

Utti in the running for national awards

The Astorian

Two days, two national watch list mentions for Seaside's Maddi Utti.

Earlier this month, Utti was selected to the preseason watch list for the 2021 Becky Hammon Mid-Major Player of the Year Award, announced by Her Hoop stats.

Entering her senior year at Fresno State University, Utti is among 25 student-athletes across the country named to the list.

The next day, Utti's name was added to another national watch list, as the Naismith

Memorial Basketball Hall of Fame and the Women's Basketball Coaches Association announced a list of 20 players for the 2021 Katrina McClain Award.

Named after the two-time All-American and 1987 National Player of the Year, the annual award recognizes the top power forwards in women's NCAA Division I college basketball.

Previous winners of the McClain Award include Oregon's Ruthy Hebard (2020), Connecticut's Napheesa Collier (2019) and Hebard (2018).



Fresno State Seaside's Maddi Utti is on the watch list for two major awards this season.

O'Connor named head coach for Astoria High School swim team

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Alyson O'Connor has been named the new head coach for the Astoria High School swim team, athletic director Howard Rub announced on Monday.

O'Connor has been active with the North Coast Swim Club for the past six years and served as the Astoria assistant coach last season under coach Kathryn Zacher.

"Coach O'Connor has shown great expertise as the coordinator of our dry land program," said Rub, as the Astoria swim team has been holding workouts at CMH Field during the closure of the Astoria Aquatic Center.

"Our student-athletes appreciate her background in cross training, which includes her training as a distance runner and triathlon competitor," Rub said. "She has a great rapport with our swimmers, she is a solid motivator, and I believe her to be a great role model."

O'Connor's reputation for community service as an Astoria resident over the past 20 years is impressive, he added. Also, "We are greatly appreciative of the efforts of coach Zacher and coach (Mike) Gwaltney the past few years, and believe the mentoring they have provided to coach O'Connor will help us in this transition."

The winter sports season is still scheduled to begin with practices in late December, with games and events beginning the first week of January.

"With the uncertainty of when our next competitive season will be able to take place, I think it is very important for our swim team student-athletes that we have this position filled with our best possible candidate," Rub said. Fortunately, O'Connor "happens to be very familiar with their personalities, goals and desires."

The status of the upcoming swim season will be announced after the next OSAA executive board meeting, scheduled for Dec. 7.

The reopening of the aquatic center is still under review by the city. No date is set for a return to normal operations.

Astoria's swim team will continue to practice at CMH Field with conditioning every Tuesday and Thursday (no session on Thanksgiving), from 4:15 to 5:30 p.m., until mid-December.

Veterans: 'I think veterans need more support and services'

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"They might come back with some kind of undiagnosed condition and not know they have it — not being able to sleep, irritable, mood swings, feeling anxious, the list goes on," said Gyford. "Drinking is a pretty common way of coping, or they get involved with drugs. And they find this huge lack of support from their family, but their family doesn't maybe know what's going on."

They might experience homelessness or extended inability to find work and sustain it. Desperate to make ends meet, they might resort to theft. Irritable and angry, they might lash out with violence.

"It sounds odd, but for many active duty members, they come from this safe bubble," Gyford said. "They give you food, a clothing allowance. You have a job. And then you come out, and you don't have any of that."

Young service members

'I DON'T SAY ANYTHING TO ANYONE BECAUSE I CAN'T REALLY TALK ON THEIR LEVEL.'

Lex Kovacevich | veteran

aren't taught how to budget a checkbook or how to write a resume, set payments or find work. A veterans court would provide people who understand these challenges, Gyford said.

"I think what it comes down to is wraparound services, meeting the vet where they are," Gyford said. "This isn't just a criminal. It's someone who served. Sometimes so caught up in drugs or alcohol, they can't deal with the mental health piece because they're high or under influence. It's kind of a balance of environmental factors, treatment and biggest one is support. Isolation is a huge factor for vets returning to society."

When Lex Kovacevich got out of the U.S. Army in 1970, there were few services for veterans. He was called a

baby-killer, and getting a job was next to impossible. He suspects his status as a veteran was the reason. When he did not mention he served, he got hired right away.

It was only in the last 10 years he's able to work through his anxiety, depression and PTSD.

"I kept to myself for years," he said. "My problem when I first got back, when I tried to talk to people, I couldn't. I didn't talk the same language."

He said he still has a difficult time talking.

"I don't say anything to anyone because I can't really talk on their level," he said. "I don't know how to explain, I wish I could. I'm sure a lot of veterans feel that way, that they can't talk to a civilian, because they don't know."

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SEVEN-DAY FORECAST FOR ASTORIA

TODAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
51 38	52 40	49 38	51 39	51 36	51 36	50 38
Low clouds	Some sun, then clouds	Mostly sunny	Cloudy	Cloudy, rain possible	Mostly cloudy	Mostly sunny

REGIONAL FORECAST

Shown is today's weather. Temperatures are today's highs and tonight's lows.

ALMANAC

Astoria through Monday

Temperatures

High/low	52/39
Normal high/low	52/39
Record high	62 in 1956
Record low	21 in 1985

Precipitation

Monday	0.19"
Month to date	8.81"
Normal month to date	8.36"
Year to date	55.20"
Normal year to date	54.83"

Forecasts and graphics provided by AccuWeather, Inc. ©2020

UNDER THE SKY

Tonight's Sky: Bright Mars above waxing gibbous moon.

Source: Jim Todd, OMSI

SUN AND MOON

Sunrise today	7:32 a.m.
Sunset tonight	4:34 p.m.
Moonrise today	3:11 p.m.
Moonset today	3:38 a.m.

Full

Last

New

First

Nov 30 Dec 7 Dec 14 Dec 21

TODAY'S TIDES

Astoria / Port Docks	Time	High (ft.)	Time	Low (ft.)
10:29 a.m.	8.2	4:15 a.m.	2.0	
11:11 p.m.	6.7	5:11 p.m.	0.8	

Cape Disappointment

10:09 a.m.	7.9	3:38 a.m.	2.4	
10:57 p.m.	6.4	4:34 p.m.	1.1	

Hammond

10:16 a.m.	8.4	3:50 a.m.	2.3	
11:01 p.m.	6.8	4:49 p.m.	1.0	

Warrenton

10:24 a.m.	8.6	3:59 a.m.	2.1	
11:06 p.m.	7.1	4:55 p.m.	0.9	

Knappa

11:06 a.m.	8.4	5:16 a.m.	1.7	
11:48 p.m.	6.9	6:12 p.m.	0.7	

Depoe Bay

9:25 a.m.	8.3	3:03 a.m.	2.5	
10:13 p.m.	6.7	4:05 p.m.	1.4	

NATIONAL CITIES

City	Today	Fri.
Atlanta	73/52/sh	72/55/c
Boston	53/45/r	56/44/c
Chicago	49/37/pc	48/34/pc
Dallas	73/57/pc	63/48/c
Denver	41/22/pc	44/28/s
Honolulu	85/73/pc	84/72/pc
Houston	79/68/pc	79/63/r
Los Angeles	68/47/pc	72/46/s
Miami	82/69/pc	82/68/pc
New York City	58/51/r	59/48/pc
Phoenix	71/46/s	68/46/s
San Francisco	62/45/s	60/42/s
Wash., DC	67/48/r	63/47/pc

Weather (W): s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, l-ice.