

DAR places banners downtown



The Astoria Chapter, Daughters of the American Revolution have placed 34 banners in downtown Astoria for July.

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).

for family caregivers.

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

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.

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

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.

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.

Oregon Aging and Disability Resource Connection — 855-ORE-ADRC (673-2372), www.adrcoregon.org. Information and services for older adults, people with disabilities, their caregivers and families.

Exploring New Concepts of Retirement Education (ENCORE) — 503-338-2408. Provides a wide assortment of educational experiences for individuals older than 50.

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.

Elder Friendship Line — 800-971-0016. Available from 8 a.m. to 11 p.m.; crisis calls taken 24/7.

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.

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.

Partners for Seniors — 503-717-7174. Serves South Clatsop County seniors with volunteer visits, transportation, light house-keeping, yard work, minor home repairs, daily phone calls.

Lifespan Respite — 503-325-1400. Provides information, referral, training and paid respite

Senior Center, Astoria — Astoria Senior Center, 1111 Exchange St., 503-325-3231.

Barbs for Bezos, but Gates largely admired in Seattle

By SALLY HO
Associated Press

SEATTLE — The Seattle region is home to America's two richest men, but their local legacies to date represent two very different eras for the city.

While Amazon's Jeff Bezos is blamed by some for rising rents and clogged city streets, Bill Gates is largely admired for helping lead the computing revolution and donating billions through his philanthropy.

The Microsoft co-founder's legacy here includes opening the world's largest private

charity across the street from the Space Needle, creating housing for homeless families and supporting charter schools.

Microsoft was the first tech company to dramatically change the region's economy as it grew quickly in the 1980s and 1990s. Today, Seattle is booming again with housing prices skyrocketing thanks to online retail giant Amazon's explosive growth that has added tens of thousands of well-paid workers to the area.

Bezos has been a flashpoint in the tension that has come with success. The City

Council recently passed — then quickly rescinded — a tax on large employers to combat homelessness, which Amazon opposed and successfully worked to strike down. A city councilwoman organized protests in front of Amazon buildings featuring people carrying "Tax Bezos" signs.

Meanwhile, Gates has largely escaped the criticism directed at Bezos and other tech leaders as Seattle loudly debates how to respond to the advantages and downsides of being the United States' fastest-growing big city.

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) — 7 p.m. Monday, Faith Lutheran Church, 1010 N.E. Fifth St., Clatskanie. 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; 9 a.m. Thursday, 6505 Headquarter St., Tillamook; noon Friday, 5012 Third St., call 503-730-5863 for information.

Al-Anon Family Groups information, Oregon Area Al-Anon website. oregonal-anon.org

Alateen (Tillamook) — 4 p.m. Monday, 5012 Third St. For information, call 503-730-5863.

Alcoholics Anonymous — To find a meeting in Clatsop County, call 971-601-9220, in Tillamook County, call 503-739-4856, or go to 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.

Men's Sexual Purity Recovery Group — Tuesday nights. Part

of the Pure Life Alliance (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 nworegonna.org

TOPS (Take Off Pounds Sensibly) (Astoria) — 5 p.m. weigh-in, 5:30 p.m. meeting Tuesday, First Lutheran Church, 725 33rd St. For information, call Trisha Hayrynen at 503-298-9058.

TOPS (Seaside) — 9:15 to 10:15 a.m. meeting Tuesday, North Coast Family Fellowship Church, 2245 N. Wahanna Road. All are welcome. For information, call 509-910-0354.

TOPS (Warrenton) — 9 to 9:45 a.m. weigh-in, 10 a.m. meeting Wednesday, First Baptist Church, 30 N.E. First St. For information, call Marilyn Barnard 503-861-2918 or Glennys Sherman at 503-338-8214.



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