

Columbia Pacific CCO to offer series on brain health

By The Daily Astorian

Columbia Pacific Coordinated Care Organization will offer a series of five health talks for Tillamook County residents.

The upcoming series, titled "The Amazing Brain: Caring for Mind, Health and a Resilient Tillamook County," will be run by registered nurse Sharon Black at Tillamook Bay Community College.

The first talk "What aspects of human development make for resilient minds and lives?" will be held from 5:30 p.m. to 7 p.m. Wednesday, April 8. Registration opens at 5 p.m.

Each discussion will feature local and regional brain health experts who will offer real life advice, tips and tactics on maintaining optimal brain health, according to the CCO.

The following four talks are Wednesdays as follows:

- 5:30 p.m. to 7 p.m. May 13, "Our choice are often complex. How can we keep our brains healthy?"
- 5:30 p.m. to 7 p.m. June 10, "Substance use, abuse and addiction: Solutions for today and tomorrow?"
- 5:30 p.m. to 7 p.m. July 8, "Tobacco and its impact on Tillamook County: Best practice education and public policy needs, including e-cigarettes."
- 5:30 p.m. to 7 p.m. Aug. 12, topic to be determined.

VOLUNTEER OPPORTUNITIES

4-H — Looking for 4-H leaders. For information, call Sandra Carlson at the Oregon State University Extension at 503-325-8573.

Astoria Riverfront Trolley Association — 111 W. Marine Drive. Needs conductors/motormen to operate trolley and narrate points of interest. One or more three-hour shifts per month. For information, call the 503-325-6311.

Astoria Senior Center — Temporarily located at 1555 W. Marine Drive in the old Astoria Yacht Club. To volunteer, call Larry Miller at 503-325-3231.

Astoria-Warrenton Area Chamber of Commerce — 111 W. Marine Drive. Volunteers needed at the chamber and for events. For information, call 503-325-6311.

Caring Adults Developing Youth (CADY) Mentoring Program — 800 Exchange St., second floor. Needs mentors for youths ages 10 to 17 at risk of school failure. Time commitment: one year, about eight hours per month. For information, contact Laura Parker at 503-325-8601 or lparker@co.clatsop.or.us

Clatsop Animal Assistance Inc. — Needs volunteers who have a strong commitment to work on behalf of the Clatsop County Animal Shelter's dogs and cats. For information, email info@dogscats.org or call 503-861-0737.

Clatsop Care Center — Volunteers needed daily for all three meals to provide one-on-one assistance to dining dependent residents. Volunteers must participate in a 16-hour training pro-

gram. For information, contact Mandy Brenchley at 503-325-0313, ext. 209.

Clatsop County Animal Shelter — Animal care volunteers age 16 and older needed for one 3-hour shift per week. Pick up an application at 1315 S.E. 19th St., Warrenton. For information, or to schedule orientation, call Leslie Atkinson at 503-325-1000.

Clatsop Community College Outreach Literacy — Needs volunteer literacy tutors to work with adults, native and non-native speakers. Training available. For information, call 503-338-2557.

Clatsop County Public Works — 1101 Olney Ave. Adopt-A-Road volunteers needed to remove litter two times (minimum) per year for two years. Safety equipment and supplies provided. Volunteers must receive safety orientation. For information, call 503-325-8631.

Columbia Memorial Hospital — Needs volunteers to provide assistance to patients, visitors and hospital staff. Training provided. For information, go to www.columbiamemorial.org. To schedule an interview, call 503-325-4321.

Columbia River Maritime Museum — 1792 Marine Drive. Volunteer opportunities for those with an interest in maritime history. For information, call the volunteer coordinator weekdays at 503-325-2323.

Columbia Senior Diners — 565 12th St. Volunteers needed weekdays to serve tables and for kitchen help. To volunteer, call 503-325-9693.

Community Emergency Response Team — CERT volunteers needed for

community events and disaster response with local police, fire and emergency medical service agencies. Training includes fire safety, first aid, traffic and crowd control, communications, damage survey, disaster planning and civic events within city limits. For information, contact CERT coordinator Kenny Hansen at khansen@astoria.or.us or leave a voice-mail at 503-325-4411.

Friends of Seaside Library — 1131 Broadway, Seaside. Volunteers needed to staff the fundraising store. For information, call 503-738-6742 or stop by the library.

Knappa Rural Fire Protection District — Needs volunteer firefighters. Training provided. For information, contact any of the active personnel or call Chief Paul Olheiser at 503-458-6610.

Lunch Buddy Mentoring Program — Adults needed to mentor elementary and middle school students once a week during lunch. For information, call Mary Jackson at 503-440-0368 or email lunch-buddies.mp@gmail.com

NorthWest Senior & Disability Services — Needs dishwashers and volunteers to serve and clean up weekdays at a meal site, and drivers for Meals on Wheels. For information, contact Candy Foster at 503-738-9323.

Providence Seaside Hospital — Needs volunteers to drive local senior citizens to medical appointments for the Partners for Seniors Program, and to work in the Providence Seaside Hospital Gift Shop. Commitments as small as one hour a month to regularly scheduled weekly

shifts are available. For information, call Volunteer Services at 503-717-7171 or email Alana.Kujala@providence.org

Seaside Downtown Development Association — Volunteers needed to help with local events happening throughout the year. For information, call Laurie Oxley at 503-717-1914 or email director@seasidedowntown.com

Start Making a Reader Today — Needs volunteers to read to students one-on-one for one hour a week at local elementary schools. To volunteer, call 503-391-8423 or go to www.getsmartoregon.org

Svensen Congregate Mealsite — Wickiup Grange Hall, 92683 Svensen Market Road. To volunteer, or for information, call Debbie Dunaway at 503-791-4532 or 503-861-4202.

Titanic Lifeboat Academy — Volunteer to help care for animals and assist with sustainable living projects; minimum commitment of four hours per week requested. Some training provided. For information, contact Caren Black at 503-325-6886.

Tri-City Spay and Neuter Thrift Store — 600 Broadway, Seaside. Needs volunteers interested in improving the welfare of animals. For information, call 503-738-7040.

Veterans Services Officer of Clatsop County — Seeking volunteer drivers to transport veterans from Astoria to the Veterans Administration Medical Center in Portland using the Disabled American Veterans (DAV) van. To volunteer, call 503-298-8757 or email clatsopvso@gmail.com

RELIGION BRIEFS

Pioneer Presbyterian
WARRENTON — The Pioneer Presbyterian Church, 33324 Patriot Way on Clatsop Plains, needs volunteers to help the church construct their annual daffodil cross at 11:30 a.m. Sunday.

The cross has been a well-known Easter tradition in Clatsop County since about 1943, built every spring by church members and community volunteers. When finished, the cross is 40 feet tall and consists of approximately 50,000 blooms.

Everyone is welcome to be a part of this tradition. Come in gardening clothes, and expect wet, muddy conditions. Coffee and pastries will be served.

Grace Episcopal
Sunday is Hunger Awareness Sunday at Grace Episcopal Church, 1545 Franklin Ave., with an ingathering for the Hunger Ministries of both monetary and nonperishable food items at both the 8 and 10 a.m. services. Paper products and bath and laundry soap are especially needed.

The monthly Community Dinner is being served in the Parish Hall at 4 p.m. Sunday, free of charge.

During Lent, the noon series "Fridays in Lent" offers contemplative music for listening or for walking the Stations of the Cross. March 27 features Ray Utterback (organ), beginning at 12:10 p.m.

Grace Church has issued a Call for Art for the fifth annual Jean Barney Judged Art Exhibition, with the theme of "Amazing Grace." The show will be held June 5 to July 7, with art submissions due June 2. Entry forms and details are on the website, www.graceastoria.org, and also available in the church office, which is open from 9 a.m. to noon Tuesday through Friday.

For information, call the church at 503-325-4691.

Beit Salmon
Congregation Beit Salmon is holding another organizational meeting at 11 a.m. Sunday in the Fellowship Hall of Peace Lutheran Church, 565

12th St. Refreshments will be served. For information, call Ann Goldeen at 503-791-4611.

St. Mary, Star of the Sea

The Catholic Daughters of America will sponsor its Rummage and Bake Sale from 9 a.m. to 4 p.m. Saturday, and from 8:30 a.m. to 3 p.m. Sunday, at the St. Mary, Star of the Sea Auditorium, 1411 Grand Ave. Drop off items after 10 a.m. today. All proceeds will go to the CDA Scholarship Fund.

At 7:30 p.m. Thursday, also in the auditorium, the last video of the Symbolon Series, on the Paschal Mystery, (Eas-

ter) is being shown. Parishioner Ed Mosey, with a master's degree in pastoral ministries, is providing commentary and leading the discussion. Symbolon is an educational series on the Catholic faith put out by the Augustan Fathers.

For questions, call the St. Mary, Star of the Sea Catholic Church at 503-325-3671.

Pacific Unitarian Universalist

The Pacific Unitarian Universalist Fellowship holds a service at 11 a.m. Sunday at the First Congregational Church, 820 Alameda Ave. Tod Lundy is giving a presentation, "The History of Islam."

Cameron Brister is the lay leader, Karen Beck is providing refreshments, Laurel Fleet is the greeter and Arline LaMear is helping with the children.

For information, call 503-338-6883 or go to www.pac-uuf.org

Our Saviour's Lutheran

SEASIDE — Our Saviour's Lutheran Church presents "Song, Scripture and Sacrament" from 11 to 11:30 a.m. Wednesday at Suzanne Elise Assisted Living, 101 Forest Drive in Seaside. All are welcome.

For information, call the church at 503-738-6791.

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NEW TODAY

OREGON DEPARTMENT OF TRANSPORTATION (ODOT) Principal Executive/Manager F-Full Time - Springfield or Astoria, Oregon

The Oregon Department of Transportation is seeking a Principal Executive/Manager F (District 5 Manager or District 1 Manager) in Springfield or Astoria.

The District Manager is a key position within the agency and is responsible for ensuring safe and efficient operations of the state highway system. She/he provides leadership and direction to the district, region and statewide while carrying out the goals and objectives of the agency. The District Manager is the agency's Road Authority and is responsible for decisions related to regulatory authority, such as permitting and road closures, and life and safety decisions of the highway system that include incident or emergency management response to accidents, incidents, or weather.

The District Manager is responsible to develop and execute short and long range work plans that optimize the useful life of the highway system and related features to ensure the safety and mobility of the public. Work plan delivery is accomplished through assigned subordinate staff and contract resources, and includes personnel, program and project management responsibilities.

ODOT offers a competitive salary and excellent benefits! For a complete description of the position or to apply online, please visit www.odotjobs.com and seek job posting #ODOT15-0315oc.

ODOT is an EEO/AA employer committed to a diverse workforce!

NEW TODAY

Svensen Flea/Craft Market
Saturday March 21st, 9am-4pm
Sunday March 22nd, 10am-4pm
92683 Svensen Market Road



Make a difference at Job Corps!

MTC seeks candidates for the following position serving youth, ages 16-24, at our Astoria campus:

- Director, Finance & Administration
- Accounting Clerk
- Maintenance Worker

Apply at www.mtc.jobs and enter Astoria, OR in the search field.

Management and Training Corporation is an Equal Opportunity Employer
Minorities/Females/Disabilities/Veterans
MTC Values Diversity!

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45 PUBLIC NOTICES

Occasionally other companies make telemarketing calls off classified ads. These companies are not affiliated with The Daily Astorian and customers are under no obligation to participate.

If you would like to contact the attorney general or be put on the do not call list, here are the links to both of them

Complaint form link:
<http://www.doj.state.or.us/finfraud/>

NEW TODAY!

Look at these ads first

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Look at these ads first

ESTATE SALE
Sat 9-3
1487 S. Spruce & Sunset CB
Furniture, beds, dressers, HH
Mower, misc. K&C

CLATSOP COUNTY EXECUTIVE ASSISTANT - CLERK OF THE BOARD
(Confidential position reporting directly to the County Manager)
Pay Range:
\$3,632 - \$4,842 / monthly
+ Benefits including PERS
Application materials and job description located at www.co.clatsop.or.us.
Email applications to stfarmer@co.clatsop.or.us or mail paper applications to Clatsop County, 800 Exchange Street, Ste 410, Astoria, OR 97103 (503)325-1000, FAX (503) 325-8325 not later than 5:00 pm, Wednesday, April 1, 2015. Open Until Filled. AA/EEO

Fort George Brewery - Public House

Fort-George-Brewery now accepting resumes for all positions. Servers/Line Cooks/Busser-Dishwashers. Bring resume to main pub.

35 LOST & FOUND

Found: Keys at 10th and Exchange in Astoria. Call Kimberly at (503)325-3211 ext 231

Lost men's wedding band. Platinum, S heart M inscribed on the inside. Lost 2/21 @ Fort Steven's Shipwreck. Call 808-232-8650.

46 ANNOUNCEMENTS

Request for Proposal 2015-2016 Contract for Jewell School District Pre-School/Daycare

The Jewell School District welcomes existing businesses, individuals or other organizations to compete for the contractual opportunities to provide the Pre-School/Daycare Program for the 2015-2016 school year. We are looking to begin with a one year contract with the opportunity to extend the contract upon agreement spring 2016. Deadline for bid submissions is 3:00 pm April 1, 2015. Please visit our website home page (jewell.k12.or.us) for more information or call 503 755-2451 ext. 2410.

13 acre Estate Rosburg, WA: 4 bedroom 2 bath with attached 600sq ft shop and 2 car carport, out buildings. New roof, updated kitchen with granite. A must see. \$359,000. (360)465-2559

CLATSOP COUNTY Network Administrator
Pay range: \$4,650 - \$5,652/month + Benefits including PERS
Applications are invited for the position of Network Administrator. Application materials and job description located at www.co.clatsop.or.us.
Email applications to stfarmer@co.clatsop.or.us or mail paper applications to Clatsop County, 800 Exchange Street, Ste 410, Astoria, OR 97103 (503)325-1000, FAX (503) 325-8325 not later than 5:00 pm, Friday, April 3, 2015. Open Until Filled. AA/EEO

Fort-George-Brewery - Public House

Fort-George-Brewery now accepting resumes for all positions. Servers/Line Cooks/Busser-Dishwashers. Bring resume to main pub.

40 PERSONALS

Good looking, mature, established man seeks long term relationship with women. Send information to connect Send reply to Box 227, c/o Daily Astorian, P.O. Box 210, Astoria, OR 97103

Sincere retired white male 60's of good health, wishes to meet sincere retired female. For life time commitment. Age and weight unimportant, must be serious for replies Write Mike with phone number PO box 476 Cathlamet WA, 98612

70 HELP WANTED

NWSDS

ADRC Specialist Tillamook or Warrenton, OR
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An exciting job opportunity for someone with great people skills to provide resources for people needing service! This position requires working with a wide variety of people and many requests in a fast paced environment. Associate's degree in social sciences or related field plus two years of relevant work experience dealing with the public. Prefer experience with seniors and people with disabilities.

Closes: April 2nd, 2015. For more information and to apply online, please go to www.nwsds.org. EOE.

CB Lawn-care- looking for employee with experience (lawn mowing, hedge trimming, fertilizing and spraying), has valid drivers licence. References required. Call Chris 503-440-2099

Dump truck driver starts mid April steady work. Hourly pay, medical, vacation, paid holidays. Call (503)741-0170, or (503)741-0034. vbc.dennis@gmail.com

Moving Sale Saturday 9am-4pm 89384 Lewis and Clark Rd. Astoria
Lawn and Garden equip., tools, Oak entertainment center, oak office desk, misc. furniture, lots of other.

Saturday only 9am-4pm 571 Antler Cannon Beach street before Ecola State Park Rd. furniture, homegoods, name brand clothing all sizes, toys and misc.

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