

VOLUNTEER NOTES

4-H — Looking for 4-H leaders. For information, call Sandra Carlson at the Oregon State University Extension at 503-252-8573.

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 Basurto at 503-528-5430.

Angels for Sara Senior Dog Sanctuary — Needs volunteers to help care for elderly dogs who are unable to stay with their owners. Anyone interested in fundraising, yard maintenance, spending quality time with the dogs or fostering a senior dog, short or long term, contact Jacque Pressly at angelsforsara@gmail.com or call 503-325-2772.

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 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.

Camp Kiwanilong — A large variety of volunteer opportunities are available. For information, call 503-861-2933 or go to campkiwanilong.org

Cannon Beach Academy — 3781 S. Hemlock St., Cannon Beach. Volunteers needed for breakfast or lunch preparation and cleanup, reading groups, math groups, lunch/recess duty and housekeeping. Shifts are 1.25 hours or longer. For information, call

503-298-5245.

Cannon Beach Library — 131 N. Hemlock, Cannon Beach. Volunteers needed for a variety of tasks and time commitments, including alphabetizing bookshelves, covering books, doing minor building maintenance, helping with a speakers' series, and participating in annual book sales and other events. For information email info@cannonbeachlibrary.org or call 503-436-1391.

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 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

Coast Community Radio — Volunteers needed for a variety of opportunities and time commitments including weekday front desk, music library digital conversion, graphic and sign making, booths at farmers markets and special events, landscaping, and mailing parties. For information, email janet@coastradio.org or call 503-325-0010.

Columbia Memorial Hospital — Needs volunteers to provide assistance to patients, visitors and hospital staff. Training provided. For information, go to 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 — 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 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.

Haystack Rock Awareness Program — Needs volunteers for general office assistance and to assist lead interpreters on the beach with signage, ropes and set up during low tides and talking to visitors about the rock and the local flora and fauna. Must pass a basic background test. Children are always welcome; must be supervised by a parent. For information, contact Lisa Habecker at 503-436-8064 or habecker@ci.cannon-beach.or.us

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/lcco

Lunch Buddy Mentoring Program — Adults needed to mentor elementary and middle school students once a week during lunch. For information, call (219) 331-6427 or go to bit.ly/2u3KpWe

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.

NorthWest Senior & Disability Services — Svensen Meal Site needs volunteer Meals on Wheels driver. Must be age 18 or older, have a valid driver's license and auto insurance. For details, contact Suzanne Bjaranson at 503-861-4202.

Oregon Money Management Program — Volunteers needed to assist low-income seniors and people with disabilities with budgeting, organizing financial paperwork, sorting mail and filling out applications, and can choose the day of the week and time of day to volunteer. For information, contact Julie Sobel at 503-304-3407 or julie.sobel@nwds.org

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

COMMUNITY IN BRIEF

Free dental clinic offered

A free dental clinic is offered from 9 a.m. to 4 p.m. Sunday at the Astoria Armory, 1636 Exchange St.

This is a first-come, first-served event for people who do not have dental insurance, and includes dental exams, digital X-rays, extractions and fillings. Other services provided are lifestyle and health counseling.

The event is sponsored by Caring Hands Worldwide. For information, contact Randy Meyer at 541-937-2786 or randy@caringshandsworldwide.org

North Coast students receive Oregon State scholarships

CORVALLIS — Oregon State University has awarded the Presidential Scholarship, which provides up to \$40,000 in funding for undergraduate studies, to Chance Giguere of Seaside High School and Andrea Harris of Astoria High School. The students are eligible to receive \$10,000 per year, renewable for up to a total of four years. Only 36 students entering OSU in the fall will receive the scholarship.

To be considered for the Presidential Scholarship, students must be current Oregon high school seniors; considered an Oregon resident at the time of application for admission; have a minimum 3.85 unweighted high school GPA; and have a minimum score of 1360 on the SAT or 29 on the ACT. In addition, applicants are evaluated on their admissions application and supplemental questions.

For information about OSU scholarships, go to scholarships.oregonstate.edu

Wauna Credit Union awards \$12,000 in scholarships

Wrapping up the 2018-19 school year, local financial cooperative Wauna Credit Union (WCU) has awarded \$12,000 in scholarships to WCU student members in Columbia, Clatsop and Washington counties.

Scholarship recipients were selected based on a variety of factors, including GPA, community involvement, extracurricular activities and need for financial assistance.

Thirteen students from seven area high schools and three colleges were selected, including Camille Cottrell and Nara Van De Grift of Astoria High School, Maria Heyen of Warrenton High School and Tyler Wolf of Vernonia High School.

The scholarships range from \$500 to \$1,000 each. As of 2019, WCU has awarded over \$350,000 in scholarships over the years.

Seaside Elks announce essay contest winners

SEASIDE — On May 30, Exalted Ruler Jim Fettig and Past Exalted Rulers Jeanne Uzelac and Jan Jackson of the Seaside Elks Lodge No. 1748 attended a Gearhart Elementary School awards ceremony for the Elks' essay contest winners.

Fettig presented a plaque and \$25 to Landon Nofield, and a plaque and \$50 to Sophia Bucher. Both students submitted essays on the topic, "What Makes You Proud of America?" Their essays were forwarded to the Northwest District and to the Oregon State Elks Association.

Joe Woods, lodge Americanism chairman, presented the essay contest to the schools.

— The Astorian

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Leave Joint Pain Behind



Is joint pain
stopping you from
living life to the fullest?

Know your options.

If you're suffering from chronic pain in a knee, hip or shoulder, ask your doctor for a referral to the CMH Center for Orthopedics & Sports Medicine.

Our orthopedic experts can help you set a plan for improving your quality of life. You have options!



Call 503-338-4075!

2265 Exchange St., Astoria, Oregon
www.columbiamemorial.org/orthopedic-clinic