

## Remembering the past



Photo courtesy of Ken Yuill

Barney Yuill, grandfather of Warrenton resident Ken Yuill, is shown with his construction company, which had the first contract to build concrete sidewalks in Warrenton in this photo taken Sept. 30, 1917. In the background is what is now Maddox Dance Studio on South Main Avenue. Says Ken: In the mid '50s, my family moved from Warrenton. We traveled around the Northwest and my dad, John, worked on major construction projects like The Dalles and John Day Dam. We would return every six months to see my Grandmother Benson. While here, my mother would drive us around Warrenton and Hammond looking at how things were changing. Mom would see something and she would say, "Mark my words boys: someday, Warrenton will be bigger than Astoria." Our family moved back to Warrenton in 1965 and this will always be home. Mom is gone now, but her vision of Warrenton is happening. I just hope that we, as a community, plan all of this growth wisely.

## CMH begins new series of support classes

New support and health classes begin soon through Columbia Memorial Hospital.

Most are held in the CMH Columbia Center, 2021 Marine Drive, Astoria. To register, call 503-338-7564.

**Understanding Your Grief** is for those struggling with the loss of someone. It meets weekly for eight weeks. Members of the group will have the opportunity to share and learn coping strategies.

Classes are 5:30 to 7 p.m. Thursdays through Nov. 2.

**A Matter of Balance** is for older adults with concerns about falling. The program is designed to help manage falls and increase activity levels.

The eight-week class is 10 a.m. to noon Tuesdays, Oct. 17 to Dec. 5.

**Living Well with Chronic Pain** is a six-week program for those suffering with chronic conditions.

Classes are 1 to 3:30 p.m. Thursdays, Oct. 12 to Nov. 16.

**Cancer: Thriving and Surviving**, or CTS, is a new class offered to anyone living with cancer and caregiver/support people. This workshop was adapted from the Stanford Living Well with Chronic Conditions class.

CTS will not conflict with existing programs or treatment. This workshop is designed to enhance regular treatment by

giving participants the skills to coordinate all the things needed to manage their health and stay active.

Classes are 9:30 a.m. to noon Thursdays, Nov. 2 to Dec. 14.

This class will be in the new CMH-OHSU Knight Cancer Collaborative, 1905 Exchange St., Astoria.

**Strong Women, Strong Bones** is a 10-week program targeting women in midlife and older. It assists in maintaining muscle mass, strength and function.

Classes are 5:30 to 6:30 p.m. Mondays and Wednesdays, Oct. 16 to Dec. 20. Fee for this class is \$50.

## Aquanastics classes begin Oct. 6 at KOA in Hammond

Two 10-week morning aquanastics classes begin Oct. 6 at the Astoria-Warrenton-Seaside KOA, 1100 Ridge Road, Hammond.

The classes are led by Kathleen Hudson, a water exercise professional with certification from the American Red Cross and Arthritis Aquatic Training Program.

Participants can improve their body tone, strengthen muscles and increase endurance and agility through dozens of exercises that use the natural resistance of the water -- all with minimal stress

on the body.

The classes are for men and women and no swimming ability is required.

Pool toys are provided and participants may use the KOA's hot tub and showers after class.

Students may choose to attend at 8 a.m. or 9 a.m. in classes held Tuesdays and Thursdays Oct. 5 through Dec. 12. Space is limited to 12 students.

Cost is \$49, paid to Clatsop Community College. To register, call 503-338-2402 or 503-338-2408.

## Budget savvy? Schools need you

The Warrenton-Hammond School District seeks members for its Budget Committee.

The committee reviews the district's financial program and proposed budgets and recommends an annual or biennial budget that aligns with state laws.

There are four positions

open, all of them three-year terms.

Members must be registered voters who live within the district's boundaries and may not work for the district.

Applications and more information is available at the district office, 820 SW Cedar Ave., or call 503-861-2281.

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