Banks tops Astoria girls basketball in big showdown

The Astorian

A furious, late fourth quarter rally by Astoria came up just short, as Banks held on for a 45-42 victory Tuesday night over the Lady Fishermen in a Cowapa League girls basketball

The Braves held a 41-29 lead with just 3:40 left in the game when Astoria's Halle Helmersen scored on a layup to spark a 10-0 Asto-

Kelsey Fausett hit a short jumper, then Helmersen and Sophie Long nailed backto-back 3-pointers, bringing Astoria to within 41-39 with 49 seconds left.

Banks — which had struggled with turnovers and missed free throws through much of the game — finally began making its free throws, as Hailey Evans made two with 26 seconds remaining for a 43-39 lead.

Long, who led Astoria with 14 points, answered right back with another 3-pointer at the 14-second mark, pulling Astoria to within 43-42.

Banks senior Camila Narvaez made another two free throws with 3.8 seconds left, and Astoria missed a desperation shot at the buzzer.

Early foul trouble to Fausett and Long cost Astoria in the first half, as the Braves built a 20-9 lead after backto-back 3-pointers from Maddy Shook.

PREP SPORTS SCHEDULE

Boys Basketball — Astoria at Tillamook, 6 p.m.; Warrenton at

Knappa, 6 p.m. **Girls Basketball** — Tillamook at Astoria, 6 p.m.; Knappa at Warrenton, 6 p.m.

FRIDAY
Boys Basketball — Dayton at
Astoria, 6 p.m.; Warrenton at
Rainier, 7 p.m.; Knappa at Gas-

Girls Basketball — Astoria at Dayton, 6 p.m. Rainier at Warrenton, 7 p.m.; Gaston at Knappa, 6 p.m.; St. Paul at Jewell, 5:30 p.m.

Helmersen capped a 10-0 Astoria run, helping the Fish cut the Banks lead to 22-19 at halftime.

The Braves rebuilt their lead to 36-26 late in the third quarter after scores from Madison Walker, Alex Saunders and Evans.

Helmersen added 11 points and Fausett scored nine for Astoria. Narvaez led the Braves with 12 points, with Walker and Shook adding 11 apiece.

Playing just their second game after a late start to the season, the Braves improved to 2-0, while Astoria slipped to 1-3. The Fishermen host Tillamook Thursday at 6 p.m.

Valiants 40, Gulls 27

Valley Catholic senior Josie Napoli scored 17 points, which included three 3-pointers, leading the Valiants to a hard-fought 40-27 win over visiting Seaside in a Cowapa League girls basketball game Tuesday night.

The Lady Gulls put up a tough defensive effort, but struggled offensively in the first half, which ended in a 23-10 lead for the Valiants.

Lilli Taylor scored 15 of Seaside's 27 points.

Braves hold off Astoria boys, 43-35

Banks defeated Astoria, 43-35, in a Cowapa League boys basketball contest Tuesday night at the Brick

But, the improvements are coming for the Fishermen, said head coach Kevin

"I was real happy with the way we played," said Goin, whose team is trying to snap a nine-game losing skid in league play. "After the loss to Knappa (Monday), we played much better. We hurt ourselves at the free throw line (8-for-17), but I'm happy with the direction we're going."

Senior Joseph Buliga hit four 3-pointers and led Banks with 22 points while Colton McMaster had 10 points and Xander Marincovich added nine for Astoria. Michael Moore dished out nine assists for the Fishermen, who were scheduled to play Wednesday, Thursday and Friday to finish the

Gulls 68, Valiants 52 Seaside stormed out to a

25-2 lead Tuesday night at home, and Valley Catholic never threatened after that, as the Gulls posted a 68-52 win over the visiting Valiants in a Cowapa League boys basketball game.

The Valiants eventually found their shooting touch, but it was far too late, as Seaside held a 39-20 halftime lead.

Seaside junior Sibony scored 12 of his game-high 19 points in the first half while teammate Cash Corder scored 14 of his 16 in the second half. Conner Langmo added 12 points for the Gulls (2-1), who play at Western Christian Thursday.

Warriors 63, Tigers 26

Warrenton opened Coastal Range League play Tuesday night with an easy 63-26 boys basketball victory over winless Taft (0-4).

The Warriors jumped out to an early 9-0 lead, "and never really looked back," said Warrenton coach Nate McBride. "We were able to force a ton of turnovers and got some easy baskets in open court."

Dawson Little scored 20 points and Ethan Green added 13 for the Warriors, who play Thursday at Knappa.

In girls basketball action, the Taft Tigers celebrated their season opener with a 34-25 win over Warrenton, in a Coastal Range League contest Tuesday in Lincoln

Seaside swimmers back in the water

The Astorian

Swimmers were back in the water in Seaside last week as the Gulls hosted a Cowapa League meet with Valley Catholic at the Sunset Pool.

The teams split the team scoring, with Valley Catholic winning the girls' side, 50-36, and Seaside boys defeating the Valiants

"Our last time in the water was exactly 15 months from today at state," said Seaside coach Shane Spell. In last Thursday's meet, he said, "we didn't have the excitement and energy boost of spectators cheering, but still a nice return. A few first meet of the year jitters, but a lot of strong swims as well."

Both girls' teams had small numbers, "but we'll have a few more available starting next week," Spell said of the Lady Gulls. "Emily Philbrook and Emma Arden just came off a state golf appearance and contributed in multiple events. Nicole Blankenhorn stepped up and filled some new roles as our flyer in the medley relay and debuting in the 100-yard breaststroke."

The Seaside boys were able to fill every event, and "should be able to continue that throughout the season," Spell said. "We should be able to move student-athletes around to give them a

Astoria hosts the Seaside team for a dual meet Thursday at the Astoria Aquatic Center.

variety of opportunities."

Seaside hosts Tillamook for another meet, and from there, multiple teams will swim at one location, with results combined with those taking place at other facilities on the same day, Spell

"We've always talked about racing yourself, and this puts that into action as you can't just rely on what's happening in that particular

C'ONSULT a PROFESSIONAL



Astoria's Best

\$599.99

Mon-Fri 10-6, Sat/Sun Closed 77 11th Street, Suite H Astoria, OR • 503-325-2300 AstoriasBest.com

How can I recycle my old computer?

We accept computers for recycling at no charge. If you purchase a new computer from us, we transfer your old computer's data to your new one at no charge. For \$24.99 we will delete all information or harvest the hard drive and give it to you. For computers purchased elsewhere, the charge for data transfer is \$54.99. The Recology transfer station @ 1790 Williamsport Rd. accepts computers for recycling at no charge but leaves your data on the computer.



503-325-3311

490 Commercial St Suite 202 Astoria, OR 97103

O:What is love?

A: Now that is a difficult question, but we can promise to get you back to doing THINGS that you love!

Small adjustments make a world of difference.



MSW, LCSW

503-741-5923

564 Pacific Way (inside By The Way

Coffee Shoppe)

Gearhart OR 97138

www.deloressullivantherapy.com

Q: How do I know when I need to consult a mental health therapist?

A: 1. When daily life stressors begin to interfere with your ability to function in your relationships or in

2. When you find it hard to regulate your moods.

3. When friends or family express concerns about you.

4. When you are having thoughts of

5. When you find yourself abusing substances to get through each day.

6. Whenever you need someone to talk with to sort out a life problem.



Advertising Representative

Astorian

971-704-1716

www.dailyastorian.com 949 Exchange St. Astoria, OR 503-325-3211

Q: What is the Consult a Professional section and how can it help my business? A • The Consult a Professional

and affordable way to advertise your

section in The Astorian is a great

business and inform readers about the types of services you provide. All you need to do is come up with a question that a customer might ask about your line of expertise and then give a detailed answer to help educate them before they even walk through your door. We are offering great rates and package deals that help save you money!



Heather Jenson

Fans in vaccinated sections, who are 16 or older, the Nuggets in the series. must provide proof that they have been fully vaccinated. Fans not eligible will sit in areas where they must continue to physically distance. According to officials all fans will still

"When fans left the Moda Center last March,

be required to wear a mask.

By SARA CLINE

Associated Press

Portland Trail Blazers con-

tinue their run in the NBA

Western Conference Play-

off, Gov. Kate Brown

announced on Monday

that the Moda Center will

debut vaccinated sections

this week with increased

capacity and fewer physi-

cal distancing restrictions.

PORTLAND — As the

it was one of the first signs this pandemic was about to change our lives in ways we hadn't previously imagined," Brown said. "Vaccines are the key to our

return to normal life." The Blazers are scheduled to host the Denver Nuggets for Game 3 of the NBA Western Conference playoff on Thursday and the fourth game of the series on Saturday. The Blazers are tied 1-1 with

"If you haven't gotten around to getting vaccinated yet, go do so today," Brown said. "Don't miss your shot to cheer on the Blazers as they make a run at a championship."

Fans in vaccinated sections must provide proof in the form of the original

or copy of their vaccination card. Nonvaccinated children, who are 15 or younger, can also sit in the vaccinated sections with their parent or guardian.

Portland Trail Blazers center Jusuf Nurkic (27) sets a screen against Denver Nuggets guard Austin Rivers as Rivers fouls Trail

Blazers debut vaccinated

section at Moda Center

Blazers guard Damian Lillard (0) in Monday's Game 2 of a first-round NBA basketball playoff series in Denver.

In addition, Brown announced that businesses, venues and faith institutions in lower risk counties may follow suit with the Moda Center and create vaccinated sections.

Brown said vaccinated sections in businesses would not need to adhere physical distancing, capacity limits or masking requirements.

Earlier this month, Brown set statewide and county COVID-19 vaccination targets, with the hope of reopening the state's economy.

Brown said most state-

wide coronavirus related restrictions will be lifted when 70% of Oregon's residents who are 16 years and older receive the first COVID-19 vaccine dose.

Joe Mahoney/AP Photo

More than half of Oregon's eligible population who are 16 or older have received at least their first vaccine dose. In addition, counties

will be eligible to move into the lower risk category when 65% of the area's eligible population is vaccinated. Under the lower risk

category, residents in the county can have indoor gatherings of 10 people or outdoor gatherings of 12 people. Restaurants, gyms and indoor and outdoor entertainment can open up

to 50% capacity.