

RELIGION BRIEFS

Grace Episcopal
The noon series “Fridays in Lent” offers contemplative music for listening or for walking the Stations of the Cross from 12:10 to 1 p.m. at Grace Episcopal Church, 1545 Franklin Ave. On Friday, the featured musicians are the Trio Sempra Sonora, with Denise Reed (piano), Sabine Muth (violin) and Mike Woods (cello).
The community soup-supper is being served at 4 p.m. Sunday; come at 3 p.m. to help with set-up or 5 p.m. for cleanup.

Calvary Episcopal
SEASIDE — Calvary Episcopal Church, 503 N. Holladay Drive, presents “Moments for Meditation,” half-hour offerings of music from 12 to 12:30 p.m. Fridays during Lent that provide an opportunity to take time for personal meditation and reflection. This Friday’s artist is Susan Buehler (piano selections). The public is welcome; there is no charge.

Pacific Unitarian Universalist
The Pacific Unitarian Universalist Fellowship

PEO holds tulip bouquet fundraiser

The Astorian
PEO Chapter FE is selling 10-blossom tulip bouquets for \$6 each. The proceeds from the sale will provide educa-

meets at 11 a.m. Sunday at the Performing Arts Center, 588 16th St. The Rev. Kit Ketcham, PUUF minister emerita, speaks about “Coming Out of the Religion Closet.” The monthly potluck lunch follows the service.
Beginning March 15, the PUUF Fellowship begins holding the service at noon Sundays and moves permanently to the First Presbyterian Church of Astoria, 1103 Grand Ave.

Bethany Free Lutheran
Bethany Free Lutheran Church, 451 34th St., is holding Lenten worship services at 7 p.m. Wednesdays. A soup supper is served each week before the service at 6:15 p.m. The public is welcome.
Bethany continues to offer a ride from Emerald Heights to Sunday school each Sunday morning. The van picks people up at the Emerald Heights bus stop at Nimitz Drive and McCain Road at 9:05 a.m. Sundays. For information, go to bethanyfree.com or call 503-325-2925.

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 on “Believe and Believe More,” taken from Mark 9:23-24.
A Bible study is offered at 9:45 a.m. All are welcome. For information, call 503-791-3235.



Collier receives community service award

Sue Glen of the Astoria Daughters of the American Revolution, right, presented Diane Collier with the Community Service Award for her excellence in preserving the history of Warrenton at the Warrenton City Council meeting on Feb. 25.

HONOR ROLL

The following students have qualified for the honor roll by earning a 3.5 grade point average or higher at school.
Oregon State University Corvallis
Arch Cape: Brendan D. Deur, Connor T. Merrell.
Astoria: Emmanuel A. Goicochea, Shoshanna S. McCleary, Christopher T. Patenaude, Kristen Travers, Rose M.

Antaki, Kevin H. Ero, Fridtjof K. Fremstad, Nain Garcia Rojas, Carson O. List, Isabella C. Marincovich Mallares, Tieara E. Moore, Dustyn A. Morrison, Jacob A. Olson, Shrida Sharma, Kaitlyn S. Truax and Clay R. Williams.
Cannon Beach: Annuka A. Brown and Chance M. Giguere.
Gearhart: Hunter L. Thompson.
Hammond: Amy S. Rens.

Seaside: Heather S. Hirsch, Parker R. Conrad, Taylor M. Garhofer, Andrea B. Harris, Gage E. Mergel, Rachel M. Stahly, Brittany A. West and Chelsea M. Woods.
Vernonia: Dylan J. Taylor, Sebastian C. Benjamin and Benjamin T. Skanes.
Warrenton: Claire A. Bussert, Krista Morrill, Sofia A. Morrill and Catherine D. Tapales.

COMMUNITY BRIEF

District taking nominations for staff recognition

The Astoria School District Board, in partnership with the Astoria School Foundation, is taking nominations for the fifth annual staff recognition program, “A Tradition of Excellence,” which recognizes exemplary work by school district employees.
The program will recognize one classified staff member, one certified staff member and a team collaboration award for their exemplary work. A nomination committee, made up of classified staff members, certified staff members, administrators and a school board member, will review the applications and make selections for the awards.
Information about criteria and nomination applications are available online at bit.ly/2TbsRnO. Paper copies can be picked up at each school district building, and can be turned into the district office at 785 Alameda Ave. Nominations are due April 10.
Questions concerning the “A Tra-

dition of Excellence” program can be directed to 503-325-6441.

Coast Community Radio holds pledge drive

Coast Community Radio’s annual spring pledge drive starts Wednesday and runs until noon March 20. A lineup of special programs and guests can be heard from 7 a.m. to 9 p.m. each day of the drive.
As a noncommercial broadcaster, Coast Community Radio operates its three local stations by relying on funds from the community it serves: KMUN 91.9 FM, KTCB 89.5 FM and KCPB 90.9 FM.
“Members make community radio possible,” Janet Fryberger, KMUN’s membership director, said. “We call it radio of, by and for the people of the Columbia-Pacific Region.”
Donations can be made by calling the station at 503-325-0010, online at CoastRadio.org or by dropping by the station, 1445 Exchange St., during business hours.

Immigrant support group awarded grant

PACIFIC COUNTY, Wash. — Group Health Foundation of Seattle awarded Pacific County Immigrant Support a three-year operating grant of \$75,000 per year. Since its founding in 2018, the organization has demonstrated grassroots community power by mobilizing residents through advocacy, demonstration and fundraising to meet the basic needs of dozens of immigrant families.
Community activities through the organization include: supporting individuals detained by U.S. Immigration and Customs Enforcement and their families; assisting more than a dozen immigrants to achieve freedom from detention; providing referral to legal counsel, legal costs and bond funds; providing Know Your Rights trainings in north and south Pacific County; and starting a 2019 Rapid Response Network to ensure instant alerts when there is ICE activity.

— The Astorian

SPOTLIGHT ON HEALTH Sponsored by Columbia Memorial Hospital



Staying Healthy - Preventing the Spread of ALL Viruses

Recent news about the new coronavirus that causes COVID-19, has many people worried. While there are good reasons for our public health officials to urge caution, there are many things you can do to keep yourself and your loved ones healthy—without going to extremes.



Kendra Gohl
Infection Prevention Nurse
CMH Director of Nursing Services

Viruses are microscopic organisms that vary from simple to highly complex. Each has unique traits, including how it moves from one person to another, how it infects people, and who it infects.
Viruses cannot be treated with antibiotics. They can only be prevented through vaccines and healthy habits. The best way to prevent getting and spreading viruses is by building these healthy habits into your everyday life

- **Clean your hands often.** See the sidebar for the best way to clean your hands.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- **Clean all “high-touch” surfaces everyday with a bleach-based cleanser.** High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them.

- Take care of your immune system by getting proper nutrition, hydration, sleep and exercise.
- When you are sick, it’s important that you prevent spreading the virus to others. One thing that makes COVID-19 concerning, is that it spreads quickly. Early data suggests that one sick person can infect several others.

According to the U.S. Centers for Disease Control, “The virus that causes COVID-19 seems to be spreading easily and sustainably in Hubei province and other parts of China. In the United States, spread from person-to-person has occurred only among a few close contacts and has not spread any further to-date.”
With any infection, you should:

- Stay home when you are sick, unless you need medical care. Avoid public places, including work, school, stores, etc.
- Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately clean your hands.
- **Clean your hands often.** See the sidebar for the best way to clean your hands.
- Limit contact with other people in your household to prevent spreading the virus to them.
- Avoid sharing items, including glasses, cups, utensils, towels.

It’s everyone’s responsibility to practice good hygiene. Together, we can slow or stop the spread of viruses, including COVID-19, the flu and the common cold.

Cleaning Your Hands Tips from the CDC

Washing your hands often with soap and water is the best way to get rid of germs.

Here’s how:

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.

When you can’t use soap and water to wash your hands, clean your hands with an alcohol-based hand sanitizer that contains 60 to 95 percent alcohol. Cover all surfaces of your hands and rub them together until they feel dry.