

# The Senior Scoop

**Astoria Senior Center**

**Empowering seniors to live their best lives**

1111 Exchange St., Astoria

503-325-3231 [director@astoriaseniorcenter.org](mailto:director@astoriaseniorcenter.org)



**February 2026**

Hours: 8 a.m. to 4 p.m. Mon.-Fri.; 11 a.m. – 3 p.m. Sat.



Daymon Edwards

*The Wednesday afternoon Mahjong group.*

## Not all Mahjong games are the same

**By Daymon Edwards**

When I returned to Astoria in February 2024, I stayed in a house across the street from Kate and Jane and we shortly became friends. Kate invited me to the Wednesday afternoon Mahjong game at ASC.

I sat in for a couple of weeks, then started playing on my own, and now I play every week and do a bit of mentoring.

I soon found out there is another Mahjong game on Mondays at 1 p.m. I was told they play a totally different game. I was intrigued.

### **Monday Mahjong**

In mid-January, I spoke with Denise Manibusan, who has played Mahjong at ASC for about 1 ½ years. This is what I found out.

Monday Mahjong, 1 to 4 p.m., plays American Mahjong, using the rules of the National Mah Jongg League (yes, one of several ways to spell the

game). The league is in its 88th year and still going strong.

Basically, the league sends out a form with the hands printed on them, which changes every year. The hands change, but the rules do not.

For detailed information, search the internet for “National Mah Jongg League.”

“I like the members of the group and the camaraderie,” Denise said when asked what she likes about the game. She also enjoys the tiles, with their unique style. And the game requires thinking and concentration.

Denise also travels across the river to the senior center in Ocean Park, Wash., for an extra game and change of pace.

New members are always welcome. The group teaches newcomers by having them shadow a regular player. If you have experience, come and

## Staff changes bring unexpected ups and downs

**By Cindy Yingst**

“There have been some rumors about my departure that have been greatly exaggerated.”

That’s how Dean Deonier described his fleeting departure at January’s membership meeting.

Late last year, Astoria Senior Center’s executive director had expressed a need to step down or severely limit his hours. The Board of Directors advertised, interviewed, and then filled Deonier’s post with two part-time assistant directors, Jean Dunlap and Mark Acuna.

But, within days of being hired, Dunlap said she was unable to continue.

The board asked and Deonier agreed to take the second part-time assistant position.

Acuna, less than two weeks on the job, continued the humorous banter during the membership meeting.

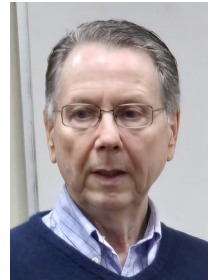
“He now has a roommate in his office,” Acuna said. “I hope I can at least get a desk drawer.”

Acuna will take the afternoon shift while Deonier opens the center and works the morning shift.

Prior to the meeting, Deonier said he was extremely pleased with the outcome because he loves working at the center.

Acuna, at just a few days into the job, said things have been going well for him too.

Once fully trained, Acuna will focus on a new financial system and straightening up the cash accounting, a strength for which the board gave him high marks during the



Dean Deonier

*Continued on Page 2*

*Continued on Page 2*

**Assistant Directors**

Dean Deonier & Mark Acuna  
503-325-3231

[director@astoriaseniorcenter.org](mailto:director@astoriaseniorcenter.org)

**Board members**

**President** Julie Weber

503-325-5339

[julweb2@aol.com](mailto:julweb2@aol.com)

**Vice President** Missy Johnson

503-298-9862

[kip.missy.johnson@gmail.com](mailto:kip.missy.johnson@gmail.com)

**Secretary** Lee Iacuzzi

[dogsrulepdx447@gmail.com](mailto:dogsrulepdx447@gmail.com)

**Treasurer** Marlene Gore

307-321-0991

[legore@tribcsp.com](mailto:legore@tribcsp.com)

**Sgt-at-Arms** Butch McConnell

805-746-7859

[ojaibutch1@gmail.com](mailto:ojaibutch1@gmail.com)

**At large,** Mary Frances Gunn

503-741-7182

[mfgunn20@gmail.com](mailto:mfgunn20@gmail.com)

**At large,** Brenda Hoxsey

503-861-7309

[brendahox@gmail.com](mailto:brendahox@gmail.com)

**At large,** Daymon Edwards

971-601-0393

[daymonconsult@yahoo.com](mailto:daymonconsult@yahoo.com)

**At large,** Rochelle Stramiello

503-325-4565

[rockysride@hotmail.com](mailto:rockysride@hotmail.com)

**Newsletter Staff**

**Chair,** Brenda Hoxsey

**Editor,** Cindy Yingst

503-791-3972

[asc@dblcyn.net](mailto:asc@dblcyn.net)

**Writer,** Daymon Edwards

**Writer,** Anita Lambert

773-844-3195

[anitarn@gmail.com](mailto:anitarn@gmail.com)

## Not all Mahjong games ...

*Continued from Page 1*

just jump into the game or shadow a member.

**Wednesday Mahjong**

Judy Doss was born at the Naval Hospital in Astoria in 1946. Her parents were both in the Navy, her mother a Navy nurse. Six weeks after her arrival, the family moved to Chicago.

In 2018, Judy moved from Scranton, Penn., back to Astoria to be closer to her son, who lives in Portland, but not too close. Astoria's weather was a welcome change from that of Scranton's.

Judy, a slight introvert, likes living in a small town and lives just a few blocks from downtown Astoria. Her mother used to play Mahjong with Welcome Wagon ladies when she was growing up, but Judy never played the game.

That all changed when Judy moved to

Astoria.

She was thrilled about taking a class to learn the game. It also gets her out of the house, stimulates her brain, and she has made friends along with having fun and the challenges the game presents.

Now Judy is an integral part of ASC Wednesday Mahjong group and she hand-washes the tablecloths so that they do not fade and the corner decorations are not damaged.

The Wednesday group follows the rules in Max Robertson's "The Game of Mah Jong," a key guide for Western-style play.

As with all groups at ASC, Wednesday Mahjong is welcoming and has classes once or twice a year. They also have a mentoring program so you can learn at your own speed.

For more information, contact JoAnn through the ASC hostesses.

## Staff changes ...

*Continued from Page 1*

interview process.

"Our goal is that we can do each other's jobs so we can fill in for each other," Acuna said.

Acuna retired after 17 years with the Northwest Senior and Disability Services, where he'd been a quality assurance specialist, a program manager, and a case manager. He's also a retired minister and fluent in Spanish.

What has surprised him about the center?

"So many people in the community come in and utilize the durable medical equipment the center has," Acuna said.

"Yesterday, I made four trips to the basement" where the equipment is kept.

And the can recycling program is big, he said. Last year, the center's recyclables program raised \$4,220, which was used to ensure the annual Christmas party was free for members.

**Oops!**

*Our apologies to Trish Rossell and Jance Hurlbut, whose names we managed to misspell under a photo last month of their Mahjong group having tea at the Flavel Mansion.*



Cindy Yingst

*Mark Acuna in the office he's sharing with fellow Assistant Director Dean Deonier.*

Acuna is originally from Bisbee, Ariz., 16 miles south of Tombstone.

"All of my family have been miners," he said.

One great-grandfather was a blacksmith in the copper mines, another was a water carrier for the mines, another felled timber to shore up the underground mines. His father was a mechanic for the Lavendar Pit, an open copper mine.

Acuna's mother also grew up in Bisbee as one of 12 children, he said. "So a lot of the town is related to me."

He's looking forward to getting to know everyone at the senior center and is impressed by the "massive amount of volunteers."

## Lunch program a difficult balance between skill and availability

**By Daymon Edwards**

One of the biggest challenges in cooking competitions is the Black Box Competition. In this competition, the cook or chef is given a box of ingredients and must create a delicious meal, which is quite a challenge. In a Black Box Competition, a well-balanced selection of ingredients is provided.

ASC's lunch program offers a different twist. Our new chef, Nate Wright, receives ingredients that are available at the time, and he usually has less than 24 hours to develop a menu that will satisfy our discerning membership — not an easy task. When meatloaf, mashed potatoes, vegetables, salad, and dessert are on the menu, we serve up to 80 diners. If curry is involved, we are lucky to serve 20; our members seem to prefer their meat and potatoes.

Nate is 39 years old and has been a resident of Astoria for the past 10 years, moving from Gresham to the coast after working at a Subway franchise.



Daymon Edwards

*Nate Wright is the new chef in charge of the Wednesday and Friday meals at Astoria Senior Center, while Simon Allen makes the meals on Mondays.*

Altogether, Nate has been in the food service industry for 20 years.

Cooking for Senior Dinners, Columbia Dinners, and as a prep chef at Fulio's (downtown Astoria) has given him experience and creativity, along with the ability to create menus on a budget.

Nate says his biggest challenge is preparing restaurant-quality meals from donation-grade ingredients.

### Time to eat

- **Mondays, Wednesdays, and Fridays:** 11:30 a.m. to 12:30 p.m.
- **Where:** Sorenson Room
- **Cost:** \$6

Another challenge is securing protein for ASC's lunches. Meat is expensive, and he doesn't want to skimp when it comes to ASC's meals.

The best part of the job, Nate says, is being of service to ASC members. He enjoys interacting with our members

and appreciates his kitchen helpers, Michelle and Marlyn.

When not planning menus and cooking, Nate enjoys spending time with his dogs, works part-time at Pet Works on 14th Street in Astoria, and is a 3D print enthusiast.

Nate cooks ASC's lunches on Wednesdays and Fridays. Simon Allen prepares lunches on Mondays.



### Volunteer of the month

## Friday hostess is positive, welcoming

Rebecca Duffy is Astoria Senior Center's Volunteer of the Month for February.

Rebecca, our Friday afternoon hostess, is always quick to ask, "May I help you?" of anyone who enters the door of the senior center.

She frequently offers to help other hostesses with whatever they may be doing. In addition to work-

ing the front desk, Rebecca volunteers at the monthly birthday party by cutting and serving cake to party guests.

She volunteers at other events to set up and keep the coffee brewing or whatever else is needed.

Her welcoming smile, positive attitude and willingness to help and support everyone is a wonderful asset to Astoria Senior Center.

## Bits and Pieces

### Dues are due

Have you paid your 2026 dues?

Membership is still just \$20 for the entire year. As a member, you get access to classes, activities, and events as well as discounts around town. For instance, members attending the Christmas luncheon got a free prime rib dinner valued at \$27.

Members also can check out books and movies from the library, help themselves to the give-and-take table in the hall near the restrooms, access the food pantry, and more.

To pay your dues, sign up in the lobby at the hostess desk.

### New parking policy

The two ASC parking spaces on the west side of the property have been redesignated.

One of the spaces is reserved for the executive director. The other has been turned into a 15-minute loading spot. Signs will be posted shortly.

And we urge caution if you park in the lot across from ASC and next to the American Legion Building. The lot is now being patrolled by the City of Astoria Parking Patrol. Be sure to park within the white lines in the designated parking spaces. Infractions will be ticketed.

### Lending library

French books: *Si vous pouvez lire ceci, vous serez heureux d'apprendre que l'ASC a acquis quelques livres en français pour sa bibliothèque de prêt.*

Audio books: We now have some audio books available at ASC. Contact the host-



Daymon Edwards

*Vic Kee shows off a selection in the video library.*

ess for more information.

Videos: Vic Kee and Susan Wells have been organizing our Video Library. Video recordings can be checked out with the hostesses.

### Ping-pong

Member Kip Johnson donated a standard ping-pong table with all the accoutrements to ASC. Kip, along with his buddies, set the whole thing up. It is portable and can be moved from room to room.

### Chess anyone?

Member Casey Brown would like to form a chess group on Thursday or Saturday afternoons. If you're interested, contact him directly at 760-660-2528 or let a hostess know if you'd like to participate.

### The kitchen freezer

The kitchen freezer has been saved from costly repairs. When the walk-in freezer overheated and stopped working, it was first thought that the condenser and fan would need a \$10,000 repair, but with Dean performing due diligence, it was found that fans used to circulate air around the motor solved the problem.

### ASC in the news

World Atlas has named Astoria as one of the 10 best towns on the Pacific Coast for retirees. Not only does the article posted on

Google News mention the area's bountiful beauty and history, it also mentions Astoria Senior Center as an amenity offering "opportunities for community engagement for active seniors." The link is here:

[www.worldatlas.com/cities/10-best-towns-on-the-pacific-coast-to-retire-comfortably.html](http://www.worldatlas.com/cities/10-best-towns-on-the-pacific-coast-to-retire-comfortably.html).

The center also got a nice mention in Astoria-Warrenton Area Chamber of Commerce's Jan. 15 "Chamber Chatter." The short article talks about the center's membership growth, includes a link to the newsletter, and suggests community members join if they're 60 or older.

### Stymied by a cell phone

Baffled, befuddled, or bewildered when you try to do anything other than talk on your cell phone? Taken aback by your tablet? If you need help figuring out how to text, send photos, fix settings, or listen to messages, try the center's monthly technology class.

The class is from 10 to 11:45 a.m. on the third Wednesday of the month in the classroom.

### In unison



Daymon Edwards

*Friends Evelyn Townsend and Roberta Smith go together well in their red, white, and blue outfits.*



Daymon Edwards

*Kip Johnson with the center's new ping-pong table.*

Getting to know the board

# Service brings satisfaction for 3-term director

Brenda Hoxsey of Warrenton was elected in November to her third term on the Astoria Senior Center's Board of Directors.

In 2021, she and her husband received the Chamber of Commerce's Richard Ford Award for service to the community.

**Age:** 83

**What did you do prior to retirement?**

My kids are my biggest success story, but I assume you're wondering about my career.

I was a barber/hairdresser/facial tech, and manicurist/salon owner/director of a beauty college. I was a consultant for the State of Oregon Health Licensing Agency and the state Department of Education.

I evaluated the final practical exam administered at the beauty colleges in Oregon.

**How did you get involved with Astoria Senior Center?**

A friend said, "You and Norm should go to the Senior Center, they're having a good lunch." During lunch we decided

**Brenda Hoxsey**

**Board Member  
At Large**

**Motto**

*"If we do our best,  
that's good  
enough."*



to join and paid our dues. After several months, I was asked to be on the board. Larry Miller, the former director, asked if I'd serve as a member at large.

**How do you see the center's future?**

I've served on the interviewing committee, nominating committee, Christmas lunch, and bylaws committee. I am chairman of the newsletter committee, which we started last April. It is an asset to the senior center. We've got a professional editor, wonderful writers, and we're proud of what we've got in the monthly newsletter.

The membership has increased over the years because of the organization, fun activities and getting the word out to our members. I foresee it necessary to enlarge our facility in the next few years.

**Tell us about yourself:**

I've been married to Norm Hoxsey for 54 years. We have a blended family; I have two adult sons, two stepdaughters, 10 grandchildren, and five great-grandchildren.

We came to Warrenton 30 years ago from the Portland area. I was raised on a ranch between Lone and Condon, Ore. I attended elementary and high school in Lone, and moved to Salem and Pendleton for college.

I enjoy learning and volunteering. I've tried almost every hobby over the years.

**Favorite movie?**

We don't attend many movies, but my favorites are "When Harry Met Sal-

ly," "Pretty Woman," and "Dirty Dancing."

**Favorite singers?**

Barbra Streisand and Neil Diamond. And I still love Elvis!

**Favorite book or author?**

I like mysteries or adventure.

**What makes you happy?**

I seem to be happiest being with family or helping people. I'm especially happy with the improvements Norm and I helped bring about in Warrenton as founders of Spruce Up Warrenton. The mission was to clean up properties, pressure-wash the sidewalks, plant flowers, paint signs, and so on. Hosting the Fall Festival, 4th of July parade, Easter egg hunt, and decorating for the holidays.

We've aged out of most of the projects, but the group is still active and making improvements. We're proud of what our community and group of friends accomplished, and glad to see new people involved now.

**Favorite quote?**

My kids gave me a magnet that I keep on the fridge: "Everybody is a genius, but if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid."

**What makes you proud?**

I've encouraged my family, friends, and employees to be their best every day. I've helped hairdressers with getting started, continuing their education, building a clientele, joining the team, and loving their chosen career. Many are still friends from 50+ years ago.

**What's something most people don't know about you?**

I won several awards during my career, but my most appreciated was being inducted into the National Association of Cosmetologist Hall of Fame in 1993 by the state of Oregon.

## Become a member!

Astoria Senior Center membership is just \$20 per year and entitles you to classes, activities, food pantry access, film and book libraries, and more.

**Sign up in the lobby  
with one of the  
hosts**

# Member's poem is all about us

By Cindy Yingst

Astoria Senior Center is a healing place. Just ask Martha Johnson.

She wrote a poem featuring a composite of characters she has interacted with who have helped her thrive in retirement.

"I cannot tell you how much I love the senior center," Martha said. "Being around people from my age group, it's a different way that we were. It feels so comfortable and it's so affectionate and beautiful."

Martha, 78, is a retired social service specialist for the state of Oregon. She has a master's degree in fine arts from Portland State University, where she studied painting and drawing. She painted a 30- by 70-foot mural at Clatsop Community College, which remained on a wall

in the student union for decades until recent renovations.

"I had an injury, though, and needed another creative outlet and that's when I began writing more seriously," she said.

And that's when she turned to prose and poetry.

She takes an aerobics class at the senior center three days a week and that has contributed to her healing, she said. "There are a lot of kind people there."

Her poem, "Senior Center," will be published in The Astorian's "Our Coast" publication, as well as the Salal Review in the spring, she said. Salal Review is a publication of Lower Columbia College in Longview, Wash.



Martha Ellen Johnson



The mural that stood for two decades in CCC's student union.

## Senior Center

By Martha Ellen Johnson

See the hobbled up guy?  
He once slogged through  
the jungle on a mission,  
The chronically bent-over woman  
with a decorative walking stick,  
she was once a graceful dancer;  
The shuffling old guy once  
went cross-country in his VW van,  
jumped out for a short hike  
before setting up camp  
for a few days, throwing  
a sleeping bag on the ground,  
where he slept like a baby until dawn;

That woman over there is happy  
she found the right cardamom  
for the bread she's certain  
she can get done by Saturday.  
She once had a bakery; up at 3 a.m.  
six days a week to get the loaves ready  
for the throng of buyers next morning.  
And there are the rest of us with stiff  
legs,  
shortened tendons, shooting pains  
in a shoulder for no known reason,  
fuzzy white hair, comfortable stretch  
pants,  
sensible shoes, glasses, hearing aids,  
canes, walkers.

We used to dance with abandon,  
skip rope, design lesson plans,  
steal second, form a band, play tag,  
demonstrate against injustices,  
chase after toddlers, try to write a  
poem,  
sing loudly and in tune, goof-off,  
hop in the car for an unplanned road  
trip,  
make love anywhere, any time, even  
under the desk at work when no one  
was there,  
attend rock concerts — the louder  
the better.

This is us now; beautiful us.

Please support these sponsors who support Astoria Senior Center



SAFeway



## Astoria innovator topic of talk



Author Greg Jacob was the featured speaker at the January membership meeting.

A Fulbright scholar and retired Portland State University English professor, Jacob wrote "Fins, Finns, and Astorians." But his talk focused on his younger brother, Bob "Jake" Jacob, who also was an author, and so much more. Jake died in 2018.

"Jake was bright, innovative, and a visionary," Jacob said. "He had determination. He had grit, or, as the Finns would say, sisu."

He built the Cannery Pier Hotel, facilitated the sale and renovation of the Liberty Theatre, convinced backers to bring the Astoria Trolley to town, had his hand in restoration of Astoria Armory, and the return of the Tourist No. 2 ferry –

although he didn't live long enough for it to come to fruition.

"He was able to bring people together for a common goal," Jacob said.

After his talk, Jacob sold and signed copies of his book.

Greg Jacob

## Do you have a good eye?

Here's a contest for you.

Brenda Hoxsey, who chairs the senior center's newsletter committee, was approached by one of the members who had an interesting idea for the newsletter.

How about a photo contest or game where we try to match our former selves with our current selves?

Members can submit a photo of themselves in their 20s, along with a current photo. We'll run them altogether and everyone can try to match them.

Just for fun, we've included photos of the newsletter committee to start you off. Daymon may be an easy match as the only male, but how about the rest of us?

Send your photos to Cindy, the newsletter editor, at [asc@dbclcy.net](mailto:asc@dbclcy.net). Or text them to 503-791-3972.

If you have hard copies of photos, take a picture of them with your phone and text them.



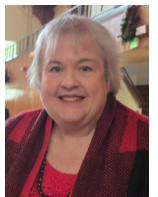
Daymon



Brenda



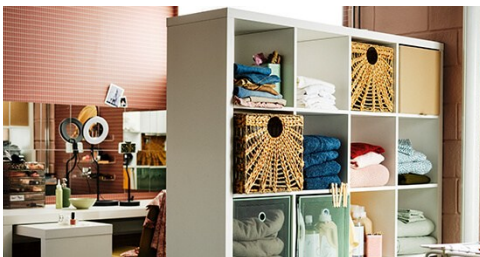
Anita



Cindy

## Trips & Events

*Because circumstances can change, contact a hostess at 503-325-3231 to make reservations and verify dates, times and costs.*



### Portland IKEA

8:30 a.m. Feb. 5, \$10 bus fee

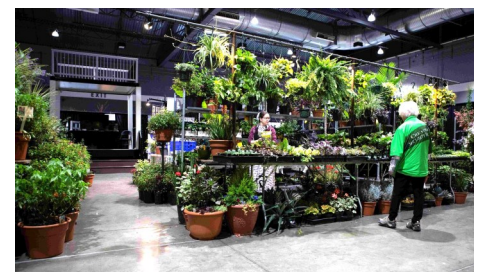
The massive location near PDX includes a huge selection of Nordic-style furniture, household items, and food. If Swedish meatballs are your thing, you'll love it here. Time to shop and eat.



### Lower Columbia Bowl in Astoria

1 p.m. Feb. 18, \$12 for three games

Lower Columbia Bowl was built in 1946 as a car dealership, but was converted to a bowling alley in 1956. It's known for its reasonable prices, nostalgic vibe, and cameo appearances in four movies. Food and drink are available, there's a pro shop that can fix all things bowling, and ASC's visitors will get free shoe rentals for the day.



### Portland Spring Home & Garden Show

9 a.m. Feb. 28, \$25 bus and entry fee

The event, sponsored by the Home Building Association, features DIY workshops, vendors, live cooking demonstrations, remodeling tips, and garden installations. You'll find plenty here to improve your place. Astoria's Bloomin' Crazy Floral is one of this year's six featured florists.

# No crime, but plenty of camaraderie for bunco group

By Daymon Edwards

When I first joined ASC, I noted that there was bunco on Tuesdays.

My first thought was that ASC seniors were somehow involved in nefarious activities, remembering watching the Bunco Squad in the '50s and '70s.

After attending one game, I realized it was just a fast-paced dice game. I was relieved and disappointed at the same time; I'd been hoping for some sort of speakeasy with a jaundiced quartet banging away in the corner and maybe Diet Pepsi served in coffee cups.

What I did find was a wonderful group of people having a fun time. And, once a month during the winter, traveling all the way to Seaside for Dooger's half-price Tuesday senior's dinner. What a group. Just walk into the Sorenson Room at the appointed time and you'll be welcomed into the fold.

Bunco is played from 1:30 to 3:30 p.m. Tuesdays in the Sorenson Room.



Daymon Edwards

The Tuesday bunco group gets together for a meal at Dooger's in Seaside.

## Astoria Aquatic Center: When a little dip will do ya

Astoria Aquatic Center features four pools, a full gym, and a cardio fitness area, all under one roof.

Using the aquatic center is a great way to stay in shape when the weather is bad or you need exercise that won't hurt aching joints.

There is a six-lane 25-yard lap pool, a recreation pool with a lazy river, a heated wading pool for children, and a hot tub.

Many insurance and Medicare supplemental plans offer free membership at Astoria Aquatic Center as a part of their benefits. These include United Healthcare, One Pass, Silver Sneakers, and Silver & Fit.

There are special times for senior swimming. An aqua-aerobics class for novices, which includes stretching and strengthening, is from 8:15 to 9:15 a.m. Wednesdays and Fridays. Advanced water exercise is 7 to 8 a.m. Tuesdays and Thursdays.

Open swim is from 6:30 a.m. to 6:30 p.m. Tuesday through

Friday and from 8 a.m. to 4:30 p.m. Saturdays. The pool is closed Mondays, but the gym is open 8 a.m. to 6:30 p.m.

### Drop-in prices

- Adults (ages 18-61) - \$8 per person.
- Youth (age 3-17) and seniors (62 and up) - \$6 per person
- Families (up to five family members) - \$20.
- Kids younger than 3 are free with a paid adult.

### Monthly Passes

- Adults (ages 18-61) - \$70 monthly or \$60 ACH\*
- Youth/Seniors - \$55 monthly or \$45 ACH\*
- Families (up to five family members) - \$90 monthly or \$80 ACH\*

\*ACH rates are for patrons who sign up for monthly recurring deductions from a checking or savings account.

The Aquatic Center, 1997 Marine Drive, is part of Astoria Parks & Recreation. Call 503-325-7027 for information or email [info@astoriaparks.com](mailto:info@astoriaparks.com).

## February birthdays

*"He who is of a calm and happy nature, will hardly feel the pressure of age." ~ Plato*

### Monthly birthday party

Join us at noon Friday, Feb. 27, to celebrate the birthdays

of members born this month. There's cake involved!

Did we miss your birthday or spell your name wrong? Please let us know at [asc@dblcyn.net](mailto:asc@dblcyn.net) or 503-791-3972. Or call the center director at 503-325-3231.

Denny Adas  
Marcia Arnold  
Richard Axelson  
Cecilia Balcomb  
Betty Binion  
Susan Bowe  
Shirley Brosius  
Deborah Brown  
Terri Buckmeir  
Karen Campbell  
Barbara Dee  
Vincent DiSisto  
Daniel Early  
Mark Ellis  
Becky Everson  
Geri Fick  
John Fremstad  
Wendy Gartrell  
Mary Greget  
Diane Hankins  
Drew Herzig

Sharon Hewitt  
Verna Hilburger  
Jeffrey Hoyt  
Marjorie Jones  
John Kahermanes  
Brad Kenoyer  
Danie Krizan  
Vicki Lind  
Robert Lisiewski  
Christine Lolich  
MaryLou McAuley  
Peter McGuire  
Roy Niemi  
Linda Norman  
Violet Olsen  
Ellen Raabe  
Cheryl Reck  
Thomas Scoggins  
Jane Shafer  
Robert Sharp  
Candy Sheeran

Sherry Simpson  
Suk Spaven  
Carolyn Sterling  
Lis Stubberfield  
Barbara Tallman  
Lianne Thompson  
Darrell Thrasher  
Suzanne Vlach  
Wenda Vorce  
Nancy Walsh  
Martima Warmke  
Sandi Warren  
Joseph Webb  
Carolyn Wells  
Christine Wells  
Ed Wernicke  
Bob Westerberg  
Eileen Williams  
Nancy Word  
Cyndi Wodrich  
Julie Yoder

## This month in history

**1805, Feb. 11** – Sacagawea gives birth to Jean Baptiste Charbonneau, the youngest member of the Lewis & Clark Expedition. Fellow explorers fondly call him “Pompy.”

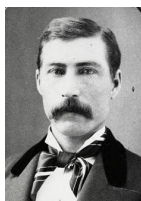
**1850, Feb. 14** – Oregon becomes the first state admitted to the Union with an exclusion law written into its constitution. The law is repealed 76 years later. Blacks aren’t allowed to vote until 1927, and interracial marriage won’t be allowed until 1951.

**1859, Feb. 14** – Oregon officially becomes a state, bringing an end to territorial governance.

**1892, Feb. 2** – Warrenton School District (District 30) is established.

**1899, Feb. 11** – The city of Warrenton incorporates. Seaside and New Astoria (later renamed Hammond), also incorporate this year.

**1913, Feb. 10** – Andrew Hammond, a railroad builder for whom the town of Hammond is named, settles a lawsuit filed by the federal government claiming he, the Weyerhaeuser Co., and others participated in a scheme to defraud the government of timber money meant for schools. He settled to return just \$40,000 of the \$211,000 claimed. The scheme is chronicled in the book, “Looters of the Public Domain,” by Steven A. Puter.



Hammond

**1927, Feb. 12** – “Oregon, My Oregon,” with lyrics written by Astoria Judge John Andrew Buchanan, is adopted as the official state song by joint resolution of the Oregon Legislature. Some changes were made to update the lyrics in 2021. His granddaughter, Carol Lambert, still lives in Hammond.



Buchanan

**1980, Feb. 14** – Astoria’s Senior Drop-In Center holds an open house in the former Merwyn (Waldorf) Hotel on Duane Street between 10<sup>th</sup> and 11<sup>th</sup> streets. Catholic Sister Patricia McCann, coordinator of the Area Agency on Aging, was a major proponent of the center. Within five years, Astoria Senior Center will move to its permanent home.

**1999, Feb. 4** – The New Carissa, a 639-foot freighter, runs aground near Coos Bay. A jury verdict required owners to pay the state \$25 million for its removal, an obligation fulfilled in 2008.

## Community Activities

**Knit/crochet volunteers**, a group making blankets for hospital patients, 4 to 6 p.m. Wednesdays at Park Medical Building, Ste. 203 (west entrance). Info: 971-286-0085.

**Coffee and Pastries for Veterans**, 9 to 11 a.m. Thursdays, Astoria Elks Lodge, 453 11th St. Free.

**Sit & Stitch**, 1 to 3 p.m. Saturdays, Astoria Public Library. Meet and socialize with fellow knitters, crocheters, and fiber arts enthusiasts.

**Overture Overdrive** concert by North Coast Symphonic Band, 1:30 p.m. Feb. 1, Liberty Theatre. Advance tickets \$15 at libertyastoria.showare.com.

**“It Happened One Night,”** Silver Screen Film Series, 2 p.m. Feb. 3, Liberty Theatre. Free to ASC members who reserve a seat at 503-325-3231, otherwise \$5.



**Total Joint Replacement Class**, 11 a.m. Feb. 4 and 18, Conference Room A, CMH. Free. Register at 503-338-4075.

**Weight Loss and Diabetes Prevention** class by CMH, 5:30 p.m. Feb. 4, with 22 additional class sessions throughout the year. Free. Register at 503-325-4321, Ext. 82807.

**Veterans Breakfast** with veteran services officer, 8 to 10 a.m. Feb. 5, Lum’s Auto Center, 1605 S.E. Ensign Lane, Warrenton. Free.

**Salty Brotherhood of American Whalers**, a talk by Clatsop Community College Instructor Julie Brown, 7 p.m. Feb. 5, Lovell Taproom at Fort George Brewpub. Free.

**“What the Constitution Means to Me,”** a play by Ten Fifteen Productions, 6 p.m. Feb. 1, and 7:30 p.m.

Feb. 5, 6, and 7, in the McTavish Room at Liberty Theatre. Tickets \$20-\$25 at thetenfifteentheater.com.

**Author Talk** with former Astorian Editor Steve Forrester and his book about U.S. Sen. Richard Neuberger, 5:30 p.m. Feb. 11, Astoria Public Library. Free.

**Gothic Valentine Bazaar** featuring oddities, “dark” art, jewelry, tarot readings and unusual gifts, 4 to 9 p.m. Feb. 13, Liberty Theatre’s McTavish Room. Free.

**Grief Support Group**, 2:30-4 p.m. Feb. 19, Lower Columbia Hospice, 2120 Exchange St., Ste. 203. Info: 503-338-6230.

**Uptown Jazz Orchestra** with Grammy-winning trombone player Delfeayo Marsalis, 7:30 p.m. Feb. 20, Liberty Theatre. Tickets \$37-\$60 at libertyastoria.showare.com.

**Nordic Winter Market**, 10 a.m. to 4 p.m. Feb. 21, Suomi Hall, 244 W. Marine Dr. Shopping, Pannukakku breakfast for \$12; free admission.

**Roaring ‘20s Casino Night** fundraiser, 6-10 p.m. Feb. 21, Clatsop County Historical Society Heritage Museum, 16th and Exchange streets. \$20. Info: 503-325-2203.

**Dental Van Services** for those without adequate insurance, 8 a.m. to 4:30 p.m. Feb. 23, Clatsop Community Action, 364 Ninth St. Walk-ins only. Free.

**AI for Everyone**, a talk describing how ChatGPT and other forms of AI work, 5:30 p.m. Feb. 25, Astoria Public Library. Free.

**Dementia Support Group**, 6 to 7 p.m. Feb. 26, Trustwell Living at Astor Place, 999 Klaskanine Ave. Info: 503-325-6970.

**Fisherpoets Gathering**, multiple times and locations, Feb. 27-March 1. Tickets \$20 at fisherpoets.org.

# The fine art of feeling better

By Anita Lambert

Feeling the winter blues? Between gray skies and gloomy news, now's the perfect time to let a little art (and maybe music!) lift your spirits.

I recently chatted with Jo Pomeroy, watercolor artist and owner of Astoria Art Loft on Third Street above the Fine Art Supply store.

Jo grew up in a family of artists, musicians, and writers and has carried that love of expression through her life. With a PhD in cognitive development from Arizona State University, (among many other degrees), she understands the benefits art can bring.

Art promotes balance, stability, and harmony, Jo says. It eases depression, distracts from pain, and keeps your creativity and sense of humor alive. Research agrees. Creating or viewing art doesn't just brighten your mood, it helps your body by lowering cortisol (your main stress hormone) and activating calming, anti-inflammatory pathways.

Regular participation in cultural activities has been linked to longer life, better brain health, and stronger immunity. Therapeutic effects of art extend to post-traumatic stress disorder and depression as well, with many benefitting from expression that's unhindered by formal language. Thus, art therapy is a great adjunct to talk therapy, and has been used as a therapeutic element in dementia and for folks recovering from strokes.

Art is such good medicine, in fact, that social prescribing of the arts became a part of the United Kingdom's national health policy in 2019.

If you're one of those folks who feels you haven't an artistic bone in your body and say "I can't even draw!" rejoice! As Jo says, you can paint even if you can't draw. Painting is easier, she says. So pick up a brush!

There are plenty of ways to tap into the health benefits that art can provide. At Astoria Art Loft, you can try a watercolor workshop, work with fused glass, or take a drawing class.

The senior center has scrapbooking and crafting groups. Check with the front desk for dates and times. If you're not ready to try your hand at creating art, many health benefits extend to simply looking at art. Stop by the Art Loft, browse the gallery, and enjoy the creative energy.

If music is more your muse, no worries. There are benefits from creating and listening to music as well. For example, singing isn't just fun, it has been prescribed to help people with asthma and other respiratory challenges improve breath control and strengthen lung capacity. Music as therapy also can encourage physical movement, which we all know is good for us.

Music or movement both can be had at the senior center. Why not visit the weekly jam sessions or join the line dancing classes?

Whether you paint, sing, dance, or simply soak it all in, let this winter be your season for creativity. You might just find that art truly is the best medicine for mind, body, and community.

Anita Lambert is a registered nurse.



Artwork by Jo Pomeroy



Feb. 7

## Four Christmases

(2008), 1:28

*Four Christmases collide,  
Family chaos unfolds,  
Love grows through the storm.*



Feb. 14

## Milk Money

(1994), 1:50

*A boy's secret quest,  
Saving coins for kindness' gift,  
Hope in every time.*



Feb. 21

## Cold Mountain

(2003), 2:34

*A journey through pain,  
Mountains hold lost souls and  
dreams,  
Love's path carved by war.*



Feb. 28

## Matilda

(1996), 1:38

*A girl sharp and bright,  
Books her fortress,  
Mind her sword,  
Magic in her heart.*



— Synopses by Daymon Edwards



## Hospital pharmacy reopens in larger, streamlined space

Columbia Memorial Hospital's pharmacy has reopened. It had closed in September for remodeling.

The CMH Outpatient Pharmacy is in a brighter, more modern space on the west side of the Park Medical Building, across the street from the hospital. You don't need to be an established CMH patient.

"We appreciate the community's kindness and patience as we completed the remodel and continue to work through software update challenges," Pharmacy

Manager Jeff Chow said. "We're excited to be seeing patients in the new space."

The pharmacy now has room for private consultations, pet medications, and the administration of adult vaccinations for pneumonia, shingles and covid.

In the spring, the pharmacy plans to begin offering compounding services, the first available in the county. And it will be able to take orders for durable medical equipment, such as walkers, rollators, and wheelchairs.

In addition, the pharmacy offers pharmacist-prescribed birth control, free prescription delivery from Knappa to Cannon Beach, medication disposal, prescriptions for Narcan, optimized refill scheduling, and medication labels in more than 50 languages.

The address is 2120 Exchange St., Suite 101. Pharmacy hours are 8 a.m. to 6 p.m. (closed for lunch from 1 to 1:30 p.m.). To switch prescriptions over, call 503-338-4560 or 503-738-3006.

## Cruise host group seeks folks who are warm and welcoming



Cindy Yingst

*A cruise ship docked at Pier One. Astoria-Megler Bridge is in the background.*

Astoria Cruise Hosts is getting ready for the 2026 cruise season and members would love to have you join the welcome crew. The season runs April through October.

No experience is required — just a love of Astoria and a friendly smile. There are flexible shifts and multiple locations available.

Volunteers greet guests, share local tips, and help create a warm first impression of our community. The organi-

zation is also recruiting a paid scheduler to coordinate shifts and keep operations running smoothly.

More than a dozen ASC members serve as cruise hosts, four of them on the group's board (Clarke Powers, Rochelle Stramiello, Sylvia Davis, and Teresa Buckmeir).

If you're interested in being part of the team, sign up at [www.clatsopcruisehosts.com](http://www.clatsopcruisehosts.com) or email [cruisehostboard@gmail.com](mailto:cruisehostboard@gmail.com) for more information.

## If retirement has you in a quandary, consider an ENCORE class

ENCORE has three new classes beginning this month at ASC.

**Perspective and the Brain**, 11 a.m. Mondays, Feb. 2 through March 9. Instructor Mo Balaam. Discover the meaning of perception in the realms of psychology and neurology, and how the brain makes sense of things.

**Philosophy/Ethics of the Eightfold Path**, 2 p.m. Mondays, Feb. 2 through March 9. Instructor Bernice Moore. The class focuses on the eight principles of meditative

awareness and mindfulness.

**Hurdles in Retirement**, 2 p.m. Fridays, Feb. 6 to March 13. Instructor is Thom Allison. Life transitions are inevitable at any age, and the class will help one gain skills to navigate them. It's for those about to retire and those already in retirement.

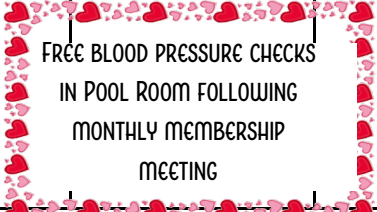
### Ongoing classes

**Online Writing Exchange**, 9:45 a.m. Tuesdays through Feb. 24, on Zoom. Instructor Eric Anderson. Share your memoir, short story, poem, or novel chapter

and receive kind, constructive feedback.

**Buddhist Philosophy in China**, 10 a.m. Fridays through March 20. Instructor Seth Tichenor. Explore political, cultural, and philosophical issues that gave rise to Chinese Buddhism.

ASC members are welcome to attend up to two classes for free. After that, ENCORE memberships are \$50 for unlimited class attendance throughout the year. For more information or to sign up, call 503-338-2566 or visit [encorelearn.net](http://encorelearn.net).

| Monday                                                                                                                                                                                           | Tuesday                                                                                                                                                                                                     | Wednesday                                                                                                                                                                                                                                | Thursday                                                                                                                                                                                                   | Friday                                                                                                                                                                                                                                                                      | Saturday                                                                                      |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|
| <b>2</b><br>9 am Exercise CR<br>9:45 Yoga CR<br><b>11 am ENCORE Brain Perspectives CR</b><br><b>11:30 Hot lunch SR</b><br>1 pm Mahjong SR                                                        | <b>3</b> 9 am Tai Chi CR<br>9:30 Live Tai Chi CR<br><b>9:45 ENCORE online writing class</b><br><b>10 am Women's Meeting PR</b><br>11 am Bridge CR<br>11 am Line Dance SR<br>1 pm Crafts CR<br>1:30 Bunco SR | <b>4</b> 8 Genealogy PR<br>9 am Exercise CR<br>9:45 Yoga CR<br><b>11 Men's Mtg CR</b><br><b>11:30 Hot lunch SR</b><br>1 pm Mahjong CR<br>1 pm Beg. Line Dance SR<br>2:30 Adv. Line Dance SR                                              | <b>5</b> 9 am Tai Chi CR<br>930 Live Tai Chi CR<br><b>9 IKEA trip</b><br>11 Bridge CR<br>11 Line Dance SR<br>1:15 Pinochle, Shang Hi, Skip Bo SR<br>6-8 pm Jam Session CR                                  | <b>6</b> 9 am Exercise CR<br><b>10 am ENCORE Buddhist Philosophy. CR</b><br><b>11:30 Hot lunch SR</b><br>12:30 pm Adv. Line Dancing, CR<br>1 pm Bingo SR<br><b>2 pm ENCORE Retirement Hurdles CR</b>                                                                        | <b>7</b><br>1130 am Movie CR<br>11:45 am Games SR                                             |
| <b>9</b><br>9 am Exercise CR<br>9:45 Yoga CR<br><b>11 am ENCORE Brain Perspectives CR</b><br><b>11:30 Hot lunch SR</b><br>1 pm Mahjong SR                                                        | <b>10</b><br>9 am Tai Chi CR<br>9:30 Live Tai Chi CR<br><b>9:45 ENCORE online writing class</b><br>11 am Bridge CR<br>11 am Line Dance SR<br>1 pm Crafts CR<br>1:30 Bunco SR                                | <b>11</b><br>8 am Genealogy PR<br>9 am Exercise CR<br>9:45 Yoga CR<br><b>11:15 Neptune Theatre Trip</b><br><b>11:30 Hot lunch SR</b><br>1 pm Mahjong CR<br>1 pm Beg. Line Dance SR<br>2:30 Adv. Line Dance SR                            | <b>12</b><br>9 am Tai Chi CR<br>930 Live Tai Chi CR<br>11 Bridge CR<br>11 Line Dance SR<br>1:15 Pinochle, Shang Hi, Skip Bo SR<br>6-8 pm Jam Session CR                                                    | <b>13</b> 9 am Exercise CR<br>9 am Scrapbook & Card-making SR<br><b>10 Peter Marsh talk SR</b><br><b>10 am ENCORE Buddhist Philosophy. CR</b><br><b>11:30 Hot lunch SR</b><br>12:30 Line Dance CR<br>1 pm Bingo SR<br><b>2 pm ENCORE Retirement Hurdles CR</b>              | <b>14</b><br>1130 am Movie CR<br>11:45 am Games SR                                            |
| <b>16</b><br>9 am Exercise CR<br>9:45 Yoga CR<br><b>11 am ENCORE Brain Perspectives CR</b><br><b>11:30 Hot lunch SR</b><br>1 pm Mahjong SR                                                       | <b>17</b><br>9 am Tai Chi CR<br>9:30 Live Tai Chi CR<br><b>9:45 ENCORE online writing class</b><br>11 am Bridge CR<br>11 am Line Dance SR<br>1 pm Crafts CR<br>1:30 Bunco SR                                | <b>18</b> 8 Genealogy PR<br>9 am Exercise CR<br>9:45 Yoga CR<br><b>10 Technology help</b><br><b>10 Shipwrecks talk</b><br><b>11:30 Hot lunch SR</b><br><b>1 pm Bowling</b><br>1 pm Mahjong CR<br>1 pm Line Dance SR<br>2:30 Adv. Line SR | <b>19</b><br><b>9 am Board Mtg.</b><br>9 am Tai Chi CR<br>930 Live Tai Chi CR<br><b>10 Membership Mtg</b><br>11 Bridge CR<br>11 Line Dance SR<br>1:15 Pinochle, Shang Hi, Skip Bo SR<br>6-8 pm Jam Session | <b>20</b><br>9 am Exercise CR<br><b>10 am ENCORE Buddhist Philosophy. CR</b><br><b>11:30 Hot lunch SR</b><br>12:30 pm Adv. Line Dancing, CR<br>1 pm Bingo SR<br><b>2 pm ENCORE Retirement Hurdles CR</b>                                                                    | <b>21</b><br>1130 am Movie CR<br>11:45 am Games SR                                            |
| <b>23</b><br>9 am Exercise CR<br>9:45 Yoga CR<br><b>11 am ENCORE Brain Perspectives CR</b><br><b>11:30 Hot lunch SR</b><br>1 pm Mahjong SR                                                       | <b>24</b><br>9 am Tai Chi CR<br>9:30 Live Tai Chi CR<br><b>9:45 ENCORE online writing class</b><br>11 am Bridge CR<br>11 am Line Dance SR<br>1 pm Crafts CR<br>1:30 Bunco SR                                | <b>25</b><br>8 am Genealogy PR<br>9 am Exercise CR<br>9:45 Yoga CR<br><b>11:30 Hot lunch SR</b><br>1 pm Mahjong CR<br>1 pm Beg. Line SR<br>2:30 Adv. Line Dance SR                                                                       | <b>26</b><br>9 am Tai Chi CR<br>930 Live Tai Chi CR<br>11 Bridge CR<br>11 Line Dance SR<br>1:15 Pinochle, Shang Hi, Skip Bo SR<br>6-8 pm Jam Session CR                                                    | <b>27</b> 9 am Exercise CR<br>9 am Scrapbook & Card-making SR<br><b>10 am ENCORE Buddhist Philosophy. CR</b><br><b>11:30 Hot lunch SR</b><br><b>Noon-1 Birthday party FL</b><br>12:30 pm Adv. Line Dancing, CR<br>1 pm Bingo SR<br><b>2 pm ENCORE Retirement Hurdles CR</b> | <b>28</b><br><b>9 am Home &amp; Garden Show trip</b><br>1130 am Movie CR<br>11:45 am Games SR |
| <div>  <p>FREE BLOOD PRESSURE CHECKS<br/>IN POOL ROOM FOLLOWING<br/>MONTHLY MEMBERSHIP<br/>MEETING</p> </div> |                                                                                                                                                                                                             |                                                                                                                                                                                                                                          |                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                             |                                                                                               |
| <div> <p>PR= Pool Room<br/>CR= Classroom<br/>SR= Sorenson Room<br/>FL= Front Lobby</p> </div>                                                                                                    |                                                                                                                                                                                                             |                                                                                                                                                                                                                                          |                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                             |                                                                                               |