

Meet: Athletes earned 'state quality marks'

Continued from Page 1A

Astoria athletes now hold all records in the throwing events, as junior Skadi Freyr tossed the javelin 130 feet, 1 inch, breaking the meet mark of 128-6 (Kate Shear, Knappa, 2010). Laura Bobek still holds the discus and shot put records.

But the meet belonged to Astoria sophomore Darian Hageman, who had a day for the ages, setting four meet and three school records.

First, she cleared 5-feet-7 (on her first attempt) to break the meet and AHS school record in the high jump. The old meet record of 5-6½ had stood since 1990.

Hageman broke her own meet records in the long jump (17-7¼) and triple jump (school record 38-5½), and she smashed the pole vault record (previously 9-0, set by Seaside's Nora Beckman in 2001), clearing a school record 10-9.

"I PR'd in everything, so it felt pretty good," Hageman said of her day. "Coming in, I wasn't real sure because I didn't practice much this week. I had a 'sort-of' injury, but came back and PR'd by quite a bit in everything.

"I really wanted to get 5-7 in the high jump," she said. "That was the only one I was adamant about."

Hageman is ranked first in the state in all four of her events, and is ahead of schedule, as far as her marks are concerned.

"I'm over where I wanted to be right now. Coming into this year — especially the high jump — I had no idea I would be doing as well as I am.

"I want to get 18 in long jump, and I was only half an inch away from that today," she said. "And



Joshua Bessex/The Daily Astorian
Astoria's Natalie Cummings wins the 100-meter race with Ilwaco's Charity Fleck right behind during the meet Saturday. More photos at DailyAstorian.com

by the end of the season, I want to be at 39 in the triple jump."

Astoria teammate Natalie Cummings had the fastest time in the 100 meters (12.87) out of 28 runners, and took second in the 200 behind Ilwaco junior Charity Fleck (26.86).

Mitchell also won the 800 meters (2:22.43).

The Lady Fishermen have become most dominant in the throwing events.

Freyr (40-9) and Halie Korff were first and third in the shot put; Korff was third in the discus; and the javelin obviously belongs to the Lady Fish, who finished 1-2-3 (Freyr, Korff, Taylor Cosner).

"Today's marks are state quality marks," said Astoria coach Bob Ellsberg, who helps with the throwers. "Those put

you way up there, and they get you points."

Korff's throw went 120-10.

"Halie had a beautiful throw today. And with our sophomore (Cosner) backing them up with a PR, it was about a good day as you're going to get. Coach (Phillip) Bales did a tremendous job. He's been a big asset this year, and coach (Lynn) Jackson has come in and helped. This is as good a single event as we've had for three girls."

There were other notables from the meet:

Ilwaco freshman Elizabeth McMullen had the fastest time in the 100-meter hurdles (16.70), and ran a leg on the winning 400-meter relay team, with Eliza Bannister, Fleck, and Alayna Marsh.

Seaside winners included

Juneau Meyer (200 and 400 meters); Brad Rzewnicki (3,000 meters); Will Garvin (300-meter hurdles); the Gulls won both relay races; Raiden Bowles cleared 13-0 in the pole vault; and Taylor Barnes won the long jump.

In a very fast 800 meters race, Brandt Bergeron of St. Stephen's Academy won in 1:59.50, just edging Astoria's Lucas Caruana (1:59.88) and Seaside's Jackson Januik (1:59.93). The meet record still belongs to Astoria's Jeremy Matlock (1:59.27, set in 1993).

Astoria's Tim Barnett won the shot put.

Athletes from coach Lynique Oveson's young Warrenton team set 24 new personal records, including junior Taylor Owens, who placed second in the 300-meter hurdles (49.79).

Tuimato: 'They just call me the ball magnet'

Continued from Page 1A

"They just call me the ball magnet," Tuimato says of his teammates. "I have no clue why it happens. It seems like I get hit once or twice a game. It just happens. And I'm a pretty good distance away (from the plate)."

But don't worry about Sammie — he can take a hit, and he prefers contact sports anyway. Tuimato's main sport is football, where he has played in the backfield, on the offensive line and at linebacker for the Fishermen.

No offense to baseball, but

football's his favorite sport. "Football, by far," he said. "It's a lot more my pace."

Tuimato was easily recognizable on the football field last fall, as he sported the hairstyle of former Pittsburgh Steeler Troy Polamalu, another Oregon high school gridiron star, who

excelled in baseball at Douglas High in Roseburg.

Tuimato has cut the hair and changed uniform numbers (19 to 33), but apparently the opposing pitchers haven't been fooled — they're still plunking away at Li'l Sammie.

— Gary Henley

Sardines: Collapse has been warned about for years

Continued from Page 1A

Federal scientists last month estimated sardine biomass has dropped below 65,000 tons this year.

Even with fishing pressures lifted, sardines could struggle to bounce back in an ocean devoid of their main food source. The lipid-rich coldwater plankton that sardines like to eat have become scarcer in West Coast waters, replaced by tropical species with less appeal to the region's predators. Scientists suspect the warm blob is causing the plankton shift.

Without that food source, "the whole system can suffer," said Kerry Griffin, who manages sardines for the Pacific Fishery Management Council.

The end result is ominous for more than just fishermen. Oily sardines are a key food source for larger ocean-going animals. As that option becomes scarce, predators switch to less-nutritious food options and can end up starving.

Scientists believe that chain reaction is already playing out in a big way. A group of National Oceanic and Atmospheric Administration researchers last week released a study linking the sardine collapse to the surge in starving sea lion pups washing ashore along the California coast. The scientists who authored the study say they expect the mass starvation that stranded 3,000 pups last year to continue as long as forage fish numbers remain low.

Similar phenomena have been observed among other species that target small schooling fish for food. Brown pelicans are failing to breed, dead Guadalupe fur seals are washing ashore in California, under-size salmon are returning to Canadian spawning grounds and seabirds are washing ashore weakened or dead on the Oregon coast.

Overfishing

Environmentalists for years warned that a sardine collapse was imminent. Now they have begun lobbying to get more conservative harvest policies in place before the fishery reopens.

Research shows that overfishing intensifies the cyclical downturns of sardines and other small fish, and ocean conservation groups argue current West Coast standards are too permissive to prevent overfishing.

Ben Enticknap, a Portland-based campaign manager for the international conservation group Oceana, said the group is pushing the council to adopt new standards that would trigger a fishing ban once the sardine stock drops below 640,000 metric tons. That trigger point is more than four times higher than the current level.

The group is also lobbying for a rule to prohibit fishermen from hauling in more than 15 percent of the adult population in a given season. In the final years of harvest before last year's shutdown, fishermen caught as much as 28 percent of the adult sardines in the water.

"Fundamental flaws in management have to be fixed, or this crash will be repeated in the future," Enticknap said.

Cautious optimism

Although the overall results of this year's sardine count were discouraging, scientists say there's a glimmer of hope.

Several years of poor reproduction helped drive down the sardine population. In their latest trawl, scientists saw evidence that 2015 was a good spawning year.

It's too soon to tell whether the reproductive success signals a turning point.

"There are some potentially positive signs there," Milstein said, but in order to boost population counts, "the young need to survive long enough to make it into the mature population."

WANTED

Miracle-Ear Hearing Centers are looking for qualified people to test their latest product, The Miracle-Ear® Mirage for **FREE!***

Here's the catch: You must have difficulty hearing and understanding in background noise, and your hearing must fall in the range of the hearing aid. People that are selected will evaluate Miracle-Ear's latest advanced digital hearing solution — the Miracle-Ear Open.

You will be able to walk in to our office and walk out knowing how much help there is for you.

Candidates will be asked to evaluate our instruments for 30 days (risk free*). At the end of the 30 days, if you are satisfied with the improvement in your hearing and wish to keep the instrument, you may do so at tremendous savings. But this is only for a limited time!

Schedule your appointment today!

SOME FEDERAL WORKERS AND RETIREES MAY BE ELIGIBLE FOR HEARING AIDS AT NO COST!

That's Right..No Co-Pay! No Exam Fee!
No Adjustment Fee!

BCBS federal insurance pays the total cost of 2 Miracle-Ear Audiotone Pro aids. Most federal government employees and retirees are eligible. You may even be covered if you have other non-federal insurance coverage. Special factory pricing is available for non-qualifiers. See store for details & accurate coverage.

Save on one of our smallest custom digital hearing aids!

NOW BUY ONE GET ONE FREE!

HURRY! Offer ends 4/23/16

Valid at participating Miracle-Ear locations only. Limit one coupon per purchase. May not be combined with other offers and does not apply to prior sales. Cash value 1/20 cent.

VISIT OUR WEBSITES FOR MORE INFO

Another Great Way to Save Make your appointment today!

BUY 1 GET 1 50% OFF

Save on our full line of digital hearing solutions. Don't miss out on this amazing offer. Hurry Offers ends 4/23/16

Good only from participating Miracle-Ear representatives. One coupon per purchase. No other offer discounts apply. Discount does not apply to prior sales. Offer valid on ME-1, ME-2, ME-3, ME-4 Solutions. Cannot combine with any other offers. Cash value 1/20 cent.

Miracle-Ear Center

Youngs Bay Plaza

173 S. Hwy 101, Warrenton, OR 97146

(503) 836-7921

Visit our websites for more info

www.miracle-ear-warrenton.com

Local Testing Area

Hearing Tests are given for the purposes of selection and adjustment of hearing instrumentation. Results may vary related to duration and severity of impairment. Early detection is important.

Miracle-Ear Center

2505 Main Ave N, Suite C, Tillamook, OR 97141

(503) 836-7926

Visit our websites for more info

www.miracle-ear-tillamook.com

Risk Free Offer- The aids must be returned within 30 days of delivery if not completely satisfied and 100% of the purchase price will be refunded. **Hearing test is an audiometric test to determine proper amplification needs only. These are not medical exams or diagnoses. Blue Cross Shield, the Blue Cross, the Blue Shield, BCBS, and Federal Employee Program are a registered trademark of Blue Cross Blue Shield Association. Blue Cross Blue Shield Association and its independent licensees are not affiliated with, nor do they endorse or sponsor, the contents of this advertisement. Trademarks referring to specific providers are used by Miracle ear for nominative purposes only: to truthfully identify the source of the services about which information is provided. Such trademarks are solely the property of their respective owners.