



A view from a hospital window broken by shelling in Mariupol, Ukraine, in March.

Associated Press



National Oceanic and Atmospheric Administration

Pacific whiting was the most plentifully caught commercial fish landed in Astoria last year.

Study finds fish skin could prevent wrinkles

Researchers looked at Pacific whiting

By ALEXIS WEISEND
The Astorian

An Oregon State University study found that gelatin in the skin of Pacific whiting, a fish commonly caught off the West Coast, could prevent wrinkles.

A common ingredient in fish and chips and imitation crab, Pacific whiting, also known as hake, is often skinned during processing or before cooking.

Assistant professor Jung Kwon at Oregon State's Seafood Research and Education Center in Astoria found gelatin in Pacific whiting skin

increased collagen synthesis, creating an anti-wrinkle effect.

The study found the gelatin could also have anti-inflammatory effects and encourage antioxidant activity.

"Americans typically do not like eating fish skin," Kwon said. "But gelatin is a pretty abundant protein found in the fish skin, which has some functionalities and health benefits."

Pacific whiting was the most plentifully caught commercial fish landed in Astoria in 2021, according

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'If you're feeling pain, you're still alive'

An Astoria-based doctor volunteered to teach trauma medicine in Ukraine

By ABBEY McDONALD
The Astorian

In the forests of southeastern Ukraine, Dr. Stephen Donnelly let his arm turn blue to demonstrate that an effective tourniquet is a very, very tight one.

"If you're feeling pain, you're still alive. And if you're still alive, we can get you to safety. And then you get to go home to your family," he said.

In February, when Donnelly heard the news of Russia's invasion of Ukraine, he realized he could use his expertise in emergency medicine to make a difference.

His co-workers at Columbia Memorial Hospital's emergency department covered his shifts so he could join Austere Medical Relief Group, an organization providing combat medical training to Ukrainian soldiers and civilians. He brought a suitcase full of medicine, wound care materials and tourniquets with him from the medical group.

"I just want to help people, and whatever little thing I can do, like teaching a tourniquet is pretty simple but it's so impactful," he said.

First arriving in Ukraine in late May, the Astoria-based doctor joined a team of four medical professionals and an interpreter. One of their first stops was a former children's summer camp turned military base.

"I think the scarier parts were when we were on that first base. When you hear airplanes fly over and they're not on your side — they're Russian airplanes — and you have to go run for cover. That's pretty terrifying. And luckily, we only had to do that twice," he said.



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Dr. Stephen Donnelly

"But it's something you have to get used to over time, this feeling of like at any moment, things can happen."

Traveling to different bases, the team ran hands-on drills to teach trauma medicine to Ukraine's Territorial Defense Forces. Lessons included tying tourniquets, wound packing and clearing airways.

During his three-week volunteer trip, Donnelly helped teach over 500 Ukrainian soldiers and civilians lifesaving combat medicine.

"Part of my reason for going was to bring (the war) back to people's attention, and also show that everyday people can still do stuff," he said. "Because that's the people I worked with in Ukraine. They're people who were teachers and factory workers and moms and dads who are signing up to go defend their country."

Knowing their time in the country was limited, the group trained people who could go on to teach others. Though Donnelly left Ukraine in mid-June, his work is still making an impact.

Donnelly keeps in touch with the Ukrainians he met while volunteering. He's been studying the language, and plans to volunteer again in September.

"It's been tough, being back, for me. You adjust to the everyday dangers of what it's like to be in an active war zone, and then you come back and you don't have to think about that anymore. And so you're like, 'Well, what do I think about?'" he said. "And so my thoughts are still with them."

"The war is still happening. It's going to probably go on for a long time, and they still need our support," he said.

CAPE DISAPPOINTMENT

Group hopes to restore lighthouse

A potential ally in the Coast Guard

By BRANDON CLINE
Chinook Observer

ILWACO, Wash. — It's a question that has been asked often over the years: When is the Cape Disappointment Lighthouse going to be restored?

Now, the Keepers of the North Head Lighthouse are trying to help come up with a solution to those inquiries, and they've enlisted the help of a local U.S. Coast Guard officer to aid their cause.

Susan Gebhardt, a senior global real estate adviser at Realogics Sotheby's International Realty and a member of the lighthouse group, said that when she takes visiting friends and family to visit the North Head Lighthouse and the Cape Disap-

pointment Lighthouse, they are disappointed at the state of the Cape D's structure.

After being told by others that private groups and individuals can't do anything about the lighthouse's condition because it's under the ownership of the Coast Guard, Gebhardt, a former military wife, didn't give up so easily and started making some calls.

Gebhardt's persistence led her to Jake Davis, whose knowledge and enthusiasm about lighthouses impressed her. Davis is the officer in charge of the Coast Guard Aids to Navigation team that is based out of Astoria. His team is in charge of lighthouses, buoys and other navigational aids for an area that stretches from the mouth of the Columbia River to Portland and from Grays Harbor to Tillamook.

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'You can't save them all, but you can help a few'

Pressly helps find homes for older dogs

By ETHAN MYERS
The Astorian

EVERYDAY
people

While working in maintenance for Clatsop County, Jacque Pressly spent many hours cleaning the animal shelter in Warrenton.

Some of the dogs would roam around with her as she performed her duties at night. She built a special bond with one of them — "Sara," a 13-year-old Rottweiler.

"She was just the sweetest dog," Pressly recalls.

One night, Pressly noticed Sara wasn't in her pen. At first, she was excited that the aging dog had finally been adopted. But she soon discovered that Sara became very sick and was euthanized.

Pressly was devastated and regretted not adopting her.

"While I was cleaning, I cried," she said. "Then when I took the trash out I was looking around and the sky was

just so beautiful that night and I knew Sara was up there looking at us.

"I made a promise to her that night that somehow I would start a sanctuary for senior dogs."

She did just that. Angels for Sara, a nonprofit that cares and raises awareness for older dogs along the coasts of Oregon and Washington state, has been up and running since 2014.

Partnering with shelters, many of which are overcrowded, Pressly works to find adopters or foster homes for dogs typically 8 years and older — a group that often struggles to attract interest.

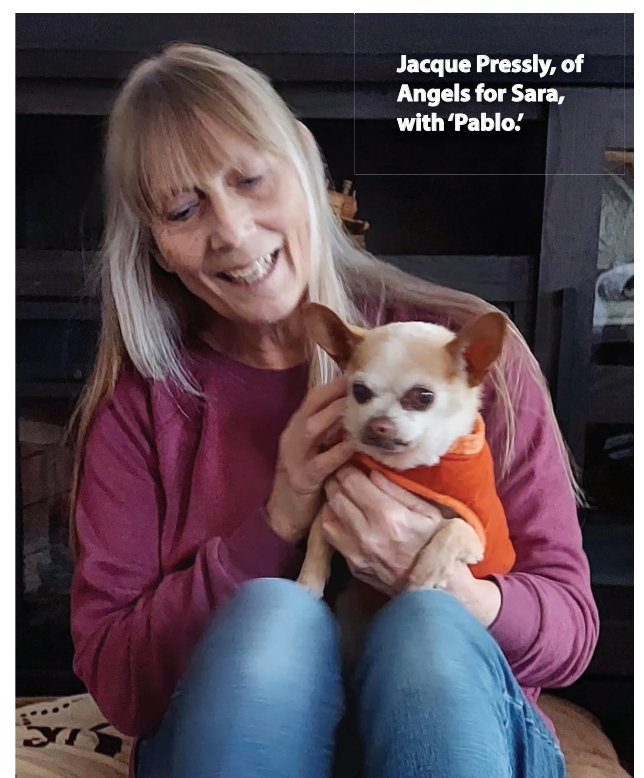
Before finding them permanent homes, Angels for

Sara works to get the dogs medically evaluated by a veterinarian. If the dog is in bad shape, they will seek out a foster home where the dog can live out the remainder of its time while covering any medical costs.

"You can't save them all, but you can help a few," Pressly said.

For several years, Pressly operated the sanctuary out of a large property near Astoria. A couple of years ago, she relocated to a spot near Naselle, Washington. Although the area is much smaller, she has set up her home to make it suitable for the elderly pooches.

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Jacque Pressly, of Angels for Sara, with 'Pablo.'