



Brenna Visser/The Daily Astorian

The band Radical Revolution played on the main stage at the end of Hood to Coast Saturday.

## Hood to Coast: 'It's about doing something for ourselves'

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The team likes to keep it light, rotating team names with other walking puns like "Walks on Walks Off" and "Sasqu-walks."

But the walking itself is anything but casual.

"We're a part of a race walking network. There's a real technique to it," team member David Howitz said. The team competes in other events where there are strict guidelines for race walking form. And thinking of race walking as a slow sport is a misconception, they said. Currently, the record for fastest walking time for a mile is 5 minutes and 31 seconds.

The technique comes down to how the arm swings, how the hip drops and making sure



Colin Murphey/The Daily Astorian

A runner makes the final turn off the boardwalk in Seaside toward the finish line of the Hood to Coast Relay on Saturday.

to roll the foot forward. But that challenge of balancing physical and the mental components is what makes race walking more fun than running to some, team member Michelle Chuaprasert said.

"If you think you're just going to walk faster, it's not

going to work. It's not intuitive," she said.

But for some race walking teams, like the "Christopher Walkins" from Sherwood, competing in Portland to Coast is a way to connect as friends out of the routine of their everyday lives.

"Why do we race walk? Because we don't run," team member Jenni Kelley laughed. "Because someone on your friend's team cancels, and you do it for the first time and then you get hooked."

For this team, race walking isn't about form and just doing something physical, team member Michelle Coxey said.

"It's about doing something for ourselves," Coxey said. "It's not easy, but it's something we can do together that's fun."

## Wyden: 'Republicans do not want to have anything to do with paying for this wall'

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### Taxes and spending

Wyden, the ranking member on the Senate Finance Committee, blasted the Trump administration's one-page tax reform proposal, which would lower top-tier rates on individuals and businesses and reorder much of the federal tax code.

In the guise of helping small businesses, he said, there is a disturbing proposal to reclassify ordinary income as capital gains, taxed at a lower rate. "On my watch, I'm going to fight that every single step of the way," he said, promising to advocate for bipartisan tax reform that benefits the middle class and helps produce more jobs.

Asked about Trump's recent threat at an Arizona rally to shut down the government this fall unless significant money for a wall on the U.S.-Mexico border is included in the federal budget, Wyden said Trump will find bipartisan resistance.

"Republicans do not want to have anything to do with paying for this wall," Wyden said, adding the U.S. instead needs infrastructure investment.

### Health care

Amid widespread opposition, Republicans narrowly failed to repeal and replace the federal Affordable Care Act. Wyden said the efforts made a mockery of Trump's campaign promises to expand insurance coverage and lower costs, with federal analyses concluding the two iterations of Trump-care would have increased premiums and cut coverage for millions of people. The senator said Congress needs to pass

bipartisan legislation to stabilize the private insurance market, clamp down on prescription drug prices and give states more flexibility to set up public and single-payer health care options.

Wyden highlighted bipartisan efforts with U.S. Sen. Orrin Hatch, R-Utah, to pass legislation on chronic care, which would use telemedicine, coordinated care and value-based payment to decrease costs and expand access. The bill, forecasted by the Congressional Budget Office to reduce direct spending on Medicare and Medicaid by more than \$215 million over the next four fiscal years, was recently approved by the Senate Finance Committee.

### Environment

Astoria recently joined a number of cities formally opposing a proposed oil terminal in Vancouver, Washington. Wyden was asked what he will do to protect the Columbia River from becoming a fossil fuel highway to Asia.

Wyden said the federal government can't play Russian roulette with people's safety and needs to support initiatives that create incentives to improve tracks, replace aging trains and support first responders. So far, he said, U.S. Environmental Protection Agency Administrator Scott Pruitt hasn't said much regarding oil trains.

"Under normal circumstances, I'd say, 'Well, maybe that isn't all bad,'" Wyden said. "But ... when I hear about all the stuff his staff is working on behind the scenes, I think we got to get him on the record on

his plans. That is what I intend to do in September."

### Russia

Speaking of federal investigations into interference by Russia in U.S. elections, Wyden, who serves on the Senate Select Committee on Intelligence, said both Congress and special counsel Robert Mueller are both trying to follow the money.

"What I said on the (intelligence) committee is that our job is to tell all of you, the American people, what happened, how our democracy was hacked and do it in a way that doesn't compromise classified information," the senator said.

Wyden talked about his legislation, the Presidential Tax Transparency Act, to require all presidential candidates to release their tax returns, while lauding the new sanctions against Russia overwhelmingly passed by the Senate.

### Pushing back

Faced with a woman who said Trump was causing people mental health issues, Wyden reminded the audience that despite all the dramatic rhetoric, President Trump has not been able to pass major legislation and faces mounting opposition from both Democrats and Republicans.

"I do think the last few days have seen a lot of pushing back," Wyden said about Trump's arguments with even conservative Republicans. "I don't know how he expects to get his legislation passed. And that's probably a good thing, because most of it is so flawed."

## Raju: He and his wife are in the people business

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his belt, he estimates about 150 of his cases have gone to trial, more than some other attorneys with twice the number of years practicing.

After several years of practicing criminal and family law in the Portland metro area, Raju said he and his wife, Christy, an occupational therapist with Providence Health

& Services, wanted something different. She had an opportunity to transfer out to the North Coast, and Raju started looking at local opportunities. He met Larry Popkin, a managing member in Campbell & Popkin and a licensed real estate broker, while looking for a home, which turned into a discussion about his law firm.

Raju said he feels fortunate that he and his wife can con-

tinue their professional careers and live in a place where they can go on walks and hear the ocean. Despite being in the legal and medical fields, Raju said, he feels like they are both in the people business, albeit from different perspectives.

"One of the big motivators for me is that they entrust me with their interests," he said. "I don't want to let them down."

## Debate: Salmon farms remain controversial in Pacific Northwest

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gram, said there's no evidence the escaped fish pose a threat to native fish populations, either through disease or crossbreeding with Pacific salmon.

Still, he said the state wants to protect native fish species and has urged anglers to catch as many escaped salmon, some up to 10 pounds, as possible.

### Wild salmon reigns supreme

Washington has the largest marine finfish aquaculture industry in the U.S., with farms producing about 17 million pounds of Atlantic salmon each year, according to the state.

While salmon farms have operated for more than 30 years in Washington, they still remain controversial in the Pacific Northwest where wild salmon reigns supreme. Alaska has banned commercial finfish aquaculture. Several counties in the state, such as Whatcom County, have moved to limit commercial finfish aquaculture.

Cooke blamed high tides and currents coinciding with the solar eclipse for the failure at its farm off Cypress Island in Skagit County.

"The ongoing tides were a huge challenge," said Nell Halse, a Cooke spokeswoman. She said the company called in experts last month to stabilize the salmon farm during high tides, though no fish escaped then. "We put our best expertise to stabilizing this farm and we had no reason to believe that it would have collapsed on Sunday."

Critics weren't buying that reasoning, noting that tides weren't higher than usual over the weekend.

"They're trying to imply that this was some unnatural natural event. This was absolute negligence on their part,"



Dean Rutz/The Seattle Times

Riley Starks of Lummi Island Wild shows three of the farm raised Atlantic salmon that were caught alongside four healthy Kings in Point Williams, Wash.

said Kurt Beardslee, executive director of the Wild Conservancy. Fish farms "are polluting every single day a massive amount of phosphorous and nitrogen into the waters that we're trying to clean up."

Halse said Cooke had applied for permits to upgrade the net pens at the Cypress Island to its level of standards. It also plans to make investments in operations across the state.

The Lummi Nation has been so concerned about the fish escapes that tribal anglers have been trying to catch the Atlantic salmon before they enter local rivers. The tribe declared a state of emergency Thursday, saying the fish spill needs to be addressed immediately. Tribal officials are worried that farmed salmon will eat native fish or disturb its spawning grounds.

Michael Rust, science adviser with the National Oceanic and Atmospheric Administration's aquaculture office, said farmed salmon tend to be domesticated, raised on feed and not used to catching fish or escaping predators. Farmed salmon are more likely to be prey than predator, he said.

He and others note that science and technology advances have improved fish

farming practices in the U.S. over the decades and aquaculture operations must meet strict regulations.

Jill Rolland, who directs the U.S. Geological Survey's Western Fisheries Research Center in Seattle, said she's not concerned that the escaped fish have any pathogens that will spread to wild fish. "We have a very strong regulatory environment to ensure that these fish are under veterinary care," she said.

A conservation group, meanwhile, plans to sue. The Wild Fish Conservancy says it gave Cooke Aquaculture notice Friday that it will sue for violations of the federal Clean Water Act.

The conservation group says the release poses a threat to struggling wild fish populations and the ecosystem. It alleges the fish spill violates federal pollution laws because it sent farmed salmon, dead carcasses and other debris into the water.

Cooke has blamed high tides for the disaster. A company spokeswoman did not immediately respond to a request for comment about the legal action.

State and tribal fisheries managers are urging anglers to catch as many as possible to protect native fish species.



# Birdies + Bogeys

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