

# Vendors sought for Super Sale

The Daily Astorian

ROSBURG, Wash. — Vendors and individuals are welcome to participate in the fourth annual Indoor Super Sale March 25 at the Grays River Valley Center at Johnson Park, 30 Rosburg School Road. The event, which runs from 10 a.m. to 4 p.m., is a

fundraiser for the center.

Items for sale can be gently used, repurposed, vintage, antique or newly crafted. Food and beverages will be available during the event, and a bake sale will be provided by the Friendship Circle of the Grays River United Methodist Church.

There are over 50 table

spaces available, approximately 5 feet by 10 feet; the cost is \$10 for the first space, and \$5 for each additional space. There is room for tents outside, and lawn spaces are \$25 each. Set up is March 24.

For information, and to reserve a spot, call Donna Hardey at 360-465-2273.

# Sea Scouts set to hold spaghetti dinner

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Astoria Sea Scout Ship 635 is holding its annual fundraiser Spaghetti Dinner Saturday downstairs in the Fellowship Hall at First Lutheran Church, 725 33rd St. The meal starts being served at 4:30 p.m.; a short program begins at 6 p.m. The cost is \$10 per person, but those age 10 and younger are free.

Sea Scouting is a Boy Scouts of America program for young men and women ages 14 through 20.

For questions, call Hal Nauman at 503-791-2830.

# The Harbor hosts a meet on Monday

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The Harbor, formerly known as the Clatsop County Women's Resource Center, will host a meet and greet with staff and board members from 5 to 7 p.m. Monday at the Carruthers restaurant in downtown Astoria.

The Harbor is a nonprofit serving the residents of Clatsop County for more than 40 years. The Harbor assists in the intervention, recovery and well-being of survivors of domestic violence, sexual assault and stalking. The group runs a crisis line 24 hours a day, a Sexual and Domestic Assault Response Team, other advocacy services and an on-the-job employment training program through its Déjà Vu Thrift Shop and Boutique.

Carruthers is located at 1198 Commercial St. There will be a cash bar along with coffee and water.

## SENIOR NOTES

**Alzheimer's Association Oregon Chapter** — Information, referral and counseling services for families and caregivers of people with Alzheimer's, dementia and other related disorders. For information, call 800-272-3900 (24 hours a day).

**Astoria Alzheimer's & Other Dementia Family Support Group** — 2 to 3:30 p.m. third Monday, Clatsop Care Center, 646 16th St., first floor conference room. Open to all family members of people with dementias. For information, call Rosetta Hurley at 503-325-0313, ext. 216, or email support@clatsopcare.org

**Clatsop Behavioral Health After Hours Crisis Line** — 503-325-5724.

**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), www.adrcforegon.org. Information and services for older adults, people with disabilities, their caregivers and families.

**Oregon Home Care Commission Registry and Referral System** — 877-867-0077, https://www.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.

native and non-native speakers. Training available. For information, call 503-338-2557.

**Clatsop County Public Works** — 1101 Olney Ave. Adopt-A-Road volunteers needed to remove litter two times (minimum) per year for two years. Safety equipment and supplies provided. Volunteers must receive safety orientation. For information, call 503-325-8631.

**Clatsop Cruise Hosts** — Looking for volunteers to meet and greet cruise ship passengers and crew, provide information and answer questions about the Clatsop County area. Ships arrive in the spring and fall, about 20 ships each year. Work all the ships or part of them. For information, go to www.clatsopcruise-hosts.org

**Columbia Memorial Hospital** — Needs volunteers to provide assistance to patients, visitors and hospital staff. Training provided. For information, go to www.columbiamemorial.org. To schedule an interview, call 503-325-4321.

**Columbia River Maritime Museum** — 1792 Marine Drive. Volunteer opportunities for those with an interest in maritime history. For information, call the volunteer coordinator weekdays at 503-325-2323.

**Columbia Senior Diners** — 1111 Exchange St., Astoria Senior Center. Volunteers needed weekdays to serve tables and for kitchen help. To volunteer, call 503-325-9693.

**Friends of Seaside Library** — 1131 Broadway, Seaside. Volunteers needed to staff the fundraising store. For information, call 503-738-6742 or stop by the library.

# Tuesday's Fort George proceeds go to CASA

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The Clatsop Court Appointed Special Advocates (CASA) Program is holding a fundraiser from 4:30 to 9 p.m. Tuesday at the Fort George Brewery, 1483 Duane St. Proceeds from all food and drink

sales upstairs at the Fort will support the work of CASAs. Raffle items at the event include the chance to design a burger for Fort George's guest burger Wednesday.

The Clatsop CASA Program currently advocates for more than 90 children who

endured abuse or neglect, to ensure that they can grow up in safe, loving, permanent families. For information, or to donate or volunteer, contact Julia Mabry at julia@clatsopcasa.org, call 503-338-6063 or go to www.clatsopcasa.org

# Chronic pain seminar begins Wednesday

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WARRENTON — A free two-part seminar on chronic pain management begins Wednesday, and is being held from 1:30 to 3:30 the North Coast Pain Clinic, 65 N. U.S. Highway 101, Suite 208. The program, which is for those experiencing chronic pain,

family members and other interested people, is intended to provide an understanding of the complexities associated with chronic pain. It will also give an overview of the holistic tools and techniques that have been successfully utilized to better help manage chronic pain.

Those attending the first

session can also attend a follow-up session on Feb. 8 from 1:30 to 3:30 p.m. Those completing both sessions will receive a certificate of completion.

To make a reservation, call 503-501-4774. Space is limited. For information, call or go to www.northcoastpain-clinic.weebly.com

## 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; 7 p.m. Thursday, Crossroads Community Church, 40618 Old Highway 30, Svensen. For information, call 503-458-6467.

**Al-Anon (Clatskanie)** — 8 p.m., Monday, United Methodist Church, 290 S. Nehalem St. 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; noon Friday, 5012 Third St., call 503-730-5863 for information.

**Al-Anon Family Groups** information line for Clatsop and Tillamook counties, 503-338-5688. Oregon Area Al-Anon website. oregonal-anon.org

**Alateen (Tillamook)** — 6:30 p.m. Thursday, 5012 Third St. For information, call 503-730-5863.

**Alcoholics Anonymous** — To find a meeting, call 503-861-5526 or go to www.aa-oregon.org

**Celebrate Recovery** — 6 p.m. Thursday, The Table Church, 852 Broadway, Seaside. Faith-based 12-step program designed to help anyone struggling with hurts, habits and hangups, including drugs and alcohol, anger, co-dependence, domestic abuse or sex, food or pornography addictions. Being religious not required. Free dinner and child care provided. For information, call D.B. Lewis at 503-741-5977.

**Eating Disorders Anonymous** — 1:10 to 2:10 p.m. Wednesdays, River Zen Yoga, 399 31st St. A 12-Step program. For information, call Susan Williams at 510-417-5553.

**Kick Butts Group Meets (Nicotine Anonymous)** — 6:30 to 7:30 p.m. Wednesday, Seaside Public Library, 1131 Broadway.

**Men's Sexual Purity Recovery Group** — Tuesday nights. Part of the Pure Life Alliance (www.purelifealliance.org) in Portland. For information, call the confidential voice mail at 503-750-0817 and leave a message.

**Narcotics Anonymous** — The Northwest Oregon Area of Narcotics Anonymous (NwONA) holds meetings in Clatsop County. For full schedule details, as well as upcoming special events, call the Helpline at 503-717-3702, or go to www.nworegonna.org

## WANTED

**Alder and Maple Saw Logs & Standing Timber**

*Northwest Hardwoods • Longview, WA*

Contact: John Anderson • 360-269-2500

## VOLUNTEER OPPORTUNITIES

**4-H** — Looking for 4-H leaders. For information, call Sandra Carlson at the Oregon State University Extension at 503-325-8573.

**American Red Cross** — Needs registration volunteers (donor ambassadors) in Clatsop County to provide customer service and enhance the blood donor experience. For information, call Angela Basurto at 503-528-5430.

**Astoria Column** — 1 Coxcomb Drive. Volunteers needed to welcome visitors, provide information and answer questions about the Astoria Column and the city of Astoria. For information, call the Friends of the Astoria Column Visitor Center at 503-325-2963.

**Astoria Riverfront Trolley Association** — 111 W. Marine Drive. Needs conductors/motormen to operate trolley and narrate points of interest. One or more three-hour shifts per month. For information, call the 503-325-6311.

**Astoria Senior Center** — 1111 Exchange St. To volunteer, call Larry Miller at 503-325-3231.

**Astoria-Warrenton Area Chamber of Commerce** — 111 W. Marine Drive. Volunteers needed at the chamber and for events. For information, call 503-325-6311.

**Camp Kiwanilong** — A large variety of volunteer opportunities are available. For information, call 503-861-2933 or go to www.campkiwanilong.org

**Caring Adults Developing Youth (CADY) Mentoring Program** — 800 Exchange St., second floor. Needs mentors for youths ages 10 to

17 at risk of school failure. Time commitment: one year, about eight hours per month. For information, contact Laura Parker at 503-325-8601 or lparker@co.clatsop.or.us

**Clatsop Animal Assistance Inc.** — Needs volunteers who have a strong commitment to work on behalf of the Clatsop County Animal Shelter's dogs and cats. For information, email info@dogscats.org or call 503-861-0737.

**Clatsop Care Center** — Volunteers needed daily for all three meals to provide one-on-one assistance to dining dependent residents. Volunteers must participate in a 16-hour training program. For information, contact Mandy Branchley at 503-325-0313, ext. 209.

**Clatsop County Animal Shelter** — Animal care volunteers age 16 and older needed for one 3-hour shift per week. Pick up an application at 1315 S.E. 19th St., Warrenton. For information, or to schedule orientation, call Leslie Atkinson at 503-325-1000.

**Clatsop Community Action Regional Food Bank** — Volunteers needed to help hand out fruits and vegetables at the weekly produce pantries for two hours on Thursdays, from April to October, in Seaside and Warrenton. Warehouse attendants are needed for food packing or processing, picking orders for agencies, light janitorial and housekeeping, or lawn and grounds maintenance. Three to four-hour shifts are available Monday through Friday. To volunteer, call 503-861-3663.

**Clatsop Community College Outreach Literacy** — Needs volunteer literacy tutors to work with adults,



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## What are your goals this year?

**Get Fit**

- Cardiac/Pulmonary Rehab **503-338-4052**
- A Matter of Balance class **503-338-7564**
- Strong Women, Strong Bones class **503-338-7564**
- Tai Chi **503-338-7564**

**Manage Pain**

- Physical Therapy Services **503-338-7555**
- Chronic Pain Management class **503-338-7564**

**Eat Healthier**

- Diabetes Education **503-338-4012**
- Living Well with Diabetes class **503-338-7564**
- Healthy Eating for Successful Living class **503-338-7564**

**Quit Tobacco**

- Tobacco Cessation **503-338-7564**

**Help Others**

- Volunteer **503-325-4321**
- Donate **503-325-3208**

Make the Call!

2111 Exchange Street, Astoria, Oregon • 503-325-4321  
www.columbiamemorial.org