

Januik 2-for-2 in 800

EO Media Group

EUGENE — While the Astoria girls were busy winning their second straight team title, there were other athletes from Clatsop County accepting medals at Hayward Field.

Topping the list (and the awards stand) was Seaside junior Jackson Januik, who continued the Gulls’ winning ways in the 800 meters.

For the third time in four years, a Seaside athlete was winning the 800 final on the final day of the state meet, as Januik outdueled Henley’s Chris Ramirez to win Saturday’s final in 1 minute, 58.42 seconds.

Ramirez finished in 1:59.17, followed closely by Astoria’s Lucas Carauna (1:59.22).

Seaside graduate Brett Willyard was the 800 state champion in 2013, and now Januik is the 2015 and ’16 winner. In Friday’s preliminary, Januik ran a personal best 1:57.91, fourth-fastest in school history.

Only a junior, Januik will be the clear favorite to make it 4 for 5 next year.

Other point-scorers from the weekend were Seaside’s Raiden Bowles, who cleared 14-feet to take third in the pole vault; and the Gulls’ Jaxson Smith, seventh in the long jump (20-7).

The foursome of Hunter Thompson, Januik, Will Garvin and Juneau Meyer combined for a 3:31.97 (seventh) in the 1,600-meter relay.

The Fishermen had two other medal winners, both in the throws, as Zander Arnold was seventh in the shot put (48-3¼), and Tim Barnett placed eighth in the discus (134-3).

Warriors take five

The 3A/2A/1A portion of the state meet took place Thursday and Friday, and all three Clatsop County schools placed athletes on



SUBMITTED PHOTO

Seaside’s Jackson Januik takes a breather after winning his second straight state title in the 800 meters.

the victory stand.

Warrenton took five athletes to the meet, scored a combined 10 points, and returned with four medals.

The Warriors had a pair of sixth-place showings in the field events, as senior Eli Petersen closed out his career with a toss of 43 feet, 9½ inches in the shot put; and junior Tyler Whitaker scored his highest finish, taking sixth in the triple jump (41-7).

Whitaker added a seventh-place in the long jump (19-11¼), and Taylor Owens took seventh in the girls’ 300-meter hurdle finals (50.87).

Devon Bowser finished ninth in the shot put (42-4½) and 10th in the discus (106-2); and Rodrigo Verrisimo cleared 10-6 for 10th in the pole vault.

Vandergriff scores

In the 2A meet, Knappa’s Devin Vandergriff qualified for the 400-meter final, and placed sixth in 1:02.75.

Senior Chris Montano soared 39-¾ for eighth in the triple jump, in addition to a 10th place showing in the long jump.

Vandergriff had the 11th-fastest time in the 800 meters; and Chelsea Sapp took 12th in the triple jump.

Jays win medals

Jewell had two seventh-place finishes at the 1A level — Sean Hinson in the discus (125-7) and Gabi Morales in the 300 hurdles (50.02).

Hinson was 10th in the javelin, and the boys’ 400 relay team of Trystan Silva, Hinson, Dallas Ritchie and Ben Stahly had the 11th fastest time (48.26).

If you’re stressed, laugh it off

Seaside resident wants to ‘add more joy to the world’

By Lyra Fontaine
For Seaside Signal

Seaside resident and “motivational humorist” Gail Hand wants more people to laugh out loud on purpose for no reason, particularly in stressful situations, like driving.

“It seems kind of maddening and silly, and that’s the point,” Hand said while leading laughter exercises for a group of children and adults in Broadway Park for World Laughter Day event May 1. “It actually does change the chemistry in your brain when you laugh.”

Laughter yoga exercises — like the tongue-out “lion laugh,” the “milkshake laugh” and the “aloha” greeting laugh — have mental, physical and emotional benefits.

“Laughter is good for creativity and memory,” said Hand, who works with people of all ages. “Physically, it’s good for your heart, lungs, diaphragm and digestion.”

Laughter has also been shown to release endorphins and lower cortisol, a hormone produced during stress.



LYRA FONTAINE/SEASIDE SIGNAL

Seaside’s Gail Hand leads a group in laughter.

It was Warrenton photographer Lisa Lamping’s first time doing laughter yoga.

“I thought it was a cool idea,” she said. “In today’s world, we could use a lot more laughter.”

Hand said that while kids laugh hundreds of times per day, adults don’t laugh nearly as much. She began teaching “stress-relieving laugh techniques” to people because she wanted to “add more joy” to the world and, more specifically, the workplace.

She decided to combine her stand-up comedy experience and her corporate background.

“I found there wasn’t enough humor at work so I started a company called the

Power of Laughter,” she said. “I changed my title over the years to comedian, then speaker, motivational speaker, then motivational humorist.”

In the past 23 years, Hand has spoken at 45 states, holding conferences and workshops for more than 600 universities and companies like American Express and Providence Healthcare.

She has taught laughter yoga in Portland and brought the laughter-inducing exercises to Seaside for the first time in honor of the internationally recognized Laughter Day.

“The whole point of World Laughter Day is to spread more joy in the world,” Hand said, “just because.”

Gulls baseball, softball fall in Scappoose

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SCAPPOOSE — Seaside cut an 8-0 deficit to 8-7 in the sixth inning, but the Scappoose Indians tacked on three runs in their final at-bat for an 11-9 win May 13.

In Seaside’s sixth inning, Astor Landwehr had an RBI single, and Dylan Wallis drove in a run on a double.

The Gulls took advantage of four walks, a hit batter and nine Scappoose errors in the comeback.

Wallis and Scott Plampin had doubles for the Gulls, while freshman Payton Westerholm finished 3-for-4.

Gus Nelson and Carson Witt drove in three runs apiece for Scappoose, while Owen

Parsons had a home run.

Gulls drop softball finale

Seaside scored the first three runs of the day, but Scappoose scored 38 runs and collected 25 hits in a doubleheader sweep over Seaside Friday, 26-5 and 12-0, in a Cowapa League softball regular season finale May 13.

The Indians finish 13-2 in the standings, behind Banks (14-1), while the Gulls drop to 9-15 overall.

Seaside took a quick lead in Game 1, with three runs in the top of the first on consecutive singles by Whitney Westerholm and Brittany West, before Scappoose answered with

13 runs in the bottom of the inning.

The Gulls added two in the second, but Scappoose pulled away with four runs in the second and seven in the third.

Westerholm was 2-for-2 with a double and two runs scored.

Three Seaside pitchers issued 10 walks and the Gulls committed eight errors, while Scappoose pitcher Kendal Bailey allowed five hits with seven strikeouts and two walks.

Allyah Cates had two home runs and Sage Harrison added two doubles and a homer.

In Game 2, Scappoose pitcher Nicole Dougherty allowed just one hit (Paige Ideue) in four innings, with six strikeouts and no walks.



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