

COMMUNITY NOTES

FRIDAY
Senior Lunch To Go — Pick up a hot lunch from 11:30 a.m. to 12:15 p.m., Bob Chisholm Senior Center, 1225 Avenue A, Seaside. Drive up to Avenue B to pick up at back door. For information, call Suzanne Bjaranson at 503-861-4202; for new Meals on Wheels inquiries, call 503-304-3420.

Columbia Senior Diners — Full Meals \$6: Delivered to seniors or pickup available at the Astoria Senior Center kitchen door, 1111 Exchange St. For information, or meal delivery, call 503-325-9693 before 10 a.m.

SATURDAY
Angora Hiking Club — 9 a.m., Battery Russell parking lot, Fort Stevens Volkswalk. Oregon State Parks parking sticker required. Hike led by Arline LaMear; call 503-338-6883 by Friday to reserve a spot. Hikers are required to wear face masks and social distance. Walking shoes, water and snacks are suggested. No dogs allowed. For information, go to angorahikingclub.org

Karaoke — Free session, all ages, for those who love to sing karaoke. For information, call 503-738-7911.

SUNDAY
Summer Work Party — noon to 5 p.m., Moss Forest Sanctuary, 87464 Highway 202. All ages, abilities, strengths welcome. Organic smoothies provided; bring a cup. Wear work clothes and shoes, bring water bottle; optional, bring carrots and apples for the horses. To RSVP, contact katrina@mossforest.org

National Alliance on Mental Illness Support Group — Family to Family Support Group, for anyone with friend or loved one suffering from a serious brain (mental) illness. For information, contact Myra Kero at 503-738-6165, or k7erowood@q.com, or go to nami.org

MONDAY
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Warrenton Senior Lunch Program — For information, or to volunteer, call 503-861-3502 Monday or Thursday.

Astoria Rotary Club — For information, go to AstoriaRotary.org

Columbia Northwestern Model Railroad Club — Group runs trains on HO-scale layout. For information, call Don Carter at 503-325-0757.

Astoria Toastmasters — For information, go to toastmasters.org or call Christa Svensson at 206-790-2869.

TUESDAY
Do Nothing Club — Men's group. For information, call Jack McBride at 360-665-2721.

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Astoria Lions Club — For information, contact Charlene Larsen at 503-325-0590.

Authentic Spiritual Conversations — Open dialogue about spiritual issues. All faiths, including "spiritual but not religious" welcome. For information, email info@cgifellowship.org or call 916-307-9790.

WEDNESDAY
Moms Offering Moms Support Club — For information, go to fb.me/MOMS-ClubofAstoria or email president@momsclubofastoria.org

Wickiup Senior Lunches To Go — Pick up a hot lunch from 11:30 a.m. to 12:15 p.m., Bob Chisholm Senior Center, 1225 Avenue A, Seaside. Drive up to Avenue B to pick up at back door. For information, call Suzanne Bjaranson at 503-861-4202. For new Meals on Wheels inquiries, call 503-304-3420.

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Association on Mental Disabilities — Support group open to all those diagnosed with a mood disorder, or have a family member or friend diagnosed, or who think they might have depression or bipolar disorder. For information, contact Ken Rislow at 503-791-5482.

Coast Guard Auxiliary Flotilla 06-02 — Uniformed civilian volunteer branch of the Coast Guard. Members learn new skills and qualifications; no former military or boating experience needed. For information, contact Della Wilson at 360-244-7062 or wilsontekart@gmail.com

Seaside Elks Lodge No. 1748 — For information, call 503-738-6651 or email seasideelks@yahoo.com

THURSDAY
North Coast Women — For information, call 503-738-8695 or go to tinyurl.com/CC

Wickiup Senior Lunches To Go — Pick up a hot lunch from 11:30 a.m. to 12:15 p.m.,

Wickiup Grange Hall, 92683 Svensen Market Road. For information, call Suzanne Bjaranson at 503-861-4202. For new Meals on Wheels inquiries, call 503-304-3420.

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Grief Support Group — For information, call Lower Columbia Hospice at 503-338-6230.

Lower Columbia Danish Society — Being or speaking Danish not required; only an interest in Danish heritage, culture and traditions is needed. For information, go to lowercolumbiadan.es.org or call 503-325-2612.

OTHER
Quilting Project Needs Fabric — Our Saviour's Lutheran Church, Seaside. Needs polyester/cotton fabric, 1/2 yard or larger, and clean sheets (queen or king size) for group that makes quilts for those in need within the U.S. and around the world. For information, or to donate, call Claudia Kulland at 503-738-5895.

Blankets Needed — Columbia Veterinary Hospital, 576 31st St. Needs blanket donations for their four legged patients. Anything is helpful, even the stained or frayed. Donations can be dropped off during business hours (closed for lunch from noon to 1:30 p.m.) Monday through Saturday.

GRADUATES

The following students have graduated from college:

Oregon State University Corvallis
Astoria: Alexander J. Autio, honors, bachelor's degree, magna cum laude, marketing; Emmanuel A. Goicochea, bachelor's degree, digital communication arts; Jiadi He, bachelor's degree, physics; Victoria E. Kee, bachelor's degree, cum laude, fisheries and wildlife sciences; Justin A. Litwin, master's degree, horticulture; Isabella C. Mallares, bachelor's degree, psychology; Jacob C. Neilson, bachelor's degree, psychology; Ryan A. Simpson, bachelor's degree, forestry; Christopher A. Stevens, bachelor's degree, electrical and computer engineering; Miguel A. Velasco, bachelor's degree, environmental sciences; Clay R. Williams, bachelor's degree, philosophy.

Clatskanie: Chase A. Berg, bachelor's degree, civil engineering, bachelor's degree, forest engineering; Geoffrey D. Deanhardt, bachelor's degree, natural resources; Maisy L. Horness, bachelor's degree, kinesiology; McKenzie T. Jahn, bachelor's degree, cum laude, design and innovation management; Kierra S. Kallunki,

bachelor's degree, biohealth sciences; Jonathan C. Kaminski, bachelor's degree, summa cum laude, mechanical engineering; Taelor E. Kay, bachelor's degree, biology; Jessica L. Mullins, bachelor's degree, bioengineering.

Gearhart: Josiah I. Sigler, bachelor's degree, construction engineering management, bachelor's degree, economics.

Hammond: Maggie L. Cote, bachelor's degree, magna cum laude, biohealth sciences.

Seaside: Taylor M. Garhofer, bachelor's degree, animal sciences; Rachel M. Stahly, bachelor's degree, cum laude, speech communication; Brittany A. West, bachelor's degree, magna cum laude, forestry.

Vernonia: Andrea A. Lezama, bachelor's degree, psychology; Dylan J. Taylor, bachelor's degree, magna cum laude, education, bachelor's degree, magna cum laude, liberal studies; Sarah R. Wagner, bachelor's degree, speech communication.

Warrenton: Maria L. Goyena, bachelor's degree, marketing; Morgan L. Streeter, bachelor's degree, business administration; Christine G. Tapales, bachelor's degree, magna cum laude, psychology.

Performing Arts Center change of ownership ceremony set

The Astorian 5:30 p.m. Monday at 588 16th St. This is a short presentation; a celebration will take place at a future date. Those planning to attend must wear a mask and practice social distancing.

Food web opens online marketplace

The Astorian

North Coast Food Web's Thursday farm stand is now an online marketplace. Retail and restaurant customers can buy local food products each week with Market Day

Online Ordering.

A range of vendors sell farm fresh eggs, butter, cheese, fruits, vegetables, foraged goods, baked goods, meat and value-added products like jam, pickles and kimchi. All products are grown,

harvested, fished, ranched, produced or foraged in in a five-county region around the mouth of the Columbia River. Register as a customer to order from 9 a.m. Sunday through midnight Tuesday each week at <https://bit.ly/3150QB3>.

Orders are ready for pickup from 2 to 6 p.m. Thursday at the Food Web office, 577 18th St. For information, email info@northcoastfoodweb.org or go to northcoastfoodweb.org

RELIGION BRIEFS

Grace Episcopal
Grace Episcopal Church, 1545 Franklin Ave., celebrates Holy Eucharist services in the church on Sunday at both the 8 and 10 a.m. services. Face masks are mandatory for all services in the church. The later service, with music, is also live streamed on the church's Facebook page; the link is available at graceastoria.org

On Wednesdays, evening prayer is available as a live stream only at 7 p.m. on the church's Facebook page,

where a service of Compline (bedtime prayers) is also available.

The Grace Food Pantry opens July 2 with strict controls, including the wearing of face masks. It will be open only on Tuesdays and Thursdays, from 9 to 11:30 a.m. Donations of small boxes of mashed potatoes are requested.

Community dinners will not begin at this time.

The latest updates can be found on the church website and Facebook page, or by phoning 503-325-4691.

Virtual workshop offers help for parents

The Astorian

Northwest Parenting presents a virtual workshop, "Strategies at Home: Building Better Behavior," from 2 to 4 p.m. Tuesday.

The workshop focuses on helping parents and care providers better understand and connect with

their school-aged children through social and emotional development. Each participating family that completes the workshop receives a free toolkit full of tips, tools and games.

To join the workshop, email northwestparenting@gmail.com or call 503-325-8675, ext. 2, by Friday.

SELF-HELP GROUPS

Al-Anon (Astoria) — For information, call 503-325-1087.

Al-Anon (Clatskanie) — For information, call 503-728-3351.

Al-Anon (Nehalem) — For information, call 503-368-8255.

Al-Anon (Seaside) — For information, call 503-810-5196 for information.

Al-Anon (Tillamook) — For information, call 503-842-5094 or 503-730-5863.

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

Alateen (Tillamook) — 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 — Faith-based 12-step recovery from hurts, habits and hang ups. For information,

call 503-738-7453.

Men's Sexual Purity Recovery Group — 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 — For full schedule details, as well as upcoming special events, call the helpline at 503-717-3702, or go to na.org

Overeaters Anonymous (Astoria) — For information, call 425-287-0806.

Overeaters Anonymous (Seaside) — For information, call 503-738-0307.

TOPS (Take Off Pounds Sensibly) (Astoria) — For information, call Trisha Hayrynen at 503-298-9058.

TOPS (Seaside) — For information, call 509-910-0354.

TOPS (Warrenton) — For information, call Cheryl Nitz at 503-338-2132.

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WANTED

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Consult a PROFESSIONAL

Q: What are some useful computer using tips?

A: Find a word in an article or web page by pressing CTRL and F. Type in the word you are looking for.

Put favorite apps on your desktop. Click Windows key, type name of app, right click it, then "Open File Location." Right-click the program, click "Create Shortcut" then "Yes" to put onto desktop.

Quickly switch between 2 or more open apps by holding down "Alt" then click "Tab" You will see windows to all open aps. Keep pressing Tab until the program you desire is highlighted.

Q: Does Medicare cover chiropractic care?

A: Yes, it does! Medicare covers chiropractic services. If you have secondary insurance, that can help as well!

Call us today for more information or to schedule your appointment.

Q: I'm going out of town and need to stop my newspaper. What are my options?

A: We have different options for you if you are heading out of town. We can switch you to a Web subscription while you are away and you can read the paper online, or you can have your delivery stopped and donate your missed papers to local schools. Whichever option fits your needs, just call our circulation department at 800-781-3214 or go online and enter your vacation at www.dailyastorian.com under "Subscriber Services."

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