

This weekend

Sunset-hour race raises funds for hospice group

The seventh annual Race to the Bar begins at 5 p.m. Saturday, Sept. 7, at the Peter Iredale Shipwreck in Fort Stevens State Park.

The entry fee is \$45, which benefits Lower Columbia Hospice.

Participants can choose a 5-kilometer run/walk or a 10-k run/walk.

The entry fee covers a bonfire on the beach with live music, two servings of beer for those 21 and older,



Lower Columbia Hospice

Walkers and runners from a prior year begin their trek at the Iredale shipwreck. Those going 10 kilometers will make it to the South Jetty; others have an earlier turn-around point.

dinner from Subway, a race T-shirt and free parking.

Register online at racetothebar.com. For more information, contact Kassia Nye at 503-338-4510.

September 7, 2019

LOWER COLUMBIA HOSPICE RACE TO THE BAR



www.racetothebar.com

Help provide hospice care for those in need

Who: You (walker or runner)

What: 5K walk/run or 10K run, followed by a bonfire on the beach

When: 5:00 p.m., Sept. 7, 2019

Where: Peter Iredale Shipwreck at Fort Stevens State Park, Warrenton

How: Register at www.RaceToTheBar.com

Cost: \$40 before Aug. 23,
\$45 on or after Aug. 23



2111 Exchange Street, Astoria, Oregon • 503-325-4321
www.columbiamemorial.org • A Planetree Gold Hospital

High school home game honors military members

A Community Fair and Military Appreciation Night will be from 4 to 7 p.m. Friday, Sept. 6, at Warrenton High School's Mattila Field, 1700 S. Main Ave.

The second annual fair is open to everyone and includes free hamburgers and hot dogs, chips and drinks.

The school's first home football game of the year follows. The non-league matchup is against Yamhill-Carlton.

Family fun day to have fire trucks

Uppertown Firefighter's Museum will have a free family fun day from noon to 3 p.m. Saturday, Sept. 7, at the museum, 2968 Marine Drive, Astoria.

The event includes dog-bone-shaped cookies to decorate and eat, coloring, playing on a real fire truck, sliding down the brass pole, and the "fireman's challenge" race for kids.

"Duke" the Dalmatian will be on hand for photos and petting. Other Dalmatian dog owners are

welcome to bring their pets. Retired and active firefighters will be on hand to answer

Extraordinary Living conference is for those 50 and above

The sixth Annual Conference on Extraordinary Living for people 50 and above is from 8:30 a.m. to 1:30 p.m. Saturday, Sept. 7, in Columbia Hall at Clatsop Community College.

The free event will kick off with free coffee and morning goodies followed by a welcome and keynote address on Oregon trains by Darrell Jabin, Oregon's traveling historian.

The address will be followed by three 45-minute breakout sessions. Participants can choose from mind-set coaching, senior exercise, natural health care, painting, demystifying the Internet,

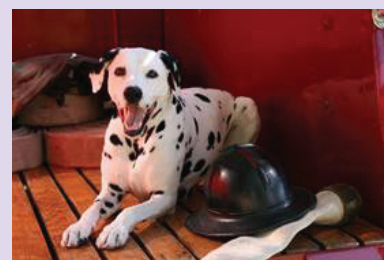
Tai Chi, questions about Medicare and an EN-CORE (Exploring New Concepts of Retirement Education) sampler.

Between sessions and throughout the day, participants can get a flu shot provided by Walgreens, have their blood pressure checked courtesy of Clatsop Care, browse the community booths, or walk the Patriot Hall track. The event ends with a free lunch provided by Pacific Crab Company.

For more information or to pre-register, call 503-338-2411.

questions and tell stories.

The event is sponsored by the Clatsop County Historical Society.



Fire Up! benefits Seaside firefighters

Fire Up!, a chicken barbecue fundraiser and raffle for the nonprofit Seaside Fire & Rescue Association, is set for 11 a.m. to 5 p.m. Saturday, Sept. 7, at fire headquarters, 150 S. Lincoln St., Seaside.

The agency has four paid and 33 volunteer firefighters. Money raised will be used to pay for equipment and training.

Residents are urged to come meet the men and women

who serve the community and check out the equipment.

The barbecue is \$15 for adults and \$10 for children. Raffle tickets are \$1 each.

Church news

First Lutheran offers food, fun

First Lutheran Church of Astoria celebrates rally day on Sunday, Sept. 8.

There will be one worship service at 10 a.m., followed by a picnic on the lawn and games. The church will provide hamburgers and hot-dogs (including meatless varieties) and participants are asked to bring a dessert or side dishes.

Those who'd like to help the homeless can bring travel-sized hygiene products, socks and high-energy snacks to give away in gift bags. The church is at 725 33rd St.