



Kara Spell

Spell receives state Elks scholarship

The Astorian

SEASIDE — Kara Spell, a senior at Seaside High School, received a scholarship of \$1,500 from the Oregon State Elks Association at its Most Valuable Student awards banquet, held at the Salem Elks Lodge Feb. 15. As a

state finalist, Spell will also receive an award of \$4,000 over four years from the Elks National Foundation. Spell received these scholarships in addition to her first place OSEA Northwest District award of \$1,800, and her Seaside Elks Lodge first place award of \$1,000.

Eyes on the clock

Dear Annie: I’ve had my current job for four years. I work at a small company of about 20 employees. My co-worker, “Beth,” has been here about a year longer than me. She joined my department about six months ago. One thing I appreciate about my department is our work-life balance. We care about our work, but we also care about having time for our families and other interests outside of work. I will, of course, stay late when there’s something urgent or important that I need to get done or if a co-worker needs help with something. But that only happens maybe once a month. Even then, I rarely stay more than an hour later.

Beth previously worked in a department of self-professed workaholics. They pride themselves on regularly working 11-hour days. She’s brought that attitude with her to my little department, and it’s upsetting the reasonable dynamics.

I leave work around 6:05 p.m. or 6:10 p.m. (My day ends at 6 p.m.) We work in an open office, so my co-workers can see when I’m taking off for the day. Every day, without fail, I see Beth looking up at the clock in the corner of her computer screen or glancing down at her watch. It drives me bonkers. I hate feeling like she’s judging me.

I’ve thought about casually mentioning all I’ve accomplished throughout the day as I get ready to head out, but then I realize that would be silly. It’s not as though she’s my boss. (My boss, by the way, leaves around the same time as me, though from her separate office.)

How would you handle this? — *I Like My Evenings, Thanks*

Dear ILMET: It’s time for you to stop caring about whatever Beth may think about you — which

you really don’t know one way or the other. Perhaps she always looks at the clock when you get up to leave because she’s thinking, “Wow, I can’t believe it’s already 6.”

Working late does not necessarily mean working hard. If you can get all your work done within normal hours, that means you’re efficient. If Beth enjoys staying late at work every night, let her knock herself out.

Dear Annie: We have been living in our house for more than 30 years and have always had pets. We’ve never had a mouse problem in the house — until now. This has been a very cold winter, and I saw a tiny mouse in the kitchen sink several weeks ago. I turned the water on and didn’t see the mouse for weeks, but this week I have heard mouse noises and seen evidence of cat treat bags bitten or scratched open, and our cat’s food and treats tampered with. Is there anything I can do to get rid of the mouse (or mice) without endangering our cat? — *Karen in Kansas City, MO*

Dear Karen in Kansas City: When nature comes inside, there are natural ways to show it the door. For mice, deterrents include the wonderful-smelling peppermint oil and the not-so-wonderful-smelling bobcat urine. (You can find predator urine at home improvement stores and online.) Some also have reported success with Tabasco sauce.

Be sure to keep your house extra clean. Store pet food in airtight plastic containers. Plug any holes that might be mouse entryways with steel wool, the one material that they cannot chew through.

See the Humane Society’s “Humane Rodent Solutions” page for more tips on nontoxic methods of mouse removal (https://www.hsi.org/news-media/humane-rodent-solutions).

WINGS conference registration open

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Women Interested in Going to School (WINGS) is a one-day free conference offering women all aspects of information to return to school and set them up for success. This year, the conference is being offered from 9 a.m. to 4 p.m. March 14 at Clatsop Community College. Free lunch and child care are available. Registration is required.

Co-hosted by the college and the Seaside and Astoria branches of the American Association of Univer-

sity Women, WINGS offers sessions on GED, certificate and degree information, job skills, financial aid and career guidance. Women looking to develop or update their job skills, change careers or complete their next level in education are encouraged to attend.

In addition to informational sessions, guest speakers, who include past WINGS attendees, share their stories of their educational journey.

To register for the 2020 WINGS conference, go to clatsopcc.edu or call Pat Lehman, an AAUW representative, at 503-717-1852.

Silver Salmon Grille holds coloring contest

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The Silver Salmon Grille, 1105 Commercial St., presents its 19th Annual Coloring Contest and open house from 2 to 8 p.m. Tuesday. Hosted appetizers are being offered throughout the evening.

This contest is open to all ages and professional and non-professional artists. All entrants receive a 20-inch by 20-inch sheet of white paper, a pencil, and a new box of 24 color crayons; these items are all that can be used to create the entry. Contestants

have from 2 to 8 p.m. to produce their work, and all entries turned in for judging become the property of the Silver Salmon Grille.

Judging begins at 8 p.m. The winners are announced directly after judging is finished, and the decisions are final. The first place prize is \$300 cash; second place is a \$150 gift certificate to Silver Salmon; and third place is a \$50 gift certificate to Silver Salmon. The winning entries will be framed and displayed in the Silver Salmon Grille.

For questions, call 503-338-6640.

RELIGION BRIEFS

First United Methodist
First United Methodist Church, 1076 Franklin Ave., is holding Ash Wednesday prayer, meditation and ashes from 5:30 to 7:30 p.m. Wednesday. For information, call the church office at 503-325-5454.

Baha’is of Seaside
SEASIDE — The Baha’is of Seaside are offering a free concert featuring Henri Cross at 7 p.m. Sunday at the Mary Blake Playhouse, 1215 Avenue A in Seaside. The concert is followed by light refreshments. All ages are welcome.

Astoria Church of Christ
The Astoria Church of Christ, 692 12th St., hosts Don Hindsley as guest speaker for the 10:30 a.m. Sunday service. His topic is “Believe and Act,” based on 1 John 2:3. A Bible study is offered at 9:45 a.m. All are welcome. For information, call 503-791-3235.

Calvary Episcopal
SEASIDE — Calvary Episcopal Church, 503 N. Holladay Drive, offers an Ash Wednesday service of the Holy Eucharist with the imposition of ashes at noon Wednesday.

The service is sponsored jointly by Calvary Episcopal Church, Our Saviour’s Lutheran Church and Seaside United Methodist Church. The public is welcome.

First Baptist
First Baptist Church of Astoria, 349 Seventh St., is hosting a movie night at 6 p.m. Friday. There is no cost for this event. For information, call the church office at 503-325-1761.

Baha’is of Astoria
In celebration of Black History Month, the Baha’is of Astoria are showing a documentary, “An American Story: Race Amity and the Other Tradition,” at 2:30 p.m. Saturday in Room 219, Colum-

bia Hall, at Clatsop Community College.

The film is followed by a panel discussion and light refreshments. There is no cost for this event, and all are welcome to attend.

Peace Lutheran
Peace Lutheran Church announces Ash Wednesday worship on Wednesday with Imposition of Ashes at noon at Peace Lutheran Church, 565 12th St., and at 7 p.m. at First Lutheran Church, 725 33rd St., as a combined Evangelical Lutheran Church in America community event to mark the beginning of the 40-day season of Lent.

On Wednesdays, beginning March 4 and ending April 8 in Holy Week, there are special worship and fellowship opportunities for the community.

Midweek Lenten worship at Peace Lutheran Church begins at noon March 4 with “Have a Little Faith,” reflecting on the video sermonettes

of Rev. Nadia Bolz-Weber. For information, call Peace Lutheran Church at 503-325-3871.

Grace Episcopal
Grace Episcopal Church, 1545 Franklin Ave. holds its annual Shrove Tuesday pancake supper from 5:30 to 7 p.m. Tuesday in the Parish Hall. The meal includes ham and all-you-can-eat pancakes. Donations will be accepted for outreach projects. Palms from last year’s Palm Sunday will be burned following the meal for use on Ash Wednesday.

Grace Church is open from 3:30 to 4:30 p.m. Wednesday for prayers and an opportunity to receive the Imposition of Ashes, which is also available at 7 p.m., with Holy Eucharist and music.

A special Ash Wednesday labyrinth is available between 1 and 6 p.m. in the Parish Hall.

For information, call the church at 503-325-4691 or go to graceastoria.org

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.

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 to 8 p.m. Thursdays, North Coast Family Fellowship, 2245 N. Wahanna Road, Seaside. Faith-based 12-step recovery from hurts, habits and hang ups. For information, call 503-738-7453.

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 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 na.org

Overeaters Anonymous

— 1 p.m. Sunday, Suzanne Elise Assisted Living Community library, 101 Forest Drive, Seaside. Call 503-738-0307 for information.

Managing our business to serve our customers

Pacific Power is committed to providing you with safe and reliable power. To meet that commitment, we must continue investing in our system. We understand the impact that price increases have on our customers and we’re continuing to take measures to keep our costs down.

On February 14, 2020, Pacific Power requested an overall rate change of \$70.8 million, or 5.4 percent, to become effective on January 1, 2021. If approved by the Public Utility Commission of Oregon, the expected impact on an average residential customer using 900 kWh per month would be \$6.98 per month.

In addition to the overall rate change request, Pacific Power filed its annual power cost adjustment on February 14, 2020, forecasting a **reduction** of \$49.2 million in costs for 2021. If approved by the Public Utility Commission of Oregon, the **combined requested rate change effective on January 1, 2021**, would be an overall increase of \$21.6 million, or 1.6 percent. The expected combined impact on an average residential customer using 900 kWh per month would be \$4.03.

As part of its overall rate change request, Pacific Power is seeking to redesign rates for residential customers so that they more fairly reflect costs across different usage levels and remove disincentives for customers who make the choice to get an electric vehicle. Pacific Power is also requesting a new time of use pilot that can help customers save when they shift energy to the right times and a 50 cent per month bill credit for all customers who choose paperless billing.

The primary reason for this filing is to recover the costs of ongoing new investments in the electrical system, providing safe, reliable electricity for our customers and complying with regulatory mandates.

We understand the impact that price increases have on our customers and work to mitigate that impact as much as possible. Customers can visit pacificpower.net/wattsmart for energy- and money-saving tips and information. Energy Trust of Oregon also offers energy efficiency programs and information to Oregon residents and businesses. Contact Energy Trust of Oregon at energytrust.org or 1-866-368-7878 for more information.

Copies of Pacific Power’s rate request application are available at our main office, located at 825 NE Multnomah Street, Portland, Oregon 97232 and on our website at pacificpower.net/rates. Customers may contact Pacific Power for additional information about the filing by mail to Pacific Power’s main office at the address above, or by calling **1-888-221-7070**. TDD/TTY users can call the National Relay Service or **1-888-221-7070**. Para un representante que habla español, llame al **1-888-225-2611**.

Requests to receive notice of the time and place of any hearing on this application may be directed to the Public Utility Commission of Oregon at 201 High Street SE, Suite 100, Salem, Oregon 97301-3398 or by calling 1-800-522-2404.

The purpose of this announcement is to provide our customers with general information regarding the company’s price increase application and the expected effect on customers. Calculations and statements contained in this notice are not binding on the Public Utility Commission of Oregon.

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Oregon price change application