

# Local clinic has a lot of heart

## Recognized for work to control blood pressure

By EDWARD STRATTON  
The Daily Astorian

Pacific Family Care, a primary care clinic in Astoria, has been named one of the best in rural America at promoting heart health.

The clinic, started in 2001 by Drs. Katherine Merrill and Angela Stock Nairn, was one of 18 in rural areas nationwide honored this year for controlling blood pressure. The honor came from Million Hearts, an initiative started in 2012 by the Centers for Disease Control and Prevention and the Centers for Medicare & Medicaid Services to nationally align efforts to prevent cardiovascular disease.

Heart disease, stroke and other cardiovascular diseases kill more than 800,000 Americans each year.

Nairn and Merrill, who wanted to be career primary care physicians since entering the field, said the award is the acknowledgment of using the best practices to help patients.

“We just do what we know

is the right thing to do,” Nairn said.

The clinic participates in the Oregon Rural Practice-based Research Network, an effort to improve rural health care. Janet Mossman, the clinic’s manager, said the group drills into Pacific Family’s practices to gauge how well they’re delivering care. The clinic was nominated by the network based on how well it did in promoting the heart health of patients.

Pacific Family has seen more than 3,400 patients over the last two years, split evenly between the two physicians. The clinic has controlled blood pressure for more than 80 percent of them. Merrill and Nairn point to a focus on prevention.

“When we see somebody who comes into the office, we look at all the factors that keep them healthy or might affect them and make them unhealthy,” Merrill said. “We try to mitigate all of those.”

With two-thirds of Americans overweight or obese, the clinic focuses on promoting exercise and healthy living, while screening patients about potentially unhealthy behaviors such as alcohol, tobacco and other drug use, Merrill said.

“For primary doctors like

us, a screening health exam is how we often find things that can lead to problems later in life,” Nairn said.

Matt Christensen, a patient of Nairn’s for the past two years, has had tightness in his chest for much of his life. While exercising at home in 2016, he felt a flutter in his chest. His wife, LaDessa, took him to an emergency room, where Christensen learned he had a heart attack. At only 37, he ended up with a stent in an artery of his heart to ensure healthy blood flow.

“It was just like a perfect storm of a whole bunch of different things — a little bit genetics, a little diet, a lack of exercise, stress, sleep apnea,” he said.

One of Nairn’s first actions was to cut down on some of the blood pressure medications he was being prescribed, while also encouraging him to exercise 60 minutes a day, five days a week, Christensen said. The clinic also started giving Christensen and other patients blood pressure monitors to take home.

With his first child on the way, Christensen said he is anxious about staying healthy. “Having confidence in my health care providers is everything, really,” he said.

# Crab season delayed on the Oregon Coast

By KATIE FRANKOWICZ  
The Daily Astorian

The commercial Dungeness crab season will be delayed until mid-December along the entire Oregon Coast as state testing shows crabs are too low in meat yield.

The lucrative fishery traditionally opens on Dec. 1, but has been delayed in recent years for a number of reasons. Last year, the season was delayed by the state twice because of low meat yield, but was then further delayed because of price negotiations and bad weather.

This year, crab quality testing in early November showed crab in most test areas did not meet the criteria for a Dec. 1 opening. The delay will allow crab more time to fill with meat, state fishery managers said.

A second round of testing will occur later this month or in early December. The results will determine if the fishery opens Dec. 16, or if it



Colin Murphey/The Daily Astorian

### Crab pots stacked at the Warrenton Marina.

should be further delayed or split into areas with different opening dates.

Fishermen, cautiously optimistic for a Dec. 1 opener, have already been preparing gear as usual. For them, the delay means even more time before they see a paycheck.

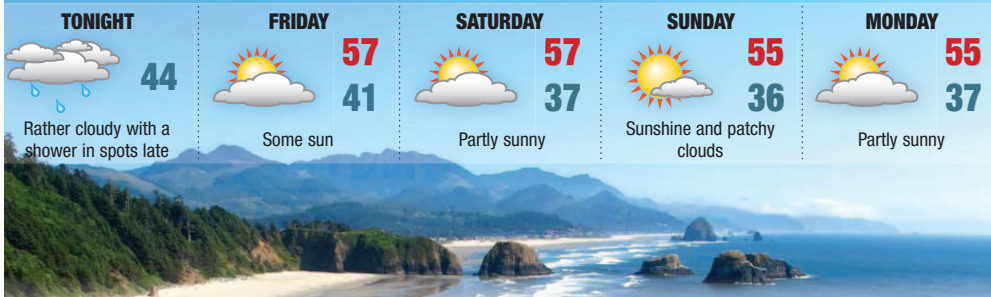
The fishery is Oregon’s most valuable. Last year, commercial fishermen landed 23.1 million pounds into Oregon — about 31 per-

cent over the 10-year average — and saw the highest ex-vessel value ever at \$74 million.

Another factor that has delayed past crab seasons — elevated levels of the marine toxin domoic acid — is behind current crab closures from Cape Blanco to the California border.

Where there are no health advisories, recreational harvest of Dungeness crab will open in the ocean Dec. 1.

## FIVE-DAY FORECAST FOR ASTORIA



### ALMANAC

Astoria through Wednesday.

**Temperatures**

High/low ..... 55°/46°  
Normal high/low ..... 54°/40°  
Record high ..... 64° in 2001  
Record low ..... 15° in 1955

**Precipitation**

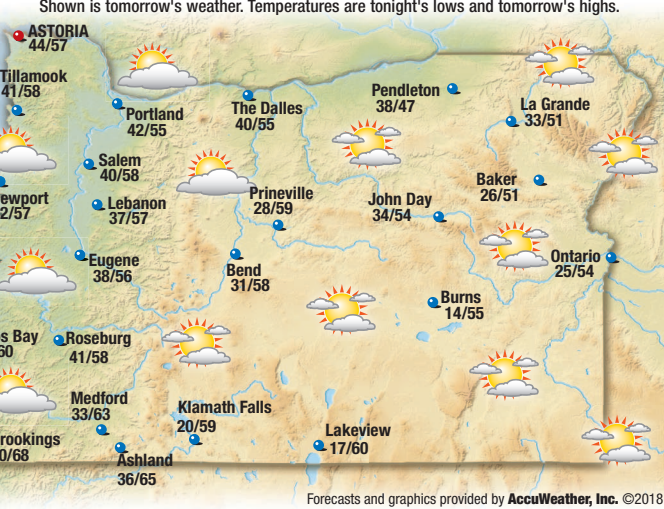
Wednesday ..... 0.31"  
Month to date ..... 2.07"  
Normal month to date ..... 4.76"  
Year to date ..... 48.80"  
Normal year to date ..... 50.98"

**SUN AND MOON**

Sunset tonight ..... 4:43 p.m.  
Sunrise Friday ..... 7:18 a.m.  
Moonrise today ..... 1:39 p.m.  
Moonset today ..... 11:54 p.m.

First Full Last New  
Nov 15 Nov 22 Nov 29 Dec 6

### REGIONAL WEATHER



### UNDER THE SKY

Tonight's Sky: First Quarter Moon (6:54 a.m.) and Mars within 1 degree of each other.

Source: Jim Todd, OMSI

### TOMORROW'S TIDES

Astoria / Port Docks

Time	High	Time	Low
8:14 a.m.	7.2 ft.	1:18 a.m.	1.5 ft.
7:39 p.m.	6.5 ft.	2:08 p.m.	3.4 ft.

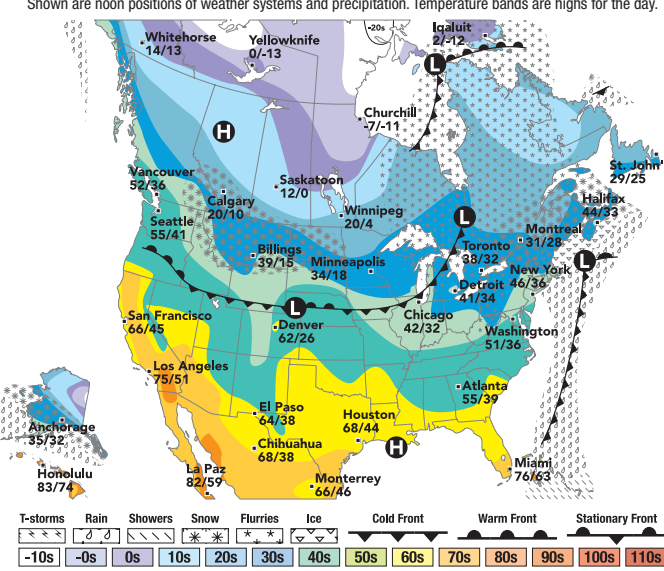
### NATIONAL CITIES

City	Hi	Lo	W	Fri.	W	
Atlanta	45	31	c	55	39	pc
Boston	37	35	c	47	36	r
Chicago	36	29	c	42	32	pc
Denver	58	29	s	62	26	pc
Des Moines	46	31	s	43	28	pc
Detroit	37	30	sn	41	34	c
El Paso	61	35	s	64	38	c
Fairbanks	11	1	s	19	12	pc
Honolulu	84	75	pc	83	74	t
Indianapolis	38	27	i	40	28	pc
Kansas City	47	29	s	52	33	s
Las Vegas	70	47	s	70	46	pc
Los Angeles	79	54	s	75	51	pc
Memphis	43	34	pc	57	38	s
Miami	84	61	t	76	63	pc
Nashville	38	29	c	54	32	s
New Orleans	54	42	s	62	45	s
New York	36	35	sn	46	36	r
Oklahoma City	62	34	c	59	38	r
Philadelphia	38	36	sn	46	36	r
St. Louis	36	29	sn	47	29	s
Salt Lake City	52	32	s	55	36	s
San Francisco	67	44	pc	66	45	pc
Seattle	56	48	c	55	41	r
Washington, DC	39	38	i	51	36	pc

### REGIONAL CITIES

City	Today	Fri.	W	City	Today	Fri.	W						
Baker City	53	26	pc	51	24	pc	Olympia	54	44	c	54	39	pc
Bend	58	31	pc	58	31	pc	Pendleton	51	38	pc	47	33	pc
Brookings	62	48	s	65	46	pc	Portland	55	42	c	55	42	pc
Eugene	55	38	pc	56	39	pc	Roseburg	58	41	pc	58	42	pc
Ilwaco	54	47	c	55	45	pc	Salem	57	40	c	58	38	pc
Klamath Falls	57	20	s	59	23	pc	Seaside	55	45	c	56	43	pc
Medford	62	33	s	63	35	pc	Spokane	42	33	c	42	25	pc
Newberg	55	40	c	56	41	pc	Springfield	54	37	c	55	39	pc
Newport	56	42	c	57	43	pc	Vancouver	54	41	c	54	40	pc
North Bend	59	41	pc	59	44	pc	Yakima	50	30	c	51	25	pc

### TOMORROW'S NATIONAL WEATHER



## OBITUARIES

### Dickey Don Hanna Warrenton

Nov. 22, 1937 — Nov. 8, 2018

We lost our much-loved dad, granddad, great-granddad, brother and uncle, Dickey Don Hanna, 80, of Warrenton, Oregon, on Nov. 8, 2018. He passed away peacefully at home, surrounded by his family.

He was born Nov. 22, 1937, in Frederick, Oklahoma. Dickey was the eighth of 11 children born to Clyde Melton and Mary Christina Hanna.

He spent most of his childhood in Texas, and attended high school in Sudan, where he excelled in sports. He lettered all four years in football, making All-District his junior and senior years. He was class president his junior year, and student body president his senior year. He started first string on the basketball team and also ran track.

He was a well-rounded individual, even adding “Most Handsome Senior Class Member” to his accolades. We can include humble to his list of attributes, as he never told any of his daughters these details; we found them while looking through mementos after his passing.

Following graduation from high school, he moved to Chico, California, to attend California State University, Chico, where he obtained a bachelor’s degree in electrical engineering. While in Chico, he met and married Jodeane Marie Lapeyri, and together they raised five daughters: Kelly (Mark) Simonsen, of Warrenton, Oregon; Kay Hanna, of Warrenton, Oregon; Kim (Bud) Hansen, of Etna, California; Karry (Carl) Seaver, of Orem, Utah; and Kandy (Dave) Daniels, of Lehi, Utah.

Dickey devoted himself to his family. He supported his daughters and grandchildren in all their activities. He loved spending time with his

siblings, in-laws, nieces and nephews, too.

Dickey was an avid sports fan, and enjoyed many hours watching professional sporting events, but it pales in comparison to how much he enjoyed watching the youth of Warrenton High School compete in sports, as he rarely missed a game, home or away.

He had an amazing work ethic, and was the epitome of selflessness. He moved to Warrenton in 1972 to help rebuild the mill, where he worked as head electrician until his retirement in 2000. He made lifelong friends while working there, and enjoyed many good times with them.

He is survived by his five daughters; four sons-in-law; 18 grandkids; 36 great-grandkids; sister Patsy (Pat) Kent, of Sudan, Texas; brother Eddie (Kathy), of Warrenton, Oregon; best friend, Chuck Kobrzycki, of Warrenton, Oregon; and many nieces and nephews.

He was preceded in death by his parents, five brothers and three sisters.

Dickey will be interred at the Ocean View Cemetery in a private family ceremony the morning of Nov. 17.

A memorial service for all those who wish to honor him will be held at 1 p.m. Saturday, Nov. 17, 2018, at the Christian Church of Warrenton, 1376 S.E. Anchor Ave. Following the service there will be a reception at Warrenton High School.

In lieu of flowers, memorial contributions may be given to the “Dickey Hanna Memorial Fund” at any branch of Columbia Bank.

Caldwell’s Luce-Layton Mortuary is in charge of the arrangements. Please sign their online guest book at caldwellsmortuary.com



Dickey Don Hanna

## DEATHS

Nov. 14, 2018

CARNEY, Ric C., 67, of Long Beach, Washington, died in Long Beach. Ocean View Funeral & Cremation Service of Astoria is in charge of the arrangements.

Nov. 13, 2018

LEINO, Lori J., 58, of Astoria, died in Astoria. Hughes-Ransom Mortuary & Crematory in Astoria is in charge of the arrangements.

## PUBLIC MEETINGS

**THURSDAY**  
Seaside Tree Board, 4 p.m., City Hall, 989 Broadway.  
Seaside Transportation Advisory Commission,

6 p.m., City Hall, 989 Broadway.  
Warrenton Planning Commission, 6 p.m., City Hall, 225 S. Main Ave.

## LOTTERIES

OREGON	WASHINGTON
<b>Wednesday's Pick 4:</b> 1 p.m.: 7-3-1-2 4 p.m.: 2-8-2-9 7 p.m.: 4-0-6-1 10 p.m.: 2-1-6-7	18-23-33-37-41 Estimated jackpot: \$3.2 million
<b>Wednesday's Lucky Lines:</b> 4-7-12-15-17-24-25-30 Estimated jackpot: \$10,000	<b>Washington's Daily Game:</b> 9-1-6
<b>Wednesday's Megabucks:</b> 10-	<b>Washington's Hit 5:</b> 03-16-19-
	20-35 Estimated jackpot: \$120,000
	<b>Wednesday's Keno:</b> 01-05-06-07-08-13-14-19-20-28-39-54-57-58-59-61-72-73-74-76
	<b>Wednesday's Lotto:</b> 04-06-14-23-24-29 Estimated jackpot: \$1.4 million
	<b>Wednesday's Match 4:</b> 01-02-23-24

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