

County awards culture grants

The Clatsop County Cultural Coalition awarded grants to eight community groups during a ceremony earlier this month.

Those receiving grants: Cascadia Concert Opera, \$1,500; Sunset Parks and Recreation Foundation, \$1,500; Partners for the Performing Arts Center, \$1,220; Grace Episcopal Church, \$1,210; The Writer's Guild, \$1,200; Astoria Scandinavian Heritage Association, \$1,050; Lower Columbia Hispanic Council, \$1,000; Trails End Art Association, \$820.

The awards ceremony was held at Clatsop Community College. The grant money is for events, projects, and improvements to take place in 2020.

Astoria is Wyden's first '20 town hall

U.S. Sen. Ron Wyden will hold his first town hall meeting of 2020 in Astoria.

"I'm eager to begin 2020 in true 'Oregon Way' fashion - with eight open-to-all town halls that provide everybody the opportunity to share their ideas, questions and priorities directly with me," said Wyden, a Democrat. "These town halls are hallmarks of democracy, and I look forward very much to hearing from Oregonians all over our state."

The meeting in Clatsop County is at 1 p.m. Thursday, Jan. 2, in the Clatsop Community College Performing Arts Center, 588 15th St., Astoria.

Hike club seeks new ideas, spots

Angora Hiking Club will have its annual planning meeting at 2 p.m. Sunday, Jan. 5, at the Oregon State

University Seafood Research and Education Center, 2001 Marine Drive (just East of the Aquatic Center).

Hikes and other events will be determined for 2020. Members and interested hikers are welcome.

Annual dues is \$10 per year. Signups can be made by check or cash at the meeting or mailed to Treasurer Ellen Norris, P.O. Box 841, Astoria 97103.

In 2019, there were 35 events including parades, walks in Astoria, Seaside and Cannon Beach, an underground tour, and hikes through gardens, fishing docks and more.

CMH offers health talks at lunch

Columbia Memorial Hospital's Cancer Collaborative is sponsoring a series of in-

formal lunch-time conversations this month focused on improving health.

All meetings are from 11 a.m. to noon in the activity room at the CMH-OHSU Knight Center, 1905 Exchange St., Astoria. Refreshments are provided.

Jan. 8: Registered Dietitian Grace Laman explores the power of nutrition in cancer prevention, treatment and survivorship. She shares hot topics in nutrition, cooking demonstrations and recipes each month.

Jan. 9: Tips, tools and conversation about eating, communication, memory and thinking for those experiencing cancer or who have experienced cancer. Those who support them are welcome too. The talk is hosted by a speech-language pathologist.

Jan. 21: Physical Ther-

apist Tiffany Nguyen will discuss the role pelvic floor muscles play and other physical therapy interventions to optimize quality of life through improved mobility and management of chronic conditions.

Jan. 29: Blair Cocking, occupational therapist and certified lymphatic therapist, will discuss and provide demonstrations on occupational therapy interventions and lymphedema care.

More info: 503-338-4520.

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