

# Champs: Astoria took eight athletes to Eugene

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Astoria started the day with a bang by taking second in the 400-meter relay with Natalie Cummings surging past three teams on the final straightaway.

“I knew we had it in us, but it felt surreal when I was moving past people,” Cummings said. “That got the rest of the day flowing for all of us. We just wanted to get our team on the podium at the end of the day.”

Cummings helped to neutralize Newport’s big effort in the sprints by picking up nine points for the Fishers after taking fourth in the 100 and fifth in the 200.

The Fishers also got a big day out of rookie distance runner Kaylee Mitchell, who was second in the 800 and 1,500, while also running the anchor leg on the team’s sixth-place long relay. In the longer race, Mitchell found herself in a jumble of four racers who took turns pacing the pack in the early stages with Mitchell out in front at the halfway point.

“I almost tripped in the pack, so I just went to the front,” Mitchell said. “That also allowed me to stay inside and avoid taking extra strides.”

By the bell lap, Mitchell and La Grande senior Amanda Welch had broken away for a two-person showdown to the finish.

“I was shocked that I was still running so hard, I just pictured my dad on that final turn and ran that last lap for him,” Mitchell said. “He was deployed a couple weeks ago, but if he would have been there he would have shouted ‘Go Kaylee, you gotta go.’”

Mitchell and Welch engaged in a similar battle in the 800 final about two hours later.

Welch put on a burst heading toward the bell, and Mitchell was the only racer in the pack to answer her challenge. She passed up Welch on the opening turn of the final lap, and the two would trade the front spot coming down the backstretch. Mitchell carried a slight lead coming off the last corner before Welch put on a final burst to win by three strides.

Mitchell scored 16 team points with the distance-race efforts and helped the Lady Fishermen reach the podium in both relays, as well.

Astoria senior Kaisa Johnson was sixth in the 800, while Korff finished seventh in the shot put. Victoria Kee ran the second leg on Astoria’s runner-up 400 relay.

The Lady Fish picked up 17 points during Friday’s opening session with Hageman taking third in the long jump and fourth in the high jump, while Korff was third in the javelin.

Astoria took eight athletes to Eugene and Johnson was the only senior in the mix.

• On the boys side, sophomore Lucas Caruana finished fourth in the 800.



Astoria celebrates after winning the 4A girls State Championship at the OSAA 2015 Track and Field State Championships at Hayward Field in Eugene Saturday.



ABOVE: Astoria’s Natalie Cummings finishes the 4A girls 100-meter dash Saturday. RIGHT: Darian Hageman won the 4A girls triple jump event Saturday.



From left: WIC coordinator Norma Hernandez, WIC certifier Tory Sutherland, Nurse and lactation consultant Trina Robinson and WIC certifier Yami Garcia pose outside their clinic in Astoria.

## Sutherland: WIC program in Clatsop County is looking to serve more families

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Those receiving Temporary Assistance for Needy Families, food stamps or who are on the Oregon Health Plan are automatically eligible. (For income guidelines, visit [www.healthoregon.org/wic](http://www.healthoregon.org/wic).)

A total of 1,325 infants and children and 544 women in Clatsop County participated in WIC last year.

Because WIC is a federal program with income guidelines and food vouchers, it is often mistaken for a welfare program, WIC coordinator Norma Hernandez said.

“One of the biggest stigmas is people believe this is

a welfare program, which it is not,” Hernandez said. “It is a supplemental nutritional program. It’s nutritional education. It’s not about handouts.”

In Clatsop County, the WIC program has room and is looking to serve more families. WIC is located in the Clatsop County Health Department building in Astoria.

Every Wednesday, the WIC team opens a satellite office in the Seaside Public Library to serve South County residents.

“We get there in the morning with 1,300 pounds of gear to set up,” Hernandez said. “Those collaborations, that is what commu-

nity is about. This is truly a community program.”

Sutherland considers WIC a participant-centered program. Every person who comes to the clinic is given a general screening, then the focus branches off to specific needs.

When she brought her two children to the WIC program, Sutherland recalls feeling at ease meeting with a certifier.

“There is a personal touch when you have someone weighing your children and complimenting you on the job you are doing feeding the baby,” Sutherland said. “I’m sure to compliment whatever a mother is doing right.”

— Kyle Spurr

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