

Gearhart could ban plastic bags

Recycling effort gains momentum

By R.J. MARX
The Daily Astorian

GEARHART — Last September, Manzanita became the first city on the North Coast to enact a plastic bag ban.

At the suggestion of City Councilor Paulina Cockrum, Gearhart may follow suit.

"It kind of came to me with the Dollar General going in, I wonder if they'll have those plastic bags I'm trying not to use and see them everywhere in the wetlands," Cockrum said. "I wonder if we should consider banning plastic bags. This is stuff that birds and wildlife and who knows what all are eating."

Mayor Matt Brown and City Councilors Dan Jesse, Reita Fackerell and Kerry Smith supported the concept of a plastic bag ban. "I have no problem banding behind that," Jesse said.

City Administrator Chad Sweet said he will research similar ordinances throughout the state.

In July, Seattle became the first city to ban plastic straws and utensils in bars and restaurants.

Portland already has recycling rules for grocery bags and prohibits plastic single-use bags by retailers or food vendors at customer checkout.

Other Oregon cities banning plastic bags include Ashland, Eugene, Hood River and Newport, among others.

Manzanita's effort started after a discussion between a board member of the local recycling center and a resident who said she was "shocked" at the amount of plastic debris she saw on Manzanita's beach.

The Manzanita ban applies to all stores and vendors within the city.

Gearhart councilors are preparing to "discuss the possibilities" of a plastic bag ban, Sweet said. "Once they do their research they'll look at getting on the agenda," he said.

Not a drive-thru



Colin Murphey/The Daily Astorian
Maria Avelar, general manager of El Compadre Restaurant in Warrenton, talks on the phone while surveying damage to the building after a vehicle crashed into it early Tuesday.

Dems see opportunity in Washington races

By RACHEL LA CORTE
Associated Press

OLYMPIA, Wash. — Democrats were celebrating early returns in three congressional races in Washington state's primary election, but Republicans said they were confident their party would hold on to all three seats in November.

Tina Podlodowski, chairwoman of the state Democratic Party, said that even though many more votes need to be counted, the early returns Tuesday night show that "nothing is guaranteed" for incumbent Republicans as Democrats showed strength that could carry through to November.

"Democrats are within striking distance of picking up three congressional seats," she said.

In two of the districts — the 3rd and the 8th — Democratic candidates combined were taking more of the vote than the GOP candidates in early returns.

Washington is a vote-by-mail state, and voters had a

deadline of 8 p.m. to have their ballot postmarked or placed in a drop box. In some of the more competitive races, results may not be known for days as most counties will update vote counts only once a day.

Just over 24 percent of the vote had been counted by Tuesday night. State GOP chairman Caleb Heimlich said that "it's still too early to come to any big conclusions."

"The eyes of the nation will be on those three seats," he said. "We will do the hard work and we will connect voters and keep those seats in Republican hands."

The contest getting the most attention is an open U.S. House seat Democrats hope to capture for the first time since the district east of Seattle was created in 1980. Incumbent Republican U.S. Rep. Dave Reichert is retiring from the 8th Congressional District after more than a decade.

Republican Dino Rossi, a former state senator who had unsuccessful runs for governor and U.S. Senate, was lead-

ing a crowded ballot and easily advanced to the general election.

Under Washington's primary system, the top two vote getters go on to November, regardless of party.

Among the dozen candidates on the ballot, one of three Democrats are expected to advance: pediatrician Kim Schrier, attorney Jason Ritterer, or former federal public-health official Shannon Hader. Schrier took an early lead among the group Tuesday night for the second spot, followed closely by Ritterer. In early returns, the three Democrats combined had a larger vote total than Rossi, giving Democrats hope they'll consolidate that support in November.

The other nine U.S. House seats were also contested in the primary, with the incumbents advancing to the general election.

In the 5th Congressional District in eastern Washington, Republican incumbent Cathy McMorris Rodgers advanced, along with Democrat Lisa

Brown, a former chancellor of Washington State University who previously served as majority leader in the state Senate. Brown and McMorris Rodgers were nearly tied in early returns.

The expected face-off between McMorris Rodgers and Brown in November has seen a flurry of television attack ads in the Spokane market.

In the 3rd Congressional District, incumbent Republican Rep. Jaime Herrera Beutler advanced along with Democrat Carolyn Long, a professor at Washington State University Vancouver. In early returns, Herrera Beutler had a slim lead over Long. Herrera Beutler has won her last two elections with more than 60 percent of the vote.

In the one statewide race on the ballot, Democratic U.S. Sen. Maria Cantwell and Republican Susan Hutchison both advanced to the November ballot, with Cantwell taking a large share of the votes in early returns.

Ohio, Kansas elections too close to call after primaries

By STEVE PEOPLES and JULIE CARR SMYTH
Associated Press

WESTERVILLE, Ohio — Two high-stakes elections that tested President Donald Trump's clout and cost both parties millions of dollars were too close to call early today. Trump claimed victory in one nevertheless and proclaimed himself '5 for 5' on the night.

In battleground Ohio, the president took credit for Republican Troy Balderson's performance, calling it "a great victory," even though the congressional contest could be headed to a recount. Democrats could also celebrate their showing in the district that has gone Republican for decades.

"We're not stopping now," Democrat Danny O'Connor told cheering supporters. He'll reprise his campaign against Balderson from now through November's general election.

In Kansas, the Republican primary for governor was too close to call.

With election officials halting the vote count this morning, Secretary of State Kris Kobach led incumbent Gov. Jeff Colyer by fewer than 200 votes. It could be several days before all absentee votes are counted.

The day's races in five states, like many before them, tested the persistence of Trump's fiery supporters and the momentum of the Democratic Party's anti-Trump resistance.

The results were helping determine the political landscape — and Trump's standing within his own party — as the GOP defends its House and Senate majorities this fall.

In Kansas, Republicans were fighting among themselves in an unusual battle for governor in which the president sided with the incumbent's challenger.

A new state law allows ballots postmarked as of Tuesday

to be counted, so long as they arrive within three days of Election Day.

Kobach received a late endorsement from Trump. Colyer received the endorsement of the National Rifle Association and had the backing of Kansas political legend Bob Dole.

Should the polarizing Kobach win the primary, some Republican operatives fear he could lose the governorship to Democrats this fall. The race could become further disrupted if Kansas City-area businessman Greg Orman makes it onto the November ballot. He submitted petitions Monday with more than 10,000 signatures for what could become the most serious independent run for Kansas governor in decades.

Trump made his prefer-

ence clear for Kobach.

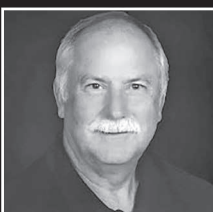
"He is a fantastic guy who loves his State and our Country - he will be a GREAT Governor and has my full & total Endorsement! Strong on Crime, Border & Military," the president tweeted on the eve of the election.

In Kansas' 3rd Congressional District, Sharice Davids became the state's first Native American and gay nominee for Congress.

The 38-year-old attorney and activist prevailed in a close six-candidate Democratic primary and will face four-term Republican Rep. Kevin Yoder.

Davids edged labor lawyer Brent Welder, who received the endorsements and a June campaign visit from Vermont Sen. Bernie Sanders and New York House candidate Alexandria Ocasio-Cortez.

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Q: What do I do if I haven't received my new Medicare card yet?

A: Cards are now in the mail for Oregon residents but not yet for Washington. You can check by logging on to your "mymedicare.gov" account; if your card has been mailed you'll be able to see your new number and print an official copy of your card. You can also call the Medicare hotline at 800-633-4227.



JEFFREY M. LEINASSAR
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Q: Does oral health affect overall health?

A: Although you probably understand that poor dental care can lead to cavities, did you know that other, more serious health problems can also result from poor oral care? The truth is that if you don't take proper care of your teeth you could face far more serious consequences that a simple toothache or some unsightly stains. You could face Cardiovascular Disease, Dementia Respiratory Infection and Diabetic Complications and more.



LEO FINZI

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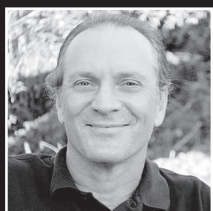


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Q: Tips for safe computer usage.

A: • Install anti-malware software. AVG or Avast are free. (AVG.COM or AVAST.COM)
• Make sure your firewall is running.
• Don't open e-mails with attachments if you don't know the sender.
• Ensure the code prefix **https://** starts the address when visiting banking sites, entering your credit card data or accessing your e-mail. (It's the S that's important).
• Keep your operating system up to date by installing any recent updates or fixes.



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Q: Should I use heat or cold?

A: If you hurt, especially in a joint, use ice; it reduces inflammation and pain and shortens healing time. You can get a burn from ice just like with heat, so don't leave it on for more than 20 minutes. Most problems get better more quickly with ice. Heat feels good, but may seriously make problems worse. As long as there is pain and/or swelling, continue ice; it can be done as often as once an hour. Would you heat a cut? No, because it would keep bleeding—that is what happens inside where you can't see it.

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