



Justin Grafton Photo
Aubrey McMahan
Scott Docherty/Redhare
Rebecca Sprengeler
Scott Docherty/Redhare
Megan Postlewait
Scott Docherty/Redhare
Mackenzie Strain
Scott Docherty/Redhare
Sydney Ordway
Scott Docherty/Redhare
Amber Hill, chaperone
Scott Docherty/Redhare
Anthony Hill, chaperone

Astoria Regatta Court announced

The Daily Astorian

Four high school students have been chosen as princesses for the Regatta Court for the 2017 Astoria Regatta Festival. They join 2016 Queen Aubrey McMahan, who is the daughter of Boaz and Kaia McMahan and Nathan and Angela Messick. She is a senior at Knappa High School, where she is involved in the leadership program. She plans on attending Clatsop Community College to earn a transfer degree, and then attend Southern Oregon University to obtain a degree in human resources.

Princess Rebecca Sprengeler, daughter of Jeremy and Jennifer Sprengeler, is a junior at Warrenton High School. She is involved in the Student Council, National

Honor Society, Upward Bound, the prom committee and CommuniCare. She received a varsity letter for cross country running, and is involved with the school's fisheries program. She plans to attend Clatsop Community College's honors program for two years before transferring to Oregon State University to pursue a career in interior design.

Princess Megan Postlewait, daughter of Marni and Walt Postlewait, is a junior at Astoria High School. She has played soccer for two years at school, and just completed her third year of swimming for the AHS swim team. Megan has been an active member of 4-H for six years, a Girl Scout for 12 years, is the president of Mu Alpha Theta math honors society, and president and founder of Euclid's Appren-

tices peer math tutoring program. She is also a member of National Honors Society. After high school she plans to attend Colorado School of Mines to pursue a career in computer science and computer engineering.

Princess Mackenzie Strain, daughter of Diana and Lonnie Strain, attends Knappa High School, where she is the junior class vice president. She has been a varsity letterman for three years in volleyball and two years in basketball and two years in softball. She is also a member of Student Council, National Honor Society, Key Club and prom committee. Currently, she is a leader of the National Elementary Honor Society for grades 3-6. After high school, she plans to go to college to pursue a master's degree in nursing.

Princess Sydney Ordway, daughter of Kathryn Neff, and Gregory Ordway, is a junior at Seaside High School, where she is currently a cheerleader and varsity letterman on the cheer team. She is involved in Talent Search through Clatsop Community College, where she plans to study for two years before going to Western Oregon University.

Chaperones for the Regatta Court are Amber Hill and Anthony Hill.

The Regatta Court will be giving speeches, making appearances and attending parades throughout the season. This is the 123rd year of the Astoria Regatta Festival, which is being held Aug. 9-13. The theme this year is, "Full Steam Ahead!" For information, go to www.astoriaregatta.com

New mentors to be paired with Astoria Regatta princesses

The Daily Astorian

The Astoria Regatta Association has begun a mentorship program for the 2017 Astoria Regatta Court, pairing local businesswomen with each of the princesses.

"This new mentorship program will bring another opportunity for leadership training for our young ambassadors," Dan Travers, president of Astoria Regatta Association, said. "Our mentors come from a variety of backgrounds and career paths and are excited to work with the girls on developing their leadership skills."

The four mentors are as follows:

Jennifer Holen spent her early years working at hotels and for tour companies. She lived in Alaska, Montana and Arizona while furthering her career in the hospitality industry. She has lived in Astoria since 2000 with her husband, Chris Holen, and with him, is co-owner of the restaurant Baked Alaska.

She has worked with several local nonprofits, and co-created the Lite Bite Event. She joined the United Way of Clatsop County Board of Directors, and helped create the annual Iron Chef Goes Coastal cook-off to raise funds and awareness for United Way of Clatsop County and its partner agencies.

At the end of 2016, she was hired as the executive director for UWCC. Holen has also served on the board of the Astoria Downtown Historic District Association, and was a co-creator of the Pacific Northwest Brew Cup, a major fundraiser for the association.

Stephanie Meadows, co-owner of Meadows Broadcasting and radio station HITS 94.3, was the freshman Warrenton High School girls basketball coach for six years. When she was the Columbia Memorial Hospital Planetree coordinator, she worked with groups of hospital employees to coordinate projects that would

help the hospital focus on becoming patient-centered.

Currently she is an Astoria-Warrenton Area Chamber of Commerce Chamber Ambassador. She was a 4-H leader and nine-year participant, and was Miss Norway in 1997. She has also participated in pet therapy at CMH, helping train therapy teams and volunteering with her dogs, Ernie and CJ.

Rachel Van Dusen, M.D., is a general surgeon and Oregon Health and Science University assistant professor. After starting on a path to become a surgeon in college, she changed career paths and pursued marine biology. She traveled to the island nation of Madagascar to study ecology and conservation, but became disillusioned because most of the island's residents were too poor to care about saving the unique animals around them.

Civil war broke out, and she and her fellow students were deported. On the long trip home, she reassessed her goals, and returned to college to earn a medical degree. As of September 2015, she is Columbia Memorial Hospital's newest general surgeon.

Heather Seppa is a senior vice president and regional manager at Columbia Bank. Previously, she was president of the Bank of Astoria from 2009 to 2013. She is very involved in the community, and has served as president of the Astoria-Warrenton Area Chamber of Commerce.

She has also been involved with the United Way, the Regional Workforce Development Board, and served the Astoria Senior Center as a trustee and is on the CMH Foundation Board. She is also a member of the Astoria Rotary Club, and was on the Regatta wardrobe committee from 2014 to 2016. She currently serves as president of the CMH Board, is a Riedel Trust board member, and a Rolf and Alice Klep Educational Trust advisory trustee.



Jennifer Holen



Stephanie Meadows



Heather Seppa



Rachel Van Dusen

SELF-HELP GROUPS

Al-Anon (Astoria) — 7 p.m. Tuesday, Peace Lutheran Church, 565 12th St.; 12 p.m. Wednesday, First United Methodist Church, 1076 Franklin Ave. For information, call 503-325-1087; 7 p.m. Thursday, Crossroads Community Church, 40618 Old Highway 30, Svensen. For information, call 503-458-6467.

Al-Anon (Clatskanie) — 8 p.m., Monday, United Methodist Church, 290 S. Nehalem St. For information, call 503-728-3351.

Al-Anon (Nehalem) — 7 p.m. Monday, Riverbend Room, North County Recreation District, 36155 Ninth St. For information, call 503-368-8255.

Al-Anon (Seaside) — 6:30 p.m. Tuesday, Seaside Public Library, 1131 Broadway, call 503-810-5196 for information.

Al-Anon (Tillamook) — 7:30 p.m. Wednesday, St. Albans Episcopal Church, 2102 Sixth St., call 503-842-5094 for information; noon Friday, 5012 Third St., call 503-730-5863 for information.

Al-Anon Family Groups information, Oregon Area Al-Anon website. oregonal-anon.org

Alateen (Tillamook) — 6:30 p.m. Thursday, 5012 Third St. For information, call 503-730-5863.

Alcoholics Anonymous — To find a meeting, call 503-861-5526 or go to www.aa-oregon.org

Celebrate Recovery — 6 p.m. Thursday, The Table Church, 852 Broadway, Seaside. Faith-based 12-step program designed to help anyone struggling with hurts, habits and hangups, including drugs and alcohol, anger, co-dependence, domestic abuse or sex, food or pornography addictions. Being religious not required. Free dinner and child care provided. For information, call D.B. Lewis at 503-741-5977.

Eating Disorders Anonymous — 1:10 to 2:10 p.m. Wednesdays, River Zen Yoga, 399 31st St. A 12-Step program. For information, call Susan Williams at 510-417-5553.

Kick Butts Group Meets (Nicotine Anonymous) — 6:30 to 7:30 p.m. Wednesday, Seaside Public Library, 1131 Broadway.

Men's Sexual Purity Recovery Group — Tuesday nights. Part of the Pure Life Alliance (www.purelifealliance.org) in Portland. For information, call the confidential voice



Submitted Photo

"Sea Lions," by Kristin Zedwick, was the winning drawing in the Silver Salmon Grille's 2017 coloring contest. This year's contest had the largest audience to date.

Silver Salmon coloring winners chosen

The Daily Astorian

The Silver Salmon Grille has announced the winners of its annual coloring contest, which was held Feb. 28. This year had the largest audience to date, with about 130 people attending, and there were 36 contest participants.

The winners are: first place

(\$300 cash), "Sea Lions," by Kristin Zedwick; second place (\$150 gift certificate), "Tillamook Rock Lighthouse," by Sam Sadler; third place (\$75 gift certificate), "Surgeon Rider," by Cory Logan; and Honorable Mention, "Tree Frog," by Emily Wexler. The guest judges were Bill Dodge,

Kristin Shauck and Robert Paulmenn.

"We are very grateful to our judges and everyone else that chose to be a part of our contest," Kyle McMullen, assistant manager of the Silver Salmon Grille said. "It was another successful event, and we can't wait to see what next year brings."

SENIOR NOTES

Alzheimer's Association Oregon Chapter — Information, referral and counseling services for families and caregivers of people with Alzheimer's, dementia and other related disorders. For information, call 800-272-3900 (24 hours a day).

Astoria Alzheimer's & Other Dementia Family Support Group — 2 to 3:30 p.m. third Monday, Clatsop Care Center, 646 16th St., first floor conference room. Open to all family members of people with dementias. For information, call Rosetta Hurley at 503-325-0313, ext. 216, or email support@clatsop-care.org

Clatsop Behavioral Health After Hours Crisis Line — 503-325-5724.

Clatsop Community Action — 503-325-1400. Respite care services, low-income emergency assistance, emergency food assistance, housing information, emergency personal care items.

Columbia Senior Dinners — 11:30 a.m. weekdays, 1111 Exchange St., Astoria Senior Center.

Cost is \$6. For information, or to have a meal delivered, call 503-325-9693.

Exploring New Concepts of Retirement Education (ENCORE) — 503-338-2408. Provides a wide assortment of educational experiences for individuals older than 50.

Elder Friendship Line — 800-971-0016. Available from 8 a.m. to 11 p.m.; crisis calls taken 24/7.

Food Pantries — 503-325-1400. Clatsop Community Action serves six food pantries in Clatsop County through the Oregon Food Bank Network. Call for area locations and hours.

Grief Support Group, Seaside — 2 to 4 p.m. first Thursday, Bob Chisholm Community Center, Meeting Room 1, 1225 Avenue A, Seaside. For information, call Lower Columbia Hospice at 503-338-6230.

Lifespan Respite — 503-325-1400. Provides information, referral, training and paid respite for family caregivers.

National Suicide Prevention Lifeline — 800-273-TALK (8255). A 24-hour, toll-free suicide prevention service for anyone in a suicidal crisis. TTY users should dial 800-799-4TTY (4889).

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What's Fresh

Oysters (Willapa Bay)	Razor Clams (Seaside - Local)
Steamer Clams (Willapa Bay)	Dungeness Crab (Local)
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