

GRADUATES

The following students have graduated from college:

**University of Oklahoma
Norman, Oklahoma**
Astoria: Sean Ward, bachelor’s degree, criminal justice;
Kelsie Ward, bachelor’s degree, liberal studies.

HONOR ROLL

The following students have qualified for the honor roll by earning a 3.5 grade point average or higher at school.

**Pacific University
Forest Grove**
Astoria: Brittany Nyberg, Kaneah Owen.

SELF-HELP GROUPS

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	holds meetings in Clatsop County. For full schedule details, as well as upcoming special events, call the Helpline at 503-717-3702, or go to nworegonna.org
Men’s Sexual Purity Recovery Group — Tuesday nights. 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.	Overeaters Anonymous Women’s Meeting — noon to 1 p.m. Thursday, 1218 Avenue A., Seaside.
Narcotics Anonymous — The Northwest Oregon Area of Narcotics Anonymous (NWONA)	TOPS (Take Off Pounds Sensibly) (Astoria) — 5 p.m. weigh-in, 5:30 p.m. meeting Tuesday, First Lutheran Church, 725 33rd St. For information, call Tri-sha Hayrynen at 503-298-9058.

Pizazz wins OSAA 1A-4A Division



Tim Van De Grift

Astoria High School Dance Team Pizazz won first place in the 1A-4A Division at the Oregon School Activities Association Dance Team Competition at Canby High School Feb. 3 with their dance routine to a remix of the song “I Will Wait” by Mumford and Sons. Pictured, from left, Coach Emily Madsen and Luca, Aliyah Grant, McKenzie Brady, Liz Varner, Liberty Olsen, Nara Van De Grift, Maia Mahoney, Isabella Clement, Sheila Doyle and Coach Kelly Eckstein. Pizazz is competing in two more events for this season to qualify for the OSAA state competitions at the Portland Coliseum March 15 to 17.

VOLUNTEER OPPORTUNITIES

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

American Red Cross — Needs registration volunteers (donor ambassadors) in Clatsop County to provide customer service and enhance the blood donor experience. For information, call Angela Basurt to at 503-528-5430.

Astoria Column — 1 Coxcomb Drive. Volunteers needed to welcome visitors, provide information and answer questions about the Astoria Column and the city of Astoria. For information, call the Friends of the Astoria Column Visitor Center at 503-325-2963.

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 — 1111 Exchange St. To volunteer, call Larry Miller at 503-325-3231.

Astoria Veteran Van Drivers — Volunteer drivers needed for the Disabled American Veterans van for one or more trips per month. The van leaves Astoria at 7 a.m. for the Portland Veterans Administration Hospital and returns in the early afternoon. To volunteer, contact Dick Lang, Astoria DAV van coordinator, at 503-298-8757 or dicklang@charter.net. Drivers receive free breakfast and lunch vouchers for the hospital canteen on every trip.

Astoria Warming Center — 1076 Franklin Ave. Winter overnight emergency shelter for homeless persons needs volunteers for three-hour shifts from evening through the night to help with welcoming guests, serving dinner, cleaning the kitchen, monitoring the sleeping area overnight, and closing the shelter in the morning. Volunteers also needed for weekly litter patrols in the neighborhood. To volunteer, email astoriawarmingcenter@gmail.com

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

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 program. 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 Action Regional Food Bank — Volunteers needed to help hand out fruits and vegetables at the weekly produce pantries for two hours on Thursdays, from April to October, in Seaside and Warrenton. Warehouse attendants are needed for food packing or processing, picking orders for agencies, light janitorial and housekeeping, or lawn and grounds maintenance. Three to four-hour shifts are available Monday through Friday. To volunteer, call 503-861-3663.

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.

Clatsop Cruise Hosts — Looking for volunteers to meet and greet cruise ship passengers and crew, provide information and answer questions about the Clatsop County area. Ships arrive in the spring and fall, about 20 ships each year. Work all the ships or part of them. For information, go to clatsopcruisehosts.org

Columbia Senior Diners — 1111 Exchange St., Astoria Senior Center. 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 voicemail 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.

Long-Term Care Ombudsman — Certified ombudsman volunteers advocate for the rights, care and dignity of the elderly and disabled living in licensed long-term care facilities. Many residents have no one to watch out or speak up for when things go wrong. Volunteer Ombudsmen talk to the residents, investigate complaints, and work to resolve problems. Flexible schedule, four hours a week, mileage reimbursement available. Training is provided. For information, call 800-522-2602 or go to oregon.gov/ltc

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 lunchbuddies.mp@gmail.com

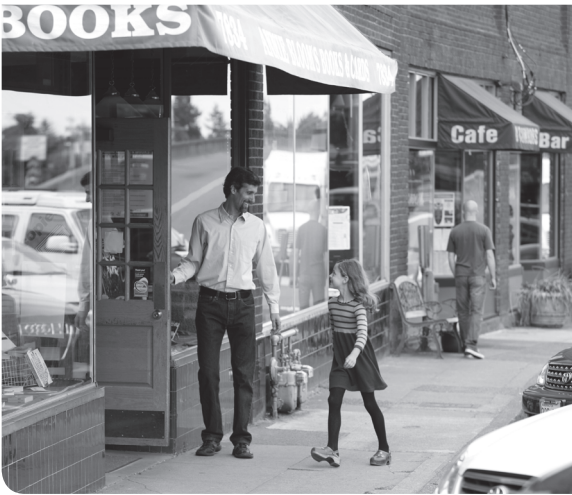
NorthWest Senior & Disability Services — Needs dishwashers and volunteers to serve and clean up weekdays at a meal site, and drivers for Meals on Wheels. For information, contact Candy Foster at 503-738-9323.

Providence Seaside Hospital — Needs volunteer drivers for Community Connections, a free program that transports people to services and appointments related to health and well-being in the Portland-Metro area. Mileage reimbursement available. For information, call 503-717-7171 or email Alana.Kujala@providence.org

Seaside American Legion Veterans’ Assistance & Rehabilitation — Volunteers needed to help knit/crochet items for hospitalized vets and cut coupons for military families. Donations of fabric/yarn especially welcome. Group meets from 10 a.m. to 2 p.m. second Tuesday of the month at 1315 Broadway, Seaside. For information, call 503-738-5111 and leave a message for Marilyn Faulkner.

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

Seaside Museum and Historical Society — Volunteers needed to help as docents, maintaining and creating exhibits, and various events throughout the year. Small and large projects available. Any amount of time will be greatly appreciated. Call the museum at 503-738-7065 or email seasidemuseum@hotmail.com



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LOCAL BUSINESSES.
YOUR NEIGHBORS.
ALL GETTING MORE FROM THEIR ENERGY.

Here in Oregon, thousands of businesses and individuals are saving money with help from Energy Trust of Oregon. With cash incentives for energy improvements, we can help you get more from your energy.

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