

BEST LOCAL PHYSICIAN

DR. ANGELA STOCK NARIN, PACIFIC FAMILY MEDICINE

ASTORIA

Runners-up (tie): Kevin J. Baxter (Columbia Memorial Hospital); Tracy Erfling, naturopathic physician
Honorable mention: Astoria Women's Health

By RYAN HUME

Dr. Angela Stock Narin, of Pacific Family Medicine, aspires to provide well-rounded patient care for the whole brood. Coast Weekend readers have spoken and agree that Narin is the model of medical excellence in the Columbia-Pacific region this year.

As this is a new category, Narin is the inaugural winner of the Best Local Physician award.

One nominating reader wrote that Narin and

Pacific Family Medicine are "caring, efficient, and warm health care. Pacific Medicine is attentive to patient needs and wants."

Narin grew up in Portland and received a BA in Biology before attending Oregon Health & Science University. She completed her residency in Illinois before becoming an urgent care physician in Chicago. Aching to leave the Windy City and return to the Pacific Northwest, Narin and her husband, Kent, wanted to raise a family in a small community and, luckily, chose Astoria to put down roots. She has been in private practice in Clatsop County since 2000.

Like her partner in Pacific Family Medicine, Dr. Katherine Merrell, Narin is

board-certified in Family Medicine by the American Board of Family Practice. She is well-versed in preventative care and the treatment of chronic diseases such as hypertension, asthma and diabetes. She volunteers her free time to perform child abuse assessments at the Clatsop County Lighthouse for Kids and enjoys plenty of outdoor recreation when outside of her office in the Professional Building of Columbia Memorial.

Narin extols the virtues of practicing Family Medicine and the unique relationships it creates between patient and doctor. Narin remarked that there are several families where she sees patients from three different generations of the same bloodline.

"I was an OB," Narin said. "And there are babies I delivered that are now teenage girls."

Forming deep relationships with patients over a number of years and maintaining her autonomy in how she practices medicine are some of the benefits Narin sees of remaining in private practice. Whereas with HMO models of health-care, when the doctor is the employee of the medical insurance group, she said this creates "layers between doctor and patients."

"We get to treat the whole person," she said. "We're so involved in our patients' lives."

Pacific Family Medicine is currently accepting new patients. 



RYAN HUME PHOTO

Dr. Angela Stock Narin, of Pacific Family Medicine in Astoria

BEST LOCAL SPORTS TEAM

ASTORIA HIGH FISHERMEN (FOOTBALL)

ASTORIA

Runner-up: Knappa High School Loggers (baseball); Ilwaco High School Fishermen (golf)

Honorable mention (three-way tie): Astoria High School Fishermen (baseball); Astoria High School Fishermen (Pizazz Dance Team); Ilwaco High School Fishermen (girls basketball)

By GARY HENLEY

Even in a down season, Astoria football fans stick by their team.

Coming off a Cowapa League championship in 2016, the Fishermen appeared ready to defend their league title, winning three of their first four games. But youth, inexperience and some key injuries led to a 1-3 record over the last half of the regular season, and a 30-14 loss at Estacada in the Play-in round.

Astoria junior Justin Villa was a first-team all-league wide receiver, joining senior tackle Jeff Stutzegger on the first-team. Astoria had four players on the first-team defense, along with punter Andrew Schauermaann.

The Fishermen also placed three defensive backs and three offensive linemen on the all-league squad. 



COLIN MURPHEY PHOTO

Justin Villa intercepts a pass in the endzone for the Astoria Fishermen during a game against Philomath.



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