

Brause receives achievement award

 Brause has a master's degree in agriculture education and a bachelor's degree in animal science, both from Oregon State University.

She taught high school agriculture education, also serving as the FFA advisor, before being employed as the audience development specialist and marketing manager of the Capital Press.

Brause joined the faculty at Washington State University in 2016 and is an agriculture and natural resource specialist. She is also the extension director for Klickitat and Skamania counties.

Astor Street Opry presents Haunted Circus

A Haunted Circus takes place from 7 to 10 p.m. Friday and from 3 to 6 p.m. Saturday at the Astor Street Opry Company Playhouse, 129 W. Bond St. Donations to support the theater during the coronavirus pandemic are requested.

No more than five people to a group. All staff and guests are required to wear masks and maintain social distancing. Groups of five or less can go in one at a time. Children get a treat at the end.

All ages are welcome, but a parent should accompany anyone under age 10; scary clowns, flashing and strobe lights, loud music and sounds and a generally creepy atmosphere might not be appropriate for very young children.

— *The Astorian*

COVID-19 Halloween tips

Dear Annie: I don't know what to do about my husband anymore. I am just about to lose it with him. He's always calling me bad names, and I've noticed him leering at my sister many times. Whenever I call him out on it, he gets aggressive and it becomes a big argument. He tells me I should just leave. I am really getting tired of this mistreatment. It's always something, every week. Yet, whenever I've prepared to leave, he's tried to smooth things over with me, for the sake of appearances. I feel so unwanted and unhappy, but I know that I'm not in the wrong. What should I do? — *Desperate in Denver*

Dear Desperate: First and foremost, I must say that if your husband's insults constitute verbal abuse, reach out to the National Domestic Violence Hotline at 1-800-799-7233.

If his behavior is inconsiderate but not abusive, then I encourage you to attend marriage counseling. I only have a vague picture of the situation based on your letter, but it's clear that you two aren't communicating well. Marriage counseling can offer a neutral space in which you can both learn not just how to express yourselves but how to better listen to each other.

Dear Annie: Here are some tips to help keep yourself, your family and your neighborhood safe during this time, while still celebrating this whimsical time of year.

1. Get the facts. Brush up on the Centers for Disease Control and Prevention's Halloween guidelines (yes, the CDC has guidelines, and no, your Halloween mask does not replace your normal mask). Educate yourself on the safest ways to proceed for your household. The CDC lists activities from lowest risk to highest risk.

You'll find some of their ideas in this list.

2. Know the safest alternatives: If you want to be as safe as possible, consider alternative in-home-only activities for your entire household. Coordinate a virtual costume party with your friends. Host a Zoom pumpkin carving event with the people you would normally invite over. Decorate sugar cookies and watch your favorite Halloween movies at home. Host a virtual event where each friend brings a scary story to share.

3. Avoid the front door. COVID-19 spreads when people “share the air” and having kids walk up to your front door is an easy way to “share the air” and put yourself at risk. Instead, do the candy transactions or other activities out in the open, where there’s air circulation. Get creative blocking off areas where you don’t want people. Use ropes

and spiderwebs, chains and even lawn furniture with skeletons in it. Make it clear visually where you want people to go.

4. Distance candy distribution: Placing candy into a child's trick-or-treat bag by hand means you're close enough to get or spread COVID-19. So, how do you avoid this? There are some creative solutions to get candy to kids from a distance. Some families are making a candy chute that spits candy out from a distance. Test it first to make sure you get it just right. As a last resort, you might place a large candy bowl at the front of your driveway and stay inside. It's not going to help the kids socially distanced from each other, but it should keep them from coming to your door. — *Vanessa Alvarez of Nexme*

Dear Vanessa: It's a tricky year for handing out treats. I appreciate these tips for doing so safely and the creative ideas of alternate activities.

DEAR ANNIE



ANNIE LANE
Creators
Syndicate Inc.

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 Ave. 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

Scouting for Food — Noon to 4 p.m., Gro-

cery Outlet, 825 Ave. N in Seaside. Seaside Cub Scouts Pack 540 are holding a food drive.

MONDAY

Grace and Encouragement for Moms
— For information, call Christina Leonard at 503-298-3936.

Senior Lunch To Go — Pick up a hot lunch from 11:30 a.m. to 12:15 p.m., Bob Chisholm Senior Center, 1225 Ave. 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.

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

Astoria Rotary Club — For information, go to Astoria Rotary's Facebook page.

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

Astoria Toastmasters — For information,

go to 775.toastmastersclubs.org or call Christa Svensson at 206-790-2869.

TUESDAY

Stewardship Quilting Group — For information, call Janet Kemp at 503-325-4268.

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

Senior Lunch To Go — Pick up a hot lunch from 11:30 a.m. to 12:15 p.m., Bob Chisholm Senior Center, 1225 Ave. 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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