

Blood drive set for Tuesday

The Astorian

The American Red Cross has a continuing need of blood donors. A blood drive is being held from noon to 5 p.m. Tuesday at the Gateway Masonic Lodge No. 175, 66 S.W. Fourth St. in Warrenton.

Donation appointments can be made by downloading the free blood donor app, visiting RedCrossBlood.org or calling 800-733-2767. Those who give blood now through Sept. 3 will receive a \$5 Amazon.com gift card. The Red Cross also has an urgent need for blood drive hosts. About 80% of blood donations are hosted by businesses, schools and community organizations, many of which remain closed. For information about hosting a blood drive, go to RedCrossBlood.org/HostADrive

RELIGION BRIEFS

Astoria Christian Church

For service information and updates, go to astoriachristian.org or bit.ly/AstoriaChristian, call 503-325-2591 or email AstoriaChristian@gmail.com

Astoria First United Methodist

Astoria First United Methodist Church is offering worship services via Zoom every Sunday at 11:30 a.m. For those interested in attending the online service, email the church office at office@unitedmethodistastoria.org to receive a Zoom invitation. For service information and updates call 503-325-5454.

Grace Episcopal Church

For updates, food pantry hours and in-person and livestream service information, call the church at 503-325-4691, email graceastoria4691@gmail.com or go to graceastoria.org or fb.me/grace Astoria

St. Mary, Star of the Sea Parish

For information about the St. Vincent de Paul Food Pantry hours, and service and livestreaming information at both the Astoria church and Hammond mission, call 503-325-3671, email office@stmaryastoria.com or go to stmaryastoria.com or bit.ly/stmaryastoria

Card sales benefit Assistance League



The Assistance League of the Columbia Pacific has announced that local artist Mary Hadreas has donated her greeting card sales to benefit the organization. The cards can be purchased for \$5 at Sea Gypsy Gifts, 1001 Commercial St. For information, go to assistanceleagueucp.org

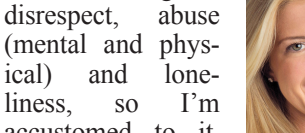
GRADUATES

The following students have graduated from college:

Western Governors University	Salt Lake City
Astoria:	Annika Woodrich, bachelor's degree, special education; Bridgette Blakesley, master's degree, science, management and leadership;
Gearhart:	Kenneth Bucher, bachelor's degree, nursing.
Warrenton:	Eva Hague, endorsement preparation program, educational leadership.

Depressed by society

I feel some days I just can't handle our society and the cruelty of men and women toward other humans or defenseless animals. My life has been full of neglect, disrespect, abuse (mental and physical) and loneliness, so I'm accustomed to it. However, when I hear a story about people neglecting an innocent child, or a dog being left inside a crate abandoned, or a kid going to a party to see if he can get COVID-19 and then dying ... my depression kicks in so deep that I cry and want to be left alone because I know others don't understand this feeling. I just can't seem to get these thoughts out of my head.



DEAR ANNIE

ANNIE LANE
Creators
Syndicate Inc.

I was going through. I live in a town that doesn't supply free group therapy. My insurance won't help this kind of illness, so I was hoping you could help me with maybe a free website that can help someone. Thanks. — *Deeply Depressed in Life*

Dear Deeply Depressed: You're not alone — not ever, and especially not now. With quarantine, many people who have struggled with depression and/or loneliness in the past are overwhelmed with it. Know that you won't be consumed by these thoughts forever. Though the upsetting issues that you mentioned are very much real and worth considering, such thoughts tend to become "stickier" during bouts of depression. The core issue that needs addressing right now is your mental health and physical safety, so I'm glad that you're reaching out to find support. The Anxiety and Depression Association of America (<https://adaa.org/adaa-online-support-group>) offers free online support groups, as does Turn2Me.org. 7 Cups of Tea (7cups.com) offers free and low-cost counseling. You can also call the

National Suicide Prevention Lifeline at 1-800-273-8255 anytime. It's not just for people feeling actively suicidal; it's also for anyone in emotional distress. And you feel that you may harm yourself again, please call 911 or go to the nearest hospital.

Dear Annie: In response to "At a Loss": Kudos to you for recommending the gentleman's wife seek out a therapist who deals with grief issues. But I can add to that — based on experience.

After my mother died years ago, I made an appointment with a psychologist I had seen years previously for other issues. She offered a lot of support and guidance during an initial session. Then she said that she had a high caseload of clients, and I could probably get the help I needed elsewhere. The answer? The local nonprofit hospice support organization!

Not only do they provide support through the hospice process, but they are there for people after they experience a loss.

You have insurance? That's great. Can't afford to pay much? They're OK with that, too. I encourage anyone who has lost someone to check it out. — *Oregon Reader*

Dear Oregon: Thanks for recommending this affordable resource.

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[FACEBOOK.COM/COASTWEEKEND](https://www.facebook.com/coastweekend)

VIRTUAL DOCK SALE

Don't Miss Out On This Special Two Week Sales Event!

August 8th thru 23rd
In Store And Online
95 Hamburg Ave.
Astoria, OR
503-325-4341

Tackle - Rods & Reels - Crab & Clam Gear
Coolers & Storage - Rain Gear - Clothing
Boots & Shoes Gloves - Safety Equipment
Life Jackets Flares Boat Maintenance & Accessories - And So Much More!



www.EnglundMarine.com



Astoria Lions Charities, Inc. Garage Sale

August 7-8; 9am to 3pm
518 McClure Ave., Astoria

Supporting Sight and Hearing Assistance throughout Clatsop County

All Receipts allocated to Eyeglass and Hearing Aid Assistance

We will be collecting Used Eyeglasses and Hearing Aids also • Dropbox available on site

Household Goods, Tools, Containers, Books

No early birds please

COVID Safety: Masks or face coverings MUST be worn, Social Distancing is in effect, Hand sanitizer will be provided

Astoria Lions Club Charities, Inc. is a 501 (c) 3 non profit organization. Federal Tax ID 46 4532779. Thus, your contribution is tax deductible to the fullest extent provided by law. In compliance with IRS regulations, we affirm that no goods or services were provided to you in consideration of any cash donation.

Contact: Ray Montgomery, 856-341-0884

Going to the Dogs!



Welcome to
the
Astorian's
National Dog Day
Photo Contest!

Grab your collars and your cameras, **National Dog Day is Aug. 26** and we are on the prowl for the bestest, cutest, snuggliest pups on the coast.

According to www.nationaldogday.com, the day celebrates all dogs, mixed breed and purebred, and works to promote the many dogs that need to be rescued.

In 2016, we romped home with 207 shots of more than 230 critters. Last year we had more than 313 photos.

Submit your photo(s) before midnight Sunday, Aug. 9 here:
bit.ly/2020Going2Dogs

Then, come back and visit the pooches all that next week and **vote on your favorite before midnight Monday, Aug 17**. Vote once a day.

The top vote-getters will be featured in the annual Going to the Dogs section on Tuesday, Aug. 25.

Share with your friends and family: #Going2TheDogsNW

Now, who's a good boy? Who's a good girl?

For more information, call The Astorian at (800) 781-3211