

CrossFit: 'is really more about community ... overall health'

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he and a fellow coach heard about a CrossFit pilot project in St. Helens at an opioids conference. He decided to blend his passion for addiction recovery with his existing business and apply for a wellness grant from Columbia Pacific CCO, which oversees the Oregon Health Plan in Clatsop, Columbia and Tillamook counties.

"When I learned about the Power-CLEAN program I knew it was something our community needed," he said.

Creating community

Since the beginning of November, the class has fluctuated from three to nine participants — Wray hopes to get about 20 — and has attracted people of all ages and addictions in varying stages

of recovery. Participants mostly come from referrals from drug court or Jordan's Hope for Recovery, a nonprofit outreach organization.

The class offers something different to everyone. There are the obvious health benefits. For some, it's learning to get a rush of endorphins from a source other than drugs. For others, it can just give them something to do on a Friday night.

But perhaps one of the most essential things the program offers is variety, said Jenna King, a counselor for Jordan's Hope for Recovery who runs the mental health and wellness portion of the class.

"You have it crammed down your throat — 'Let's go to meetings!'" King said. "Which is great. But it's also helpful having something additional to do in the community. Some people are just

trying to fill their time to not drink and use."

The community atmosphere CrossFit provides is also conducive to recovery, Wray said. Each exercise is done as a group endeavor. There is no hierarchy of ability — anything can be modified, everyone starts together, and everyone finishes together.

"CrossFit can be intimidating for people," Wray said, referring to the professional CrossFit games people associate with the discipline. "But CrossFit is really more about community and overall health rather than raising elite athletes."

Whatever the reason, it keeps participants like Ramvick coming back.

"You feel like it's a new addiction," Ramvick said. "But a positive addiction."



Colin Murphey/The Daily Astorian
Students and instructors warm up for the class.

Urban Core: Residents want to keep city's character

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will hear recommendations for how the exterior of any new development should look, as well as review what was discussed at previous meetings.

On Tuesday, the commissioners, for the most part, agreed with the recommendations presented by Kate Rogers of Angelo Planning Group. Balancing community concerns about preserving Astoria's character with the need for economic opportunities is key, Rogers and city staff told the commissioners.

Under the recommendations, there would be a ban on new hotels and motels in the Urban Core's overwater aquatic zones, unless the projects are developed in existing buildings. Hotels would be considered a conditional use elsewhere in the Urban Core, requiring case-by-case approval by the Planning Commission.

There would be a limit on residential uses in overwater zones. Consultants and city staff had recommended allowing living spaces above retail space, but Commission President Sean Fitzpatrick worried about compatibility.

"I don't want to see residential being put in over (a) space that's going to sit vacant



Colin Murphey/The Daily Astorian
The Urban Core in Astoria includes the riverfront area from Second Street to 16th Street.

because there isn't a real use for it," he said. "I don't know how we could be careful of that, but I do want to have it on record that I am concerned about having empty professional, retail or other space just so that we can have vacation condos up above."

Commissioner Daryl Moore pushed further, saying he didn't see the point of allowing residential development at all in the Urban Core with housing development opportunities already available inland.

The city "will just end up with a \$3 million condo that's not going to benefit our economy, our people, at all," Moore said.

The recommendations also included a shift away from a shoreland zone where uses have to be primarily

water-dependent or tourist-focused. Consultants recommend changing this zone to commercial.

Most of the residents who have attended meetings on the Urban Core or who have sent in written comments argue for standards that preserve Astoria's character and maintain public access to the river. They have spoken against new development over the water and asked for height restrictions on new buildings.

Some do not want to allow any new hotels or motels — a type of development that has been one of Planning Commissioner Joan Herman's concerns as well.

In her successful campaign for the Ward 3 seat on the City Council in the November election, Herman said, "The once-

sleepy town has been discovered, and we risk losing our connection to the river to multistory hotels built by out-of-town developers whose primary interest is the bottom line and not what is best for Astoria."

On Tuesday, Steve Fick, owner of Fishhawk Fisheries at the base of Fourth Street, said the ability to be flexible has kept his business and the aging overwater infrastructure he relies on afloat over the years. As the Planning Commission continues to discuss the Urban Core, "don't put yourselves into boxes," he urged, adding, "It's really important that you keep flexibility in this plan."

Sarah Lu Heath, executive director of the Astoria Downtown Historic District Association, made a similar plea. The association's board plans to submit formal comments in the future.

"I just want to make sure that we stay open-minded to the possibilities with what could happen, not just with what we don't want to happen and how everything ties in together," Heath said.

"We're looking at a very, very small portion of downtown that still could have major impact on what is south of it and east and west of it."

Homeless: Warrenton students are some of the strongest academically

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Nearly 10 percent — 31 students — were considered unsheltered, living in cars, parks, public spaces, abandoned buildings and other substandard housing. All were in Warrenton, including in campgrounds such as KOA and Fort Stevens State Park.

Mark Jeffery, the school superintendent in Warrenton, recognizes the school district's difficult demographics, with some of the most affordable places to live in the county.

"The trailer park down in Sunset Beach is part of our district, and most of the housing there falls under the definition of homeless," he said. "I would assume some of this could be from KOA and the campground. I do know our buses stop at KOA on occasion."

Despite the challenging circumstances, Warrenton students are some of the strongest academically in the county, regularly posting some of the highest test scores and graduation rates. The school district recorded a regular attendance rate of higher than 88 percent

among homeless students last year, nearly 10 percent higher than the state's attendance rate for the general population.

Jeffery credited the success to his district's small size and targeted approach to keeping track of students, along with the proliferation of cellphones in eliminating some of the previous communication barriers.

"If we have a student who's struggling — the cause for that struggle, while it's worth noting — we get in there and work with them at the point of struggle," he said.

Sheila Roley, the school superintendent in Seaside, couldn't pinpoint a reason for the significant drop of homeless students in South County. She and other campus leaders cast doubt over the numbers, pointing out the difficulty in getting families to self-identify their living situations.

"I don't believe that we have any less (homeless) students," said Steven Sherren, principal of Broadway Middle School. "I think it may be we have less families self-identify or who ... know what resources are available to them or how to access them."

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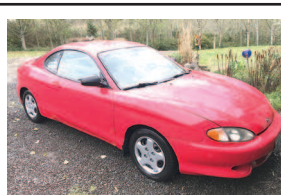
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