

The ultimate sacrifice

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ONE DOLLAR

STATE CHAMPS! Lady Fish make history for gold

By DAVID BALL
For The Daily Astorian

EUGENE — The discus ring at Hayward Field is located away from the crowd behind the towering scoreboard on the west end of the stadium. Most of the fans in the grandstands weren't aware of what had just happened, but Astoria junior Halie Korff knew exactly what she had accomplished, thanks to a large throng of teammates who had gathered to watch her fling the disc.

Korff put together a solid series of throws in the preliminaries to land her in second place in the competition. Her heave of 124 feet held up through the final three rounds, and the Lady Fish had the points they needed to overtake Newport for the 4A team title in the final event of the weekend.

"There was a lot of pressure going into that, but I got off a good throw on my first one and that helped calm me down," Korff said. "I had all my teammates there cheering for me, so I knew exactly what was going on."

The storied history of Astoria track and field just gained a new, exciting chapter: "State Champions, 2015."

A new plaque will now adorn the trophy case at Astoria High School, honoring the 2015 Astoria girls track team, which wrapped up its first state title since 1981 Saturday afternoon at Historic Hayward Field in Eugene.

Astoria finished with 76 points to knock off coastal rival Newport by seven in the battle for the 4A crown.

The two teams battled back and forth on the leader board throughout the two-day meet with the Lady Fishermen picking up points in 12 of the 17 events. The well-balanced effort overcame a Newport sprint crew that piled up big points with 1-2 sweeps in the 200- and 400-meter races.

Astoria put athletes on the awards stand in all but one of the field events, highlighted late in Saturday's session when Darian Hageman claimed the triple jump crown, pulling ahead of Sutherlin's Brittany Coleman with her final trip down the runway.

"Being a freshman I didn't really expect to do that," Hageman said. "But it was really cool to break the school record and get the win."

She went 37-feet-7 1/2-inches on her final jump — more than a foot farther than her previous best on the day.

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ABOVE: Astoria's Natalie Cummings hugs Kaylee Mitchell after finishing the 4A girls 4x100 meter relay race at the OSAA 2015 Track and Field State Championships at Hayward Field in Eugene Saturday. Astoria placed second in the event on the way to winning the 4A girls state championship. More photos at www.dailyastorian.com.



LEFT: Astoria's Kaylee Mitchell runs in the 4A girls 1500 meter relay the state championships in Eugene Saturday. Mitchell placed second in the event.

Photos by JOSHUA BESSEX
The Daily Astorian

Time to go?

Government hunters prepare to kill seabirds

By JEFF BARNARD
Associated Press

Government hunters have begun scouting an island at the mouth of the Columbia River as they prepare to shoot thousands of hungry seabirds to stop them from eating baby salmon.

U.S. Army Corps of Engineers spokeswoman Diana Fredlund said hunters from the U.S. Department of Agriculture's Wildlife Services agency went to a small uninhabited island off Ilwaco, Wash., Thursday to survey the land before carrying out plans to reduce the population of double crested cormorants from about 14,000 breeding pairs to 5,600 pairs by 2018.

Double crested cormorants are large black birds with long necks, hooked bills and webbed feet that dive beneath the surface to eat small fish.

Wildlife Services is slated to file a plan with the corps next week before starting to kill the birds.

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At the helm

Cutter Alert welcomes new commander

By EDWARD STRATTON
The Daily Astorian

Cmdr. Patrick Culver on Friday became the 27th commander of the U.S. Coast Guard cutter Alert based at the 17th Street Dock in Astoria.

Culver took command from Cmdr. Brian Anderson, who joined the Alert in 2013.

Anderson passed command of the 46-year-old cutter Friday under a white tent next to the Columbia River Maritime Museum, surrounded by his wife and children; friends and family of both men; local dignitaries from Astoria; Coast Guard colleagues; and the men and women Culver now commands.



Cmdr. Patrick Culver

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Former recipient helps mothers, children

Nutrition info helps Clatsop County families

Tory Sutherland has experienced both sides of the Women, Infants and Children program in Clatsop County.

Sutherland raised her two children, a son and daughter, through the nutrition education program when it started in Clatsop County more than 30 years ago. Not long after, she joined the WIC team and now works as a certifier greeting and helping new mothers in the community.

"I was one of the first participants," Sutherland said. "I came in for immunizations, and they said, we have this new program."

WIC, funded in communities nationwide by the U.S. Department



of Agriculture, provides supplemental food options for pregnant, breast-feeding and postpartum women, infants and children up to 5 years old. Over the years, the program has evolved into providing referrals for dental care, immunizations, family planning and other early development needs.

When WIC was founded, Sutherland said, anemia, a condition in which the blood doesn't have enough healthy red blood cells, was a huge focus for the program.

"That has improved anemia dramatically," Sutherland said. "Now, what we give families has changed, and nutrition changes as education evolves."

A main focus for WIC is the importance of breast-feeding.

Nurse and WIC lactation consultant Trina Robinson meets with new mothers to educate them and assist with any breast-feeding needs. Breast pumps are offered to mothers who need them.

"People use to think breast-feeding and formula was 50/50. Now, I'm seeing it turn," Robinson said. "Breast is best."

Guidelines

WIC participants must meet certain income guidelines to receive the program's services.

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KYLE SPURR — The Daily Astorian
Women, Infants and Children certifier Tory Sutherland poses with a baby doll Thursday outside the WIC clinic in Astoria.

