

Instant Gratification Race offers gain, but no pain for runners

The Daily Astorian

Astoria Parks and Recreation, along with the Astoria Downtown Historic District Association are inviting the community to participate in the third annual Instant Gratification Race — All Fun No Run fundraiser at the Baked Alaska Annex at 12th Street

and the Riverwalk. The event starts at 3:30 p.m. Sunday with a preparty, followed by the ceremonial 0.0-mile “race” and an after-party and awards ceremony. “Runners” will be treated to a free beer from Fort George Brewery and food.

The purpose of the event — whose motto is “We Don’t Run So You Can!” — is to

raise money to help fund Astoria Parks & Recreation fun runs and health and wellness programming that were cut at the beginning of the year. Entry to the event costs \$25, and includes a race bib and a specially designed T-shirt. Interested individuals can sign up or get more information at <http://bit.ly/2hAJsBi>



Submitted Photo

Oregon State University Extension forestry and natural resources faculty member Valerie Grant in the woods near Astoria.

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 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.

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).

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.

‘Know your trees’ is subject of Nature Matters talk

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Valerie Elder, an Oregon State University Extension forestry and natural resources faculty member, presents “Know Your Forests, Know Your Trees: Native Tree Identification and Ecology,” the first in the Nature Matters series of the season, at 7 p.m. Thursday at Fort George’s Lovell Building showroom. The event is free

and open to the public, and the doors open at 6 p.m.

Elder works primarily with small woodland owners, helping them meet their diverse management objectives like increasing wildlife habitat or productivity of their land. She is also an adjunct professor in dendrology at Tillamook Bay Community College. Her presentation focuses on where common coastal trees are

found, why they are well suited to the coastal fog belt, and how wildlife and people use them.

Nature Matters is hosted by Lewis and Clark National Historical Park in partnership with the North Coast Watershed Association, the Lewis & Clark National Park Association and Fort George. For information, call 503-861-2471 or go to www.nps.gov/lewi

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 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 Veteran Van Drivers — Volunteer drivers needed for the Disabled American Veterans van for one or more trips per month. The van leaves Astoria at 7 a.m. for the Portland Veterans Administration Hospital and returns in the early afternoon. To volunteer, contact Dick Lang, Astoria DAV van coordinator, at 503-298-8757 or dicklang@charter.net. Drivers receive free breakfast and lunch vouchers for the hospital canteen on every trip.

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.camp-kiwanilong.org

Cannon Beach Academy — 3781 S. Hemlock St., Cannon Beach. Volunteers needed for breakfast or lunch preparation and cleanup, reading groups, math groups, lunch/recess duty and housekeeping. Shifts are 1.25 hours or longer. For information, call 503-298-5245.

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 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 Brenchley at 503-325-0313, ext. 209.

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 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.

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.

Oregon Coast Real Estate

WWW.OREGONCOASTREALESTATE.COM

41957 Wickiup Terrace Lane, Astoria

- Peaceful serenity of the country yet close to city amenities!
- Lovely 3 bedroom, 1 bathroom ranch home
- Located on a quiet cut-de-sac, fully fenced backyard with patio off the dining room
- Hardwood floors and upgraded bathroom

\$249,999

TERRY MISTOFSKY
909-633-9886

AREA Properties
503-325-6848

41757 Woodard Lane, Seaside

NEW LISTING

- Immaculately maintained 3 bedroom, 2 bath, 2015 Barrington Premier Good Sense home
- Over 3 acres of property, room for RV parking, family camping and more.
- Spacious open floor plan, large dining room, all gas appliances included in sale.
- New dual fuel generator, 2015 John Deere D125 lawn tractor, marketable timber and a chicken coop with 4 hens are included in the sale!

\$259,500

MEAGAN LEWIS
503-440-0155

AREA Properties
503-325-6848

91085 Hwy 202, Astoria

- Private forested location with views of Youngs River
- Charming updated home with deck and patio
- Over 2,000 sq.ft. of living space
- Double car garage

\$415,000

VICKY RUTHERFORD
503-338-2116

AREA Properties
503-325-6848

285 Melbourne Avenue, Astoria

- Columbia River Views and charming throughout!
- This Triplex is just a short distance to downtown Astoria
- One 2 bedroom, 1 bath; Two 2 bedroom, 1 bath; and Three 1 bedroom, 1 bath units
- Good rental history, 5 off street parking places, perfect for investor or owner occupant

\$359,000

MARY WIKSTROM
503-791-9381

AREA Properties
503-325-6848

4809 Leif Erickson Drive, Astoria

- 3 bedroom, 2 bath Riverview home
- Private backyard on oversized lot
- Newer windows, tile shower, stainless appliances
- Large master bath with jetted tub

\$255,000

MEAGAN LEWIS
503-440-0155

AREA Properties
503-325-6848

35242 Orchard Lane, Astoria

- Great home on oversized, corner lot in desirable Lewis & Clark
- Move in ready with new carpet throughout, new paint inside and out
- Newer roof, some new windows, attic finished for extra storage
- 2 bedrooms, 1 bath, 1 car garage

\$217,500

VICKY RUTHERFORD
503-338-2116

AREA Properties
503-325-6848

735 Point Triumph Condo #10, Hammond

- Columbia River front luxury condo with panoramic river and mountain views.
- Open living room, dining and kitchen, gas fireplace, & 1/2 bath on main level.
- Light & open loft with great room, wet bar, master bedroom suite and 2nd bedroom and bath
- Attached garage, riverfront deck with manicured common areas

\$395,000

MARY WIKSTROM
503-791-9381

AREA Properties
503-325-6848

2870 Log Bronc Way, Astoria

- Classic Contemporary home located in Astoria’s hip Mill Pond Village
- Views of the Columbia River & Astoria Riverwalk
- Spacious living room with vaulted ceilings, formal dining area, chef’s kitchen
- 2 spacious bedrooms, 1.5 bath, bonus private view deck, attached garage

\$369,950

DEBRA BOWE
503-440-7474

Windermere/Pacific Land Co.

43804 Sylvandale Lane, Astoria

- Enchanting one-of-a-kind country estate on 9.5 secluded acres
- Elegant custom home, 3 luxury levels, gourmet kitchen, fireplace, wood stove, sauna, guest suite, office, expansive decks, geothermal heating/cooling system.
- 3,200 sq. ft. shop, greenhouse and storage building; 1,000 sf additional storage bldg

\$775,000

DEBRA BOWE
503-440-7474

Windermere/Pacific Land Co.

1608 Irving Avenue, Astoria

- One of Astoria’s finest, classic River view homes.
- Nearly 4,000 sq. ft. has only been owned by 2 families since its construction in 1949.
- Exquisite wood finishes, historic elements of Astoria’s history in its architectural detail.
- A truly majestic home!

\$849,000

DEBRA BOWE
503-440-7474

Windermere/Pacific Land Co.

ADVERTISE YOUR LISTINGS HERE!

Call **HOLLY LARKINS** 503-325-3211

hlarkins@dailyastorian.com