

## ASTORIA VALEDICTORIAN

**Shoshanna McCleary**  
Continuing education:  
Oregon State University.

**Community/school involvement:** Key Club, CommuniCare, National Honor Society, National Oceans and Science Bowl, Spanish Club, Chinese Club, Japanese Society, Columbia River Symphony.

**Scholarships:** Oregon State University Academic Achievement Award.

**Sports:** Volleyball, swimming, softball.

**Favorite class and teacher?** While I enjoyed all of my science classes, marine biology was my favorite class. Topped off with Lee Cain, my favorite teacher, marine biology was a class that was both exciting and one that taught me a lot. Both the class and the teacher taught me curriculum in a way that was hands-on and fun.

**What will you remember the most?** My most memorable moment in high school was the day my chemistry two class made ice cream. It was cool to know how ice cream was made and it was one of the most delicious ice creams I have ever had.

**Advice for success?** The first step to succeed is to believe. After believing all that is left is to begin. Everything will gradually fall into place after that if one perseveres.



## ASTORIA VALEDICTORIAN

**Morgan Postlewait**  
Continuing education:  
George Fox University.

**Community/school involvement:** President of Mu Alpha Theta, National Ocean Sciences Bowl, National Honor Society, senior class secretary/treasurer, Chinese Club, Astor Post.

**Scholarships:** George Fox University merit, honors college and biology scholarships.

**Sports:** Soccer, swimming.

**Favorite class and teacher?** My favorite class is journalism because the students have a lot of freedom in what they can write and what the newspaper looks like.

**What will you remember the most?** I will remember all the smiles and laughter that I was able to have with my friends and teachers throughout my high school experience. I will treasure those memories forever.

**Advice for success?** In order to be successful, all you have to do is not procrastinate and put your phone away during class. That is it. If you don't procrastinate, your work will get done on time and be higher quality, and if you aren't on your phone during class, you will be able to take better notes and have a better understanding of the material.



## ASTORIA VALEDICTORIAN

**Michael Zavalza**  
Continuing Education:  
Oregon State University.

**Community/school involvement:** Marching band, jazz band, symphonic band, winter percussion, orchestra.

**Scholarships:** \$7,800 from Oregon State University.

**Sports:** Swimming.

**Favorite class and teacher?** Physics with Mr. (Glen) Fromwiller.

**What will you remember the most?** Joining the high school swim team despite the fact that I didn't know how to swim at the time and learning how to swim. It was great to have such an amazing and supportive team that helped me accomplish all that I did and make some amazing memories.

**Advice for success?** If you are going to procrastinate, then at least make sure to plan it out so you get everything done in a timely manner. Also, push yourself, but know your limits. We are all only human and can only take so much before we burn out.



## ASTORIA SALUTATORIAN

**Anna Zhen**  
Continuing education:  
Portland State University.

**Community/school involvement:** Key Club, Astoria Winter Ensemble, Spanish Club, CommuniCare, Chinese Club, Japanese Society, Astoria Marching Band & Ensemble, and LGBTQIA+ Society

**Scholarships:** Portland State University Resident Opportunity Scholarship, Astoria High School Scholarship Inc., Kiwanis Foundation.

**Sports:** N/A.

**Favorite class and teacher?** Pottery is my most favorite class, while one of my most favorite teachers would be Sara Oien.

**What will you remember the most?** How supportive the staff of Astoria High School is.

**Advice for success?** Whatever you think is stressful to your life, take a moment and breath.



## ASTORIA SALUTATORIAN

**Chloee Hunt**  
Continuing education: The  
Evergreen State College.

**Community/school involvement:** Sports camps, North Coast Volleyball Camp, National Honor Society, Outdoor Club, Art Out Loud, Business Leaders of Tomorrow, Zephyrus (yearbook).

**Scholarships:** Volleyball (Athletic) Scholarship, Evergreen Academic Scholarship, Evergreen State College Foundation Scholarship, Cowlitz Volleyball Club Director's Award Scholarship.

**Sports:** Volleyball, basketball, golf.

**Favorite class and teacher?** The art classes have been my favorite because they have given me the opportunity to grow as an artist and develop my style. My favorite teacher is Mr. (Glen) Fromwiller because he made chemistry and physics so enjoyable and he is one of the funniest people I have met.

**What will you remember the most?** My two favorite memories from my time in high school are taking second in state my freshman year in volleyball and winning homecoming week my senior year. What I will remember the most, though, is the staff at AHS because they are some of the most selfless and dedicated people I have had the pleasure of knowing.

**Advice for success?** Don't let your dreams be dreams. If you want to achieve something, just do it.



## ASTORIA SALUTATORIAN

**Megan Bergeron**  
Continuing Education: Uni-  
versity of Oregon.

**Community/school involvement:** Astor Post, Zephyrus (yearbook), National Honor Society, Business Leaders of Tomorrow, Lower Columbia Youth Soccer Association, Trick-or-Treat so Kids Can Eat, Clatsop County Animal Assistance, beach clean-ups, campus cleanups, Astoria Aquatic Center cleanups, Breast Cancer Awareness advocate.

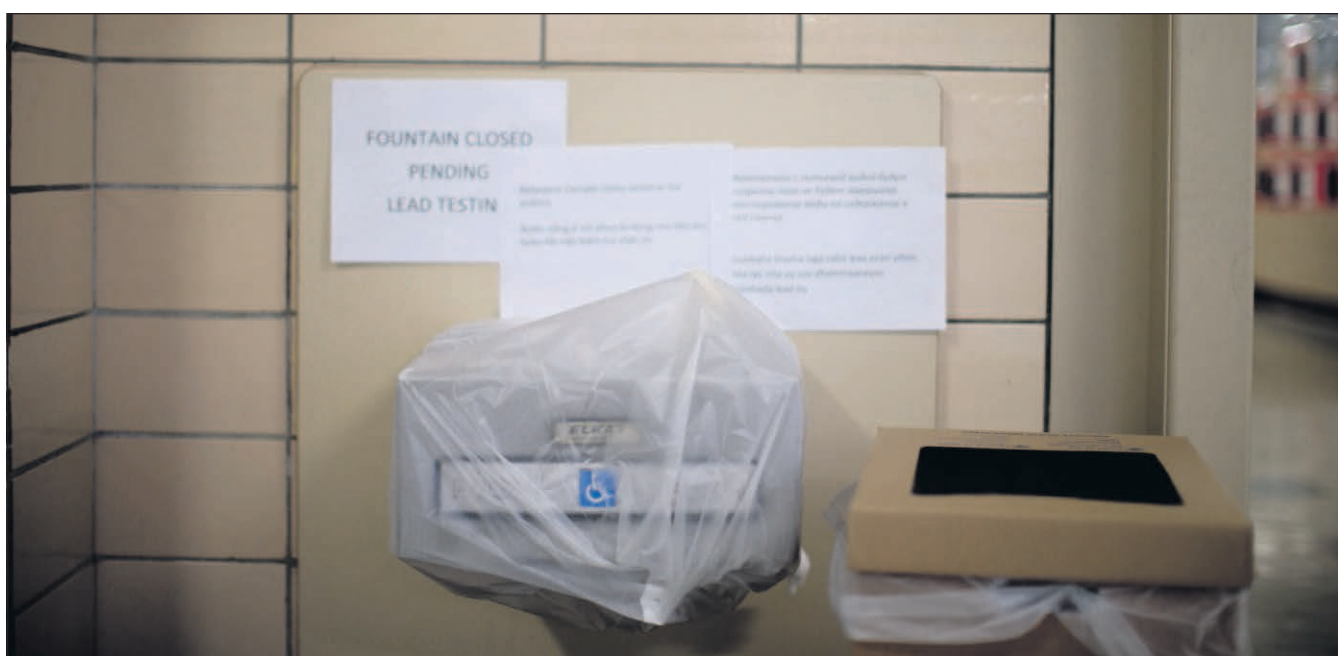
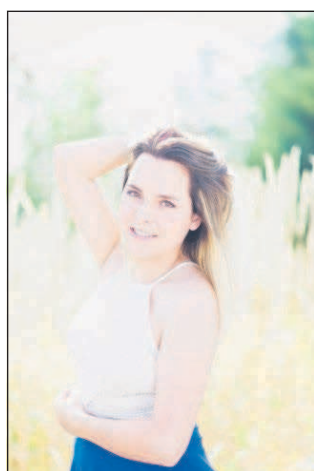
**Scholarships:** University of Oregon Pathway Scholarship.

**Sports:** Soccer, basketball.

**Favorite class and teacher?** My favorite class in the high school is journalism because I want to be an international journalist when I grow up. Mr. Clint Hill is my favorite teacher because he has believed in me from the very start, throwing me into a position as an editor my first year in the class, which he said does not normally happen.

**What will you remember the most?** I will miss the Camp Kiwanilong soccer camp the most. I loved camping with all of my soccer girls and boys from my school and other schools. Even though this does not correlate with the above statement I would like to thank my parents and grandparents for everything that they have done to help get me to where I am today.

**Advice for success?** It is OK to face things alone. Do things yourself, and find yourself first. Be adaptable. Give back. Make every moment count in your life in order to change the world. Lastly, question everything, because nothing is perfect the way it is. Be the difference.



Beth Nakamura/The Oregonian

A covered water fountain is seen as the Portland Public Schools holds a public meeting in May at Creston Elementary School to address lead in the drinking water.

## Lead: Announcement is a recommendation only

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The Oregon Department of Education, the Oregon Health Authority and the state's Early Learning Division will provide technical support and information for the state's 197 school districts and recommend a list of state-certified labs to test the water. The plan also calls for

those labs to report results to the Oregon Health Authority, which will build a database for public use this fall, said Robb Cowie, an agency spokesman.

The announcement is a recommendation only, however, and the state can't require school districts to test. Currently, districts that have their own water supply

are monitored by the state health officials for lead in the water.

But the majority of schools receive water from municipal systems. These schools aren't monitored for lead in the water beyond the testing done by the municipal network.

That can be a problem because many older schools

have pipes that can leach lead into the water at the site.

"There's growing concerns in the school districts and we just wanted to do what we could to get information out on best practices," said Amy Wojcicki, spokeswoman for the Oregon Department of Education.

Edward Stratton contributed to this report.

## Consult a PROFESSIONAL



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**ASTORIA CHIROPRACTIC**

Barry Sears, D.C.

503-325-3311

2935 Marine Drive,  
Astoria, Oregon

**Q: What happens in a whiplash injury?**

**A:** Motor vehicle accidents cause a variety of injuries because of an abrupt change, like the cracking of a whip. In less than a second, many tons of force are transferred to the body, including ligaments, muscles, disks and joints. Those tissues stretch and tear and do not heal without proper care. Injuries can include neck, back, jaw, shoulders, ribs and knees. Chiropractic care has been shown to be effective and gentle to restore normal function after injuries and accidents. Even if your injury is older, we can help. Astoria Chiropractic has been providing excellent services in Astoria for 35 years.



JEFFREY M. LEINASSAR  
DMD, FAGD



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1414 MARINE DRIVE,  
ASTORIA  
www.smileastoria.com

**Q: Why should I have my teeth cleaned twice a year?**

**A:** For the majority of patients concerned about their dental health this is a reasonable interval. However, for many patients who struggle with plaque control, have poor brushing habits, inadequate diets, smokers, and patients with medical conditions such as diabetes a more frequent cleaning interval is recommended and appropriate. And yes, there are the few patients out there who do an amazing job of home care and can remain healthy on just an annual cleaning visit and checkup. Remember "you only have to brush and floss the teeth you want to keep"!



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Newport • (541) 265-9520  
5111 N. Coast Hwy.  
Florence • (541)997-8214  
18th & Hwy. 101

**Q: Does expensive always mean better?**

**A:** More expensive often means that an appliance has more advanced performance features, along with much more flexible options for installation. In general terms, there can be significant quality differences in the performance and longevity of a more expensive appliance brand.



**BUSKERS AT ASTORIA SUNDAY MARKET**

**astoria SUNDAY MARKET**

astoriasundaymarket.com

Now through Oct. 16  
12th Street • 10am to 3pm

**Q: What is a Busker?**

**A:** Buskers are simply people who perform in public places for tips. Most people are familiar with street musicians busking but buskers can be any type of entertainment from balloon artists and clowns to painters, dancers and magicians. Astoria Sunday Market welcomes buskers of all types and simply asks that they abide by some simple courtesy rules.



**NORTHWEST WILD PRODUCTS**

Amanda Cordero  
Northwest Wild Products  
Fresh Seafood Market  
354 Industry St, Astoria  
503-791-1907  
Daily 9am-7pm

On the docks of the West Mooring Basin, by the Riverwalk Inn

**Q: Where do your exotic meats come from?**

**A:** Unlike our seafood, which is local, our exotic meats come from all over the world. Most of the Wild Boar products come from Italy. Our Python comes from Vietnam. The Iguana is from Peru, and the Kangaroo is from Australia. U.S. farmed meats include Elk and Venison (Idaho.) Rattlesnake (Texas) Frog legs (Louisiana.) Snapping Turtle and Alligator (Florida.) Almost all exotic meats are farmed and their production is environmentally safe and sustainable. Exotic meats are healthier than most traditional farmed meats, because they are leaner, hormone and antibiotic free, fed a better diet and generally free range.