of the honors and advanced placement classes at AHS. He is a member of the Spanish Club and the National Honor Society, was an All-League recipient in soccer and also participates in track and field. He plans attend a four-year university and major in physics or biological sciences.

The Astoria Rotary meets at noon Mondays at the Elks Lodge in Astoria.

Teacher asks for a little respect

Dear Annie: I am a teacher in a small town in New England. When I began my job, I thought it was the best job in the world. I spent a lot of time, money and effort to learn the skills to become an effective teacher, and I couldn't think of a better way to give back to my community.

Fast-forward a few years. Most teachers work very hard to plan quality lessons and to make sure that students are making progress in school, but the lack of basic respect in return is severely lacking. The worst of it doesn't come from students. It's hard to believe the appalling behavior from parents that school staff is expected to tolerate.

One recent incident really bothered me. A parent was upset because her child was not getting an A in a certain class. She named the teacher on a public chatroom and invited negative comments! Fortunately for the brilliant, wonderful and respected teacher, several community members came to their defense and let the poster know that her post was inappropriate.

Parents who post such negative comments never tell the other side of the story: that their child has many missing assignments, poor behavior or poor attendance. Often, the information they post is completely false. This type of behavior seems to be getting worse every year.

If parents have a legitimate concern about their child, they should call or email the teacher and have a conversation. If they want more information or further discussion, they should ask for a meeting and discuss their concerns civilly.

Yelling at school staff, defending your child's disrespectful or unsafe behavior, making threats and publicly posting your displeasure about school staff online is inappropriate and unacceptable. I can't imagine how these parents would feel if someone posted publicly about their child like this. — *A Little*

Respect, Please

Dear A Little Respect: You deserve a lot of respect for your profession. Teaching is one of the most important jobs in our nation, so thank you for your service. You are shaping our youth and preparing them for the real world. These parents are way out of line and should know they are potentially hurting their children.

One of the most important lessons a parent and teacher can impart to their children and students is that mistakes are opportunities to try better the next time. This teaches kids resilience and helps them develop their self-esteem.

The goal is for every student to develop a growth mindset as opposed to a fixed mindset. These terms are from Stanford psychologist Carol Dweck, who says that when a student has a fixed mindset, they believe that their basic abilities, intelligence and talents are fixed traits, while students with a growth mindset believe their abilities and intelligence can be developed with effort, learning and persistence.

In a growth mindset, you believe a lasting relationship comes from effort and working through inevitable differences. In a fixed mindset, it's all about the outcome. If you fail, you think all effort was wasted. Those with a growth mindset know it's all about the process, so the outcome hardly matters.

If the parents try to rescue their children every time they don't get an A or don't make the team, they aren't helping their child. In fact, they're sending their children the message that they aren't capable of succeeding on their own.

Badmouthing a teacher on a public forum is one of the most tasteless and harmful things I have ever heard about. I am very sorry for your friend and glad that other people came to their defense. I hope this letter helps parents think twice before they swoop in to try to fix their children's inevitable imperfections.

Hospital supports Nordic Heritage Park



The Astoria Scandinavian Heritage Association received a donation of \$25,000 from Columbia Memorial Hospital. Pictured, from left, Loran Mathews, the heritage association's president; Erik Thorsen, hospital CEO; Judi Lampi, Astoria Nordic Heritage Park Committee chairwoman; and Constance Waisanen, president of the hospital's board of trustees. Fundraising for the Nordic Heritage Park now totals over \$650,000; when the goal of \$1.2 million is met, construction will begin. Architectural images and updates are available at astorianordicpark.org. Donations can be accepted online or mailed to ASHA, P.O. Box 34, Astoria, OR., 97103.

COMMUNITY BRIEFS

Christmas Food Parade set for next week

The Astoria Fire Department's 31st annual Christmas Food Parade is from 6:30 to 8:30 p.m. Wednesday, Thursday and Friday, Dec. 11-13, when fire engines decorated with lights are parading through the neighborhoods to pick up nonperishable food items and donations for needy families. Christmas music will be playing, and Santa will make an appearance to help hand out candy canes.

Residents are asked to fill a bag with nonperishable food items and bring it to the fire engine, or have it visible as the truck comes through a neighborhood. Bags of nonperishable food and donations can also be dropped off at the Astoria Fire Department, 555 30th St.

Pearl Harbor remembrance set for Saturday

SEASIDE — A Pearl Harbor Day of Remembrance is being held at 9 a.m. Saturday at the Seaside Civic and Convention Center, sponsored by the Seaside American Legion

Post 99. All are welcome. The ceremony marks the 78th anniversary of the attack on Pearl Harbor and the entrance of the U.S. into World War II, and honors those who served and sacrificed during the attack. Astoria Mayor Bruce Jones is the featured speaker.

The ceremony concludes at 9:55 a.m. with a wreath ceremony and "Taps" at the Pearl Harbor Memorial Bridge, located adjacent to the convention center. There may be a Coast Guard fly-over at that time.

Cake and refreshments will be served.

Warren honored for school board leadership

Darlene Warren, a Warrenton-Hammond School Board member, was recognized recently with a bronze award for completing course work through the Oregon School Boards Association's Leadership Institute.

The award, presented Nov. 16 at the association's 73rd annual convention in Portland, recognizes board members for significant levels of achievement in leadership and development. There are four levels: bronze, silver, gold and platinum. For information about

the association, go to www.osba.org

Coast Community Radio awarded grant for repairs

Coast Community Radio has received a \$19,401 grant from Oregon Cultural Trust toward phase two of a three-year plan to repair, replace and update broadcast equipment.

Coast Community Radio is a nonprofit, member-supported, volunteer-operated radio station, serving an audience along the North Oregon and southwest Washington coasts.

Clatsop County Cultural Coalition to award funds

The annual Clatsop County Cultural Coalition award ceremony will take place at 6 p.m. Wednesday at Clatsop Community College in Columbia Hall, room 219. The program will award over \$9,500 in the form of eight grants to organizations throughout the county. The ceremony will feature entertainment from the Warrenton High School Jazz Band and refreshments will be served.

— *The Astorian*

RELIGION BRIEFS

Our Saviour's Lutheran

SEASIDE — Our Saviour's Lutheran Church, 320 First Ave. in Seaside, hold its annual Christmas Bazaar from 10 a.m. to 3 p.m. Saturday, featuring crafts, Scandinavian treats, cookies, pies, candy and a quilt raffle. At the kids' bazaar, all items are 50 cents. Lunch, featuring soup, bread, pie and coffee is also available. For information, call the church at 503-738-6791.

Grace Episcopal

Grace Episcopal Church, 1545 Franklin Ave., is offering an Advent Retreat from 9 a.m. to 1 p.m. Saturday, led by the Rev. Betty McWhorter, interim rector at Grace. The focus is "Angels: Messengers of God." All are welcome.

The Second Sunday of Advent is celebrated at the 10 a.m. service on Sunday, after which the Rev. Neysa Ellgren Shepley of the Diocese of Oregon visits with the congregation.

There is a Taizé Prayer & Song service at 7 p.m. Wednesday. This ecumenical musical service is accompanied by Jennifer Goodenberger (piano), Shelley Loring (flute), Erik Utterback (cello) and the Taizé choir.

For information, call 503-325-4691 or go to graceastoria.org

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.

SENIOR NOTES

Clatsop Community Action — 503-325-1400. Respite care services, low-income energy assistance, emergency food assistance, housing information, emergency personal care items.

Columbia Senior Diners — 11:30 a.m. weekdays, 1111 Exchange St., Astoria Senior Center. Cost is \$6. For information, or to have a meal delivered, call 503-325-9693.

Exploring New Concepts of Retirement Education (ENCORE) — 503-338-2408. Provides a wide assortment of educational experiences for individuals older than 50.

Elder Friendship Line — 800-971-0016. Available from 8 a.m. to 11 p.m.; crisis calls taken 24/7.

Food Pantries — 503-325-1400. Clatsop Community Action serves six food pantries in Clatsop County through the Oregon Food Bank Network. Call for area locations and hours.

Grief Support Group, Seaside — 2 to 4 p.m. first Thursday, Bob Chisholm Community Center, Meeting Room 1, 1225 Avenue A, Seaside. For information, call Lower Columbia Hospice at 503-338-6230.

Lifespan Respite — 503-325-1400. Provides information, referral, training and paid respite for family caregivers.

National Suicide Prevention Lifeline — 800-273-TALK (8255). A 24-hour, toll-free suicide prevention service for anyone in a suicidal crisis. TTY users should dial 800-799-4TTY (4889).

National Alliance on Mental Illness — 800-950-NAMI (6264) or locally, 503-717-1835. Separate support groups for people with mental illness and families of those with mental illness are available.

Northwest Oregon Housing Authority — 503-861-0119. Rent assistance based on income.

NorthWest Senior and Disability Services — 503-861-4202 or 800-442-8614. Medicaid services, food stamps, information and assistance, family caregiver support services, Medicare choice assistance, home delivered meals, senior meal sites and senior peer counseling.

Oregon Aging and Disability Resource Connection — 855-ORE-ADRC (673-2372), adrcforegon.org. Information and services for older adults, people with disabilities, their caregivers and families.

Oregon Care Partners — 800-930-6851, oregoncarepartners.com. Funded by the state of Oregon, provides no-cost in person and online training to family care givers and professionals.

Oregon Home Care Commission Registry and Referral System — 877-867-0077,

or-hcc.org. Provides lists of home care workers available to hire.

Oregon Law Center — 877-296-4076. Provides free services in civil cases to low income people. Partners with Clatsop Community Action (CCA), Community Action Resource Enterprises Inc. (CARE), and the Bob Chisholm Community Center to provide in-person clinics in Astoria, Tillamook and Seaside each month.

Partners for Seniors — 503-717-7174. Serves South Clatsop County seniors with volunteer visits, transportation, light housekeeping, yard work, minor home repairs, daily phone calls.

Senior Center, Astoria — Astoria Senior Center, 1111 Exchange St., 503-325-3231.

Senior Center, Seaside — Bob Chisholm Community and Senior Center, 1225 Avenue A, Seaside, 503-738-7393.

Senior Center, Warrenton — Warrenton Community and Senior Center, 170 S.W. Third St, Warrenton, 503-861-3502 Mondays and Thursdays.

Senior Peer Mentor Program — Free assistance to seniors, age 60 and older, who are struggling with mild to moderate depression and/or anxiety in Clatsop and Tillamook counties, offered by NorthWest Senior & Disability Services. For information, call 503-861-4210.