

RELIGION BRIEFS

Grace Episcopal
Sunday is Hunger Awareness Sunday at Grace Episcopal Church, 1545 Franklin Ave., with an in-gathering at the 10 a.m. service for the Hunger Ministries at the church. Both monetary and non-perishable food items are requested. Monetary donations will help purchase food items for holiday meals.

The monthly Community Dinner is served in the Parish Hall at 4 p.m. Sunday, free of charge. Those willing to help should come at 3 p.m. to set up, and at 5 p.m. to clean up. The J-Walkers Youth group meets from 5:30 to 7:30 p.m. Sunday. Youth in sixth grade and older are welcomed. For information, call 503-325-4691 or go to graceastoria.org

First Lutheran
Reformation Sunday is being celebrated at First Lutheran Church, 725 33rd St., at the 8:30 and 11 a.m. Sunday worship services with special instrumental and vocal down-home/revival music.

Reformation Day marks the day in 1517 that Martin Luther nailed 95 theses on the All Saints Church door in Wittenberg, Germany. Between the services, the Christian Education program is from 9:45 to 10:45 a.m., which includes Sunday School for ages 3 to 11, confirmation for grades seven through high school, and an adult forum.

Bethany Free Lutheran
Bethany Free Lutheran Church is offering rides from Emerald Heights to the church’s Sunday school, a time with music and Bible lessons and classes for all ages. The church van picks up people from the bus stop at Nimitz Drive and McCain Road at 9:05 a.m. each Sunday morning, and brings them back to the same spot at 10:50 a.m. Those wishing to ride the van are asked to fill out a request for transportation form. Forms and information can be found at the church website, bethanyfree.com. For questions, call the church at 503-325-2925.

COMMUNITY IN BRIEF

Presentation on developmental origins of health, disease set

Clatsop County is hosting a presentation on the developmental origins of health and disease by Dr. Kent Thornburg, the director of the Bob and Charlee Moore Institute for Nutrition and Wellness. The public presentation will be held at Clatsop Community College in Columbia Hall, Room 219 on Oct. 28 at 11 a.m. The presentation is a kick-off for a new initiative called the Nutrition Oregon Campaign aimed at ending chronic disease in Oregon. Clatsop County is one of the first three hub communities for this campaign, along with Ontario and Klamath Falls. The goal of hub communities is to raise awareness about research being done and to create strong, lasting projects that address nutrition and disease prevention in each community.

4-H Cloverbud leaders needed

Volunteer leaders are needed for the 4-H Cloverbud educational program, designed especially for children ages 5 to 8, which helps them learn self-control, build self-confidence, improve decision-making skills, learn social skills and more. There are currently about 20 Cloverbud-aged children waiting for leaders to step forward and help form clubs. An informational meeting about 4-H leadership for this age group is being held at 6 p.m. Tuesday at the 4-H Club House by the Clatsop County Fairgrounds. For information or directions, call the Oregon State University Extension office at 503-325-8573.

Home ownership workshops offered

Community Action Team is holding two free educational workshops in Astoria during November. Both classes are held from 8:30 a.m. to 4:30 p.m. The First Time Homebuyer workshop is Nov. 2, and teaches shopping for a home, financial readiness, understanding mortgages, the closing process and how to protect your investment. The Financial Education workshop is Nov. 23, and has information about budgeting, saving, goal setting, credit management and improving overall financial health. Preregistration is required for each class. To register, call 503-325-8098 or email cindkp@cat-team.org

Coastal Family Health offers flu shots

Coastal Family Health Center, 2158 Exchange St., Suite 304, in Astoria, is offering flu shots for patients and community members from 3 to 5 p.m. Tuesday and Thursday. Flu vaccines cause antibodies, which protect against infection, to develop in the body about two weeks after vaccination. Getting the vaccine now is recommended for everyone ages 6 months and older. Being a patient at the health center is not required to take advantage of the flu clinic hours, and no appointment is needed. The cost for a flu shot is \$20.

Free film addresses early education

Northwest Regional Child Care Resource and Referral and Northwest Early Learning Hub, partner programs of the Northwest Regional Education Service District, are sponsoring a free screening of the film, “No Small Matter,” from 6 to 8:30 p.m. Wednesday in Room 219, Columbia Hall, at Clatsop Community College, 1651 Lexington Ave. The film is a 2018 documentary about the importance of early childhood education. A discussion follows the screening.

Fall festival set for Saturday

WARRENTON — A Warrenton Fall Festival takes place from 11 a.m. to 5 p.m. Saturday in Quincy Robinson Warrenton City Park, 170 S.W. Third St. The event features apple cider, face painting, carnival games, food, a bounce house, hay rides, craft booths, a petting zoo and a pumpkin patch. Local businesses will have Trunk or Treat.

— The Astorian



The North Coast Watershed Association completed a successful stream restoration project on Mill Creek. Pictured, top, the first culvert upstream at the end of July. Bottom, the same site in September, after the cleanup.

Mill Creek gets restored

The Astorian

The North Coast Watershed Association, a local non-profit conservation group serving Clatsop County, has just wrapped up a successful

stream restoration project on Mill Creek. The project removed culverts, sediment and fill that had blocked fish migration for decades, reopened and planted 1.6 miles of stream,

and decommissioned almost 2 miles of old forest road. “With state funding and contracted work through the Oregon Department of Forestry,” Jane Harris, executive director for the organization,

explained, “we have been able to rehabilitate an important stream for migrating salmon to its original healthy flow.” People interested in local watershed health can learn more at clatsopwatersheds.org

VOLUNTEER NOTES

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.
Angels for Sara Senior Dog Sanctuary — Needs volunteers to help care for elderly dogs who are unable to stay with their owners. Anyone interested in fundraising, yard maintenance, spending quality time with the dogs or fostering a senior dog, short or long term, contact Jacque Pressly at angelsforsara@gmail.com or call 503-325-2772.
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 Veteran Van Drivers — Volunteer drivers needed for the Disabled American Veterans van for one or more trips per month. A CDL license is not required. The van leaves Astoria at 7 a.m. weekdays for the Portland Veterans Administration Hospital and returns in the afternoon. To volunteer, contact the Astoria DAV van coordinator at 480-272-4894 or seagullz1812@gmail.com. Drivers receive free breakfast and lunch vouchers for the hospital canteen on every trip.
Astoria Warming Center — 1076 Franklin Ave. Winter overnight emergency shelter for homeless persons needs volunteers for three-hour shifts from evening through the night to help with welcoming guests, serving dinner, cleaning the kitchen, monitoring the sleeping area overnight, and closing the shelter in the morning. Volunteers also needed for weekly litter patrols in the neighborhood. To volunteer, email astoriawarmingcenter@gmail.com
Astoria-Warrenton Area Chamber of Commerce — 111 W. Marine Drive. Volun-

teers 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 campkiwanilong.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.
Cannon Beach Library — 131 N. Hemlock, Cannon Beach. Volunteers needed for a variety of tasks and time commitments, including alphabetizing bookshelves, covering books, doing minor building maintenance, helping with a speakers’ series, and participating in annual book sales and other events. For information email info@cannonbeachlibrary.org or call 503-436-1391.
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@dogsncats.org or call 503-861-0737.

COLUMBIA MEMORIAL HOSPITAL

Everyday Superheroes

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2111 Exchange St., Astoria, Oregon
www.columbiamemorial.org