

Havelka: Has dream to swim the Strait of Gibraltar

Continued from Page 1C

Now she's training for trail marathons and 50K ultramarathons, and a 52-mile coming up in January. "I don't know if I can finish the 52-mile," she said. But it's another journey she's going to take.

For Julie Havelka, learning to swim again, and finding that she liked the meditative nature of endurance events, could only lead in one direction: ocean swimming.

"I love the ocean and the beach," she said. "You really feel how big nature is, when you're this little thing bobbing in the waves. I like that; it's very grounding for me."

On that recent Monday morning, she's feeling grounded — all the way from Cape Disappointment to Clatsop Spit, a distance of 2.5 to 5 miles, depending on conditions. She thinks the swim might take four or five hours, depending on the tides and currents, but Jeff Knightly, of Astoria Fishing Charters and Guide Boat

Service, has picked just the right time, and the river helps her across.

Just before reaching land the tide changes — "It was a real washing machine out there," Havelka said — but she makes it in an hour and a half.

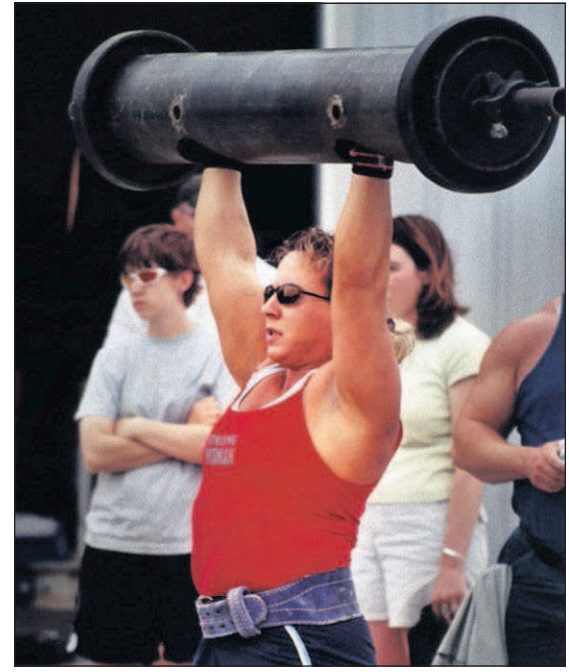
She's not disappointed that the swim was so short. "There will be lots of bad days to make up for it," she said.

What's next for Havelka? She has met people who have done substantial ocean swims, including the English Channel, and she has a dream. That dream is to swim the Strait of Gibraltar. "The currents are swift and strong," she said, "and I don't know if I'll be able to do it."

Don't bet against her. Havelka trains in the Columbia and in the colder, saltier waters off Florence because, "adverse conditions prepare me for the worst," she said. "When you are really tired and have to dig deep, when you're physically starting to fail, your body will follow your mind. I'm fascinated by that: How do you dig deep?"



Submitted photo
Julie Havelka when she was a belly dancer



Submitted photo
Julie Havelka during her powerlifting career

THE DAILY ASTORIAN LISTINGS Evening listings FRIDAY-SUNDAY

FRIDAY EVENING													JULY 21	
A	L	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	
2	KATU	(2) KATU News at 6 (N)		Jeopardy!	Wheel of Fortune	Disney's Descendants 2 (2017, Fantasy)	Cameron Boyce, Sofia Carson, Dove Cameron.			Descendants (N)		KATU News (N)	(35) Jimmy Kimmel	
3	KOMO	(4) KOMO 4 News		Wheel of Fortune	Jeopardy!	Disney's Descendants 2 (2017, Fantasy)	Cameron Boyce, Sofia Carson, Dove Cameron.			Descendants (N)		KOMO 4 News	(35) Jimmy Kimmel	
4	KING	(5) NBC News (N)	KING 5 News	KING 5 News	Evening	America's Got Talent "Judge Cuts 1"	Chris Hardwick joins the judging panel.			Dateline NBC		KING 5 News	(35) Tonight Show	
5	KOIN	(6) KOIN Local 6 (N)	Evening News (N)	Extra	Ent. Tonight	Big Brother (N)	Hawaii Five-0 "Haha! I Na Pilikua Nui"			Blue Bloods "The Greater Good"		KOIN 6 News (N)	(35) Colbert	
6	KIRO	(7) KIRO 7 News (N)	Evening News (N)	The Insider	Ent. Tonight	Big Brother (N)	Hawaii Five-0 "Haha! I Na Pilikua Nui"			Blue Bloods "The Greater Good"		KIRO News (N)	(35) Colbert	
7	KGW	(8) KGW News at 6:00 p.m. (N)		Live at 7 (N)	Inside Edition	America's Got Talent "Judge Cuts 1"	Chris Hardwick joins the judging panel.			Dateline NBC		KGW News (N)	(35) Tonight Show	
8	KRCW	(3) Last Man Standing	Last Man Standing	Modern Family	Modern Family	Masters of Illusion	Masters of Illusion	Penn & Teller: Fool Us		News at 10 (N)	Two and a Half	Two and a Half	Met Your Mother	
9	KOPB	(10) Burt Wolf: Travels	Business (N)	PBS NewsHour (N)		Father Brown "The Eagle and the Daw"		Great British Baking "Botanical"		Great British Baking "Desserts" (N)		Masterpiece Mystery! "Grantchester"		
10	KPTV	(12) News (N)	Business in 30	Family Feud	Family Feud	Chef "Breakfast, Lunch and Winner"		Beat Shazam "Episode Seven"		10 O'Clock News (N)		News (N)	2 Broke Girls	
11	KPDX	(13) Mike & Molly	Mike & Molly	Big Bang Theory	Big Bang Theory	FOX 12's News (N)		9 O'Clock News (N)		Family Guy	Family Guy	American Dad!	Cleveland Show	
12	KCPQ	(13) Modern Family	Modern Family	Big Bang Theory	Big Bang Theory	Chef "Breakfast, Lunch and Winner"		Beat Shazam "Episode Seven"		Q13 News at 10 (N)		Most Wanted	The Simpsons	
13	TBS	(20) Seinfeld	Seinfeld	Seinfeld	Seinfeld	*** Transformers (2007, Action)	Megan Fox, Josh Duhamel, Shia LaBeouf.			Q13 News at 9 (N)		Big Bang Theory	Big Bang Theory	
14	KZJZ	(22) Last Man Standing	Last Man Standing	Friends	Friends Pt. 2 of 2	Modern Family	Modern Family			Big Bang Theory	Big Bang Theory	Two and a Half	Two and a Half	
15	ESPN	(29) Poker World Series (L)				SportsCenter		SportsCenter		SportsCenter		SportsCenter		
16	ESPN2	(30) Basketball: The Tournament (L)				NFL Live		NFL Live				Jalen & Jacoby	NFL Live	
17	NICK	(31) SpongeBob "Atlantis SquarePants"		The SpongeBob Movie: Sponge Out of Water	(15) Antonio Banderas.	*** Teenage Mutant Ninja Turtles (14, Act/Com)	Alan Ritchson, Johnny Knoxville, William Fichtner.						Friends	
18	DISN	(32) Descendants (2015, Family)	Cameron Boyce, Booboo Stewart, Dove Cameron.	Disney's Descendants 2 (17)	Cameron Boyce, Sofia Carson, Dove Cameron. (P)	Raven's Home (N)	Disney's Descendants 2 (17)	Cameron Boyce, Dove Cameron. (P)		Disney's Descendants 2 (17)	Cameron Boyce, Dove Cameron.			
19	FAM	(34) *** Hercules (97, Ani)	Voices of James Woods, Charlton Heston, Tate Donovan.	Disney's Descendants 2 (2017, Fantasy)	Cameron Boyce, Sofia Carson, Dove Cameron. (P)	Young & Hungry	The 700 Club							
20	FMC	(35) (4:50) *** 12 Years a Slave (13)	Chiwetel Ejiofor.	(35) *** 12 Years a Slave (2013, Drama)	Dwight Henry, Dickie Gray, Chiwetel Ejiofor.	(20) FXM Presents	The Counselor (2013, Drama)	Penelope Cruz, Cameron Diaz.						
21	LIFE	(36) Heaven Is for Real (2014, Drama)	Kelly Reilly, Connor Corum, Greg Kinnear.	Disney's Descendants 2 (2017, Fantasy)	Cameron Boyce, Sofia Carson, Dove Cameron.								Dance Moms "One Last Dance"	
22	ROOT	(38) Mariners Access	MarinersPre-game	MLB Baseball New York Yankees at Seattle Mariners Site: Safeco Field -- Seattle, Wash. (L)		Post-game	MLB Baseball New York Yankees at Seattle Mariners							
23	FST	(39) ARCA Auto Racing ARCA 200 (L)		MLB Whiparound (L)		Speak for Yourself							Skip and Shannon: Undisputed Opinions on the biggest sports topics of the day.	
24	SPIKE	(43) (4:00) Bad Boys (95, Action)	Will Smith.	*** The Fast and the Furious: Tokyo Drift (06, Act)	Brandon Brendel, Zachery Ty Bryan, Lucas Black.	*** The Fast and the Furious: Tokyo Drift (06, Act)	Brandon Brendel, Zachery Ty Bryan, Lucas Black.							
25	COM	(44) (1:15) Futurama	(50) Futurama "Space Pilot 3000"	(25) South Park		South Park	South Park	South Park	South Park	Daniel Tosh: People Pleaser		Daniel Tosh: Happy Thoughts		
26	HIST	(45) Ancient Aliens "The Tesla Experiment"		Ancient Aliens "Space Station Moon"		Ancient Aliens "The Akashic Record"		Ancient Aliens (N)		(05) UFOFiles (N) / (15) Aliens		(15) Ancient Aliens "The Prototypes"		
27	A&E	(46) (5:00) Live PD		Live PD "Rewind"		Live PD "Rewind"		Live PD Live access inside the country's busiest police forces. (L) (N)						
28	TLC	(47) (5:00) 90 Day Fiancé "Family Secrets"		I Am Jazz "Double Trouble"		I Am Jazz "Getting to the Bottom of It"		I Am Jazz "Sweet (and Sour) Sixteen"		I Am Jazz "Dating in the Dark"		I Am Jazz "Double Trouble"		
29	DISC	(48) Bush People "Provide and Protect"		Bush People "Against the Tide"		Alaskan Bush People "Ground Up"		Bush People "Cold Horizon" (N)		Alaskan Bush People		Alaskan Bush People "Sink or Swim"		
30	NGEO	(49) National Geographic "510 Ep6"		Pope vs. Hitler: The Vatican planned to assassinate Hitler.		Nazi Megast. "Hitler's Luftwaffe"		The Hunt for Hitler						
31	TNT	(50) Bones "The Baker in the Bits"		Bones "The Putter in the Rough"		*** The Bourne Identity (2002, Action)	Franka Potente, Brian Cox, Matt Damon.						*** The Bourne Supremacy (04) Matt Damon.	
32	USA	(51) (5:30) *** Rocky II (1979, Drama)	Talia Shire, Burt Young, Sylvester Stallone.	*** Rocky III (1982, Drama)	Talia Shire, Carl Weathers, Sylvester Stallone.	*** Rocky IV (1985, Drama)	Talia Shire, Sylvester Stallone.							
33	AMC	(52) Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	
34	FOOD	(53) Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Food (N)	GINormous Food	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	
35	HGTV	(54) Fixer Upper	Fixer Upper	Fixer Upper	Fixer Upper	My Dream Home	My Dream Home	My Dream Home	My Dream Home	My Dream Home	My Dream Home	My Dream Home	My Dream Home	
36	FX	(56) (5:30) *** Riddick (2013, Sci-Fi)	Carl Urban, Katee Sackhoff, Vin Diesel.	Transformers: Age of Extinction (2014, Action)	Nicola Peltz, Jack Reynor, Mark Wahlberg.	Anderson Cooper 360	Anderson Cooper 360	Anderson Cooper 360	Anderson Cooper 360	Anderson Cooper 360	Anderson Cooper 360	Anderson Cooper 360	Anderson Cooper 360	
37	CNN	(57) The Five		Tucker Carlson Tonight		The Five		American Greed "Pain Killer Profits"		Greed "A Glamorous Showbiz Lie"		Paid Program	Paid Program	
38	CNBC	(61) Greed "Really Black Gold Riches"		Greed "From Peanuts to Slick Millions"		American Greed: Scam		American Greed "Pain Killer Profits"		Greed "A Glamorous Showbiz Lie"		Paid Program	Paid Program	
39	BRAV	(63) The Real Housewives		*** Easy A (2010, Comedy)	Amanda Bynes, Penn Badgley, Emma Stone.	*** Easy A (2010, Comedy)	Amanda Bynes, Penn Badgley, Emma Stone.							
40	TCM	(64) (2:45) Captains Courageous		*** The Trouble With Harry (55)	John Forsythe, Shirley MaLaine.	(15) *** The Man Who Knew Too Much (56, Mystery)	Doris Day, Brenda de Banzie, James Stewart.						The Wrong Man	
41	SYFY	(65) (5:30) *** Hellboy (2004, Sci-Fi)	John Hurt, Selma Blair, Ron Perlman.	Killjoys (N)		Dark Matter "Hot Chocolate" (N)		Wynonna Earp "Everybody Knows" (N)		Live From Comic-Con "Night 2" (N)				
42	RFD	(162) County Reporter	FarmHer	The Jimmy Dean Show		Cumberland High. Rural News (N)		Country Reunion "Grand Ole Time"		County Reporter	Virginia Dreams	Time Life Library		

SATURDAY EVENING													JULY 22	
A	L	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	
2	KATU	(2) KATU News (N)	Paid Program	Jeopardy!	Wheel of Fortune	America's Funniest Home Videos	20/20: In An Instant "Whiteout"	20/20: In An Instant "Whiteout"		Still Star-Crossed (N)		KATU News (N)	(35) HonorWrestle	
3	KOMO	(4) KOMO 4 News		Wheel of Fortune	Jeopardy!	America's Funniest Home Videos	20/20: In An Instant "Whiteout"	20/20: In An Instant "Whiteout"		Still Star-Crossed (N)		KOMO 4 News	(35) HonorWrestle	
4	KING	(5) NBC News (N)	KING 5 News	L.M. Traveler	Raw Travel	American Ninja Warrior "Cleveland Qualifiers"				Dateline NBC (N)		KING 5 News	Sat. Night Live	
5	KOIN	(6) KOIN Local 6 (N)	Weekend News (N)	Entertainment Tonight Weekend	Entertainment Tonight Weekend	Doubt "Where Do We Go From Here" (N)	Doubt "Top Dog/ Underdog" (N)	48 Hours		48 Hours		KOIN 6 News (N)	(35) Paid Program	
6	KIRO	(7) Weekend News (N)	KIRO 7 News (N)	Entertainment Tonight Weekend	Entertainment Tonight Weekend	Doubt "Where Do We Go From Here" (N)	Doubt "Top Dog/ Underdog" (N)	48 Hours		48 Hours		KIRO News (N)	(35) Scandal	
7	KGW	(8) NBC News (N)	Naturally, Danny	Heart Champion	Give	American Ninja Warrior "Cleveland Qualifiers"				Dateline NBC (N)		KGW News (N)	Sat. Night Live	
8	KRCW	(3) The Middle	The Middle	Modern Family	Modern Family	Bones "The Foot in the Foreclosure"		Bones		News at 10 (N)	Person of Interest	Synechdoche	Person of Interest	
9	KOPB	(10) Great British Baking "Botanical"		Travel: Art Wolfe	Stevens' Europe	Globe Trekker "Myanmar" (N)		The Coroner "The Captain's Pipe"		Doctor Blake "Room Without a View"		Masterpiece Classic		
10	KPTV	(12) (5:00) UFC UFC Fight Night (L)		*** Finding Forrester (2000, Drama)	Bro Brown, Anna Paquin, Sean Connery.	The X-Files "Without"		The X-Files "Without"		CSI: Miami "Cyber-lebrity"		American Grit "Selfish vs. Selfless"		
11	KPDX	(13) Mike & Molly	Mike & Molly	Big Bang Theory	Big Bang Theory	Agents of SHIELD "The Well"		The X-Files "Without"		Q13 News at 10	Most Wanted	West Coast Wrestling Connection	American Grit "Selfish vs. Selfless"	
12	KCPQ	(13) (5:00) UFC UFC Fight Night (L)		Big Bang Theory	Big Bang Theory	Modern Family	Modern Family	Modern Family	Modern Family	Big Bang Theory	Big Bang Theory	Conan "Comic-Con 2017" (N)		
13	TBS	(20) 2 Broke Girls	2 Broke Girls	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Anger Management	Anger Manage	
14	KZJZ	(22) Bones "The Foot in the Foreclosure"		The X-Files "Within"		The X-Files "Without"		Q13 News at 9 (N)	Most Wanted	Name Game	Name Game	Anger Management	Anger Manage	
15	ESPN	(29) Poker World Series (L)				SportsCenter		SportsCenter		SportsCenter (N)		SportsCenter (N)		
16	ESPN2	(30) (5:00) Soccer				E:60		30 for 30 "The Bad Boys" Few teams elicit such emotion as the Detroit Pistons.				30 for 30 "This Magic Moment"		
17	NICK	(31) The Loud House	Henry Danger	Henry Danger	Henry Danger	Nicky (N)	School of Rock (N)	Dude Perfect (N)	The Thundermans	Full House	Full House	Friends	Friends	
18	DISC	(48) Liv Maddie Cali	Liv Maddie Cali	Andi Mack	Andi Mack	Raven's Home	K.C. Undercover	K.C. Undercover	Bizaardvark	K.C. Undercover	"Coopers on the Run"	K.C. Undercover	K.C. Undercover	
19	FAM	(34) (5:40) *** Hercules (97) Tate Donovan.		(45) *** Beauty and the Beast (91) Voices of Richard White, Paige O'Hara.		(50) *** WALL-E (2008, Animated)	Elissa Knight, Jeff Garlin, Ben Burtt.							
20	FMC	(35) (4:40) The Longest Ride	Britt Robertson.	(20) The Longest Ride (2015, Romance)	Scott Eastwood, Alan Alda, Britt Robertson.	About Time (2013, Romance)	Rachel McAdams, Bill Nighy, Domhnall Gleeson.							
21	LIFE	(36) Surrogate's Nightmare (16)	Emily Tennant, Steven Krueger, Poppy Montgomery.	The Wrong Mother (2017, Thriller)	Brooke Nevins, Vanessa Marcil.	Post-game	MLB Baseball New York Yankees at Seattle Mariners Site: Safeco Field -- Seattle, Wash.							
22	ROOT	(38) MLB Baseball New York Yankees at Seattle Mariners Site: Safeco Field -- Seattle, Wash. (L)		CONCACAF Soccer Gold Cup Semifinal (L)		NHRA Drag Racing		IMSA Auto Racing Northeast Grand Prix SportsCar Championship						
23	FST	(39) (4:00) MLB Baseball Tex./T.B. (L)		CONCACAF Soccer Gold Cup Semifinal (L)		NHRA Drag Racing		IMSA Auto Racing Northeast Grand Prix SportsCar Championship						
24	SPIKE	(43) Cops	Cops	Cops	Cops	Cops	Cops	Gone "Something Is Rotten" (N)		Forrest Gump				
25	COM	(44) (1:15) South Park	(50) South Park	"The Magic Bush"	(25) South Park	*** Elf (2003, Comedy)	James Caan, Bob Neuhart, Will Ferrell.						*** Talladega Nights: The Ballad of Ricky Bobby (06) Will Ferrell.	
26	HIST	(45) Forged in Fire "The Pandat"		Forged in Fire "Crusader Sword"		Forged in Fire: Cutting Deeper	Redemption Night "Smiths get a second chance and forge the Viking Sword.					(05) Forged in Fire "Ngombe Ngulu"		
27	A&E	(46) (5:00) Live PD		Live PD "Rewind"		Live PD "Rewind"		Live PD Live access inside the country's busiest police forces. (L) (N)						
28	TLC	(47) Say Yes-Dress	Say Yes-Dress	Say Yes-Dress	Say Yes-Dress	Say Yes-Dress (N)	Say Yes-Dress	Say Yes-Dress	Say Yes-Dress	Say Yes-Dress	Say Yes-Dress	(05) Say Yes-Dress "More Is More!"		
29	DISC	(48) Naked and Afraid "Eye of the Storm"		Naked and Afraid "Unhinged"		Naked and Afraid "Washed Out"		Naked "Curse of the Swamp: Part One"		Naked "Curse of the Swamp: Part Two"		Sharktaclor		
30	NGEO	(49) State Troop. "Meth, Knives, & Spears"		The 2000s "End of Innocence"		The 2000s "Things Get Real"		The 2000s "Chaos and Crisis"		The 2000s "Moment of Truth"		The 2000s "End of Innocence"		
31	TNT	(50) (4:45) *** The Lord of the Rings: The Return of the King (2003, Fantasy)	Elijah Wood, Sean Astin, Viggo Mortensen.	TURN: WA Spies "Quarry" (N)		TURN: Washington's Spies "Quarry"		TURN: WA Spies "Quarry" (N)		TURN: Washington's Spies "Quarry"		Will "The Play's the Thing"	(10) Will "Cowards Die Many Times"	
32	USA	(51) (5:30) *** The Lone Ranger (2013, Action)	Armie Hammer, William Fichtner, Johnny Depp.	TURN: WA Spies "Quarry" (N)		TURN: Washington's Spies "Quarry"		TURN: WA Spies "Quarry" (N)		TURN: Washington's Spies "Quarry"		The Lone Ranger (13) Johnny Depp.		
33	AMC	(52) (3:00) Titanic (97) Leonardo DiCaprio.		*** Maleficent (2014, Adventure)	Elle Fanning, Sharlto Copley, Angelina Jolie.	*** Maleficent (2014, Adventure)	Elle Fanning, Sharlto Copley, Angelina Jolie.					Modern Family	Modern Family	
34	FOOD	(53) GINormous Food	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	
35	HGTV	(54) House Hunters	House Hunters	House Hunters	House Hunters	Property Brothers		House Hunters Revival (N)		House Hunters Revival (N)		House Hunters	House Hunters	
36	FX	(56) (5:30) Transformers: Age of Extinction (2014, Action)	Nicola Peltz, Jack Reynor, Mark Wahlberg.	The Nineties "The One About TV" The '90s unleashed a wide-range of television.		The Spies Next Door		Declass. "Trigon: The KGB Chess Game"		Declass. "Cuba: Traitor on the Inside"		Declass. "Cuba: Traitor on the Inside"		
37	CNN	(57) The Spies Next Door (N)		The										