

204 Automobiles

2009 Hyundai Sonata SE limited 77,000 miles, well maintained, always garaged, leather seats, sunroof \$5,500 OBO 503-890-6745

2002 Toyota Sienna Van for sale. Good parts, I purchased the car in 2017 and fixed the front end, Can drive it away but will NEED Transmission work. Has Clear title.

Call for more information Brian 503-861-2841 \$1000 or best offer Please leave number and message with name.

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251 Boats for Sale



20' Intruder Stern Drive. Excellent showroom condition. Amenities, to numerous to list! Call between 9AM to 4PM for info. 360-484-3663

481 Freebies

Free wood pallets. First come first serve. 949 Exchange Street, Astoria. (800)781-3214

613 Houses for Rent

3-Bedroom/2-Bath Home
1,568-sq.ft.
Ocean Park area.
No pets/No smoking.
\$1,295/month + Deposits
360-921-1970

Have an extra room to rent? A classified ad will find a tenant fast! Call 503-325-3211 today!

651 Help Wanted

PACIFIC TRANSIT FULL TIME COACH OPERATOR SEAVIEW, WA

Pacific Transit System is accepting applications for a Full Time Coach Operator.

Pay and benefit package (Medical/Dental/Optical/Life/WA Public Employee Retirement System) are per current union contract. Pay rate of \$20.45 after training.

All applicants must possess the following qualifications:
-Possession of a valid Driver's License and a current Medical Examiner's Certificate at time of hire.

-Must have a valid CDL for Class A or B with Air Brake Restriction removed (mandatory); and a Passenger (P1) endorsement.

-Must have Interstate Self-certification with the DMV at time of hire.

-A clean Driving Abstract for the past 5 years from all states in which you have had a license to drive. Must be submitted with application.

-Able to pass a Pre-Employment drug test.

Full job description and application may be picked up at the Seaview Facility, 2750 Pacific Way, Seaview, Washington, Monday through Friday 11:00am to 5:00pm; at our Raymond Office, 216 N. 2nd Street, Monday through Saturday 9:00am to 5:00pm; via our web page at www.pacifictransit.org, or call for mailing at 360-642-9418 or 875-9418.

Pacific Transit System has a policy of a drug and alcohol free workplace. Random Drug and Alcohol testing will be conducted throughout employment. Pacific Transit is an EEO.
Position is open until filled.

ADVERTISERS who want quick results use classified ads regularly.

651 Help Wanted

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www.dailyastorian.com

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651 Help Wanted

Full or part-time Driver needed.
Wages DOE, CDL required, North West Ready Mix. 950 Olney Avenue nwready@pacifier.com 503-325-3562

Lower Columbia Bowl

Seeks a Part-time Front Counter Attendant,

Saturday/ Sunday evenings, excellent customer service skills a must. WE SELL FUN!!
OLCC permit and food handlers card will be required

Apply in person Lower Columbia Bowl 826 Marine Dr. Astoria (503)325-3321



Healthy Families Home Visitor

40 hours per week positions. Office location Astoria, OR. Community Action Team, Child and Family Development Programs. AA/AS preferred in Early Childhood Education, or high school diploma with 3-years' experience in Early Childhood. This position will conduct and monitor assessments of children birth to three years of age. Community outreach skills a must. Knowledge of infant, toddler, and early childhood development. Ability to work with diverse populations. Bilingual preferred. Full job description and to apply go to www.nworheadstart.org. For additional information regarding the position call (503) 366-6556. EOE

651 Help Wanted

Clatsop Community College is hiring for the following positions:

- **Science Storeroom and Hazardous Chemicals Coordinator:** .75 FTE, fully benefited position. Closing date: October 18, 2019.
- **Patriot Hall Coordinator of Events and Activities:** Full-time position. Closing date: October 11, 2019.
- **Buyer/Lead Clerk & Registrar Assistant:** Full time position. Closing date: October 11, 2019.
- **Lead Technical Services Specialist:** Full time position. Closing date: October 11, 2019.
- **Instructor, Fire Science and Maritime Fire:** Full time position starting January 2020. Position open until filled with first review of application October 18, 2019.
- **Adjunct PE Instructor:** Part-time beginning winter term 2020.
- **Talent Search STEM Coordinator:** Part-time, grant funded position. Position open until filled.
- **CCC Small Business Development Center Part-Time Business Advisor:** Part-time position. Position open until filled.
- **Data Entry/Data Base Specialist:** Part-time, temporary position. Position open until filled.

View job descriptions/qualifications and apply on-line at www.clatsopcc.edu. Contact the Office of Human Resources at (503)338-2406 if application assistance is needed. AA/EOE

651 Help Wanted

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SENIOR LIVING | HEALTH

Lessen the Risk of Strokes

The risks of experiencing a life-threatening stroke increases with age.

In fact, the National Center for Biotechnology Information estimates that 70% of victims are aged 65 or older. While the risks associated with age are out of your control, there are numerous lifestyle changes you can make to lessen your chances of experiencing one.

Do you know the signs that you or a loved one is suffering from a stroke? The National Institutes on Aging encourages us to become familiar with these symptoms and call 911 immediately if you are experiencing them:

- Sudden confusion or inability to speak coherently;
- Numbness or weakness to the head, arm or leg - especially on one side of the body;
- Problems seeing in one or both eyes; and
- Sudden dizziness or a severe headache occurring with no known cause.

The speed at which you identify a stroke and receive medical help can greatly impact the lasting effects during recovery.

LOWER THE RISKS
The United States Department of Health and Human Services suggests that keeping your blood pressure in the normal range is one of the most important steps to lower your risk of a stroke. Here are a few more actions they recom-



mend.
Be physical and eat healthy to maintain a healthy weight. Quit smoking. Regulate cholesterol and blood sugar levels and treat conditions of heart disease.

PROACTIVE HEALTH CARE
Without regular checkups, it's impossible to understand your stroke risks. Take control of your health by committing

to a proactive routine with your primary physician. With a few simple tests, they can discover your likelihood of an episode and offer tips on how to resolve the risks.

Harvard Health Publishing says one such screening, a carotid ultrasound, is efficient in identifying a buildup of cholesterol-filled plaque in arteries in the neck. These are the vessels that deliver blood to the

brain and can cause a stroke once blocked. Doctors may also determine stroke-inducing heart problems by simply listening with a stethoscope. They will be watching for irregular rates or rhythms.

LEARN FAMILY HISTORY
While you can change your lifestyle to promote healthier living, your genetics may mean you are predisposed to the risks

of a stroke. The Centers for Disease Control and Prevention says conditions like heart disease, sickle-cell disease and heredity attributing to unhealthy choices, can all be passed down genetically. Understanding your risk due to family history can show you the seriousness of your risks and improve your efforts to make changes to maintain your health.

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