



Gihre Lopez



Lilli Taylor

Seaside players earn all-league honors

Seaside Signal

The future looks bright for North Coast girls soccer. Seaside and Astoria placed a combined 10 players on the 2019 Cowapa All-League team, with eight of those players returning next season.

For Seaside, sophomores Gihre Lopez and Lilli Taylor were selected to the first team, while freshman Abygale Brien and sophomore Hailey Strimple-Fields made honorable mention.

Astoria had four first team selections: juniors Emma Biederman, Elle Espelien and Meghan O'Meara, and sophomore Maddie Sisley.

Seniors Taileigh Cole and Erin Grauff were named honorable mention.

For Seaside, sophomores Gihre Lopez and Lilli Taylor were selected to the first team, while freshman Abygale Brien and sophomore Hailey Strimple-Fields made honorable mention. League champion Valley Catholic had the Player of the Year (senior Parissa Sabet) and Coach of the Year (Kibwe Cuffie), and seven all-league selections. Banks and Tillamook also had seven all-league players each.

Tillamook sophomore Coleen Kralik was named as the Goalkeeper of the Year.

The complete Cowapa all-League girls soccer team: Player of the Year: Parissa Sabet, Valley Catholic Goalkeeper of the Year: Coleen Kralik, Tillamook Coach of the Year: Kibwe Cuffie, Valley Catholic

First Team
Parissa Sabet, Sr., Valley Catholic
GK: Coleen Kralik, So., Tillamook
Clare Atchison, Sr., Tillamook
Emma Biederman, Jr., Astoria
Elle Espelien, Jr., Astoria
Casmira Fox, So., Valley Catholic
Mariella Gunther, So., Valley Catholic
Kate Hailey, Jr., Banks
Madeline Jacobs, Jr., Banks
Gihre Lopez, So., Seaside
Breanna Maciel, Sr., Tillamook
Riley McGee, Sr., Valley Catholic
Mary Merritt, Jr., Banks
Camila Narvaez, Jr., Banks
Meghan O'Meara, Jr., Astoria
Maddie Sisley, So., Astoria
Lauren Snook, Jr., Valley Catholic
Lilli Taylor, So., Seaside
Abby Turner, Jr., Banks
Maleah Upton, Sr., Tillamook
Angelica Valencia Gonzalez, Jr., Tillamook
Honorable Mention
Lillie Breadon, Sr., Banks
Abygale Brien, Fr., Seaside
Taileigh Cole, Sr., Astoria
Erin Grauff, Sr., Astoria
Anna Kinder, So., Valley Catholic
Adriana Rico, So., Tillamook
Tyler Rose, Fr., Banks
Dulce Salazar Ochoa, Sr., Tillamook
Hailey Strimple-Fields, So., Seaside
Quinn Walker, Jr., Valley Catholic



Jeff Ter Har

Seaside's Maddi Utti, in the back row, poses with a few of her fans from Seaside, at the Nov. 17 game in Portland.

It's a Seaside party in Portland for Maddi Utti

Januik also scores career high

Seaside Signal

PORTLAND — There were lots of red shirts in the stands at the Chiles Center Nov. 17, for a University of Portland women's college basketball game.

And the red shirts weren't Fresno State red. They were Seaside red.

Seaside High School's Maddi Utti was making a "homecoming" of sorts, as the Bulldogs paid a visit to Portland in a battle of unbeatens.

And except for the Pilots' 75-64 win, the night could not have been more memorable for Utti.

On her 21st birthday and in front of a large contingent of fans from her hometown, Utti scored a career-high 29 points.

Fresno State led 17-12 after one quarter, but Portland rallied and outscored the Bulldogs 63-47 over the final three quarters.

The Pilots improved to 4-0, while Fresno State (3-1) lost its first game of the season.

Utti was 14-of-24 from the field and pulled down 11 rebounds for her first double-double of the season, and 12th of her college career.

Utti tried to rally the Bulldogs.



Jeff Ter Har

Maddi Utti drops in two of her 29 points against Portland.

Her 10th point of the third quarter had Fresno State within 57-50 to end the quarter, and she scored Fresno State's first six points of the fourth period to cut Portland's lead to 59-56.

The Bulldogs got within 63-62 before the Pilots regrouped and rebuilt their lead to close out the win.

Now in her junior season, Utti was on the Mountain West Conference all-defensive team last sea-



George Fox University

Jackson Januik, (3) goes up for two points against Colorado College.

son, in addition to making honorable mention all-conference.

Fresno State hosts Brigham Young Thursday and Northern Arizona next Sunday, before playing a pair of games in Los Angeles vs. Yale and Georgetown, Nov. 29-30.

Januik pumps in 22 points

Utti wasn't the only former Gull to come up big on the court in the first week of the college basketball season.

In a men's game Nov. 15 in Newberg, Seaside's Jackson Januik scored a career-high 22 points to lead George Fox to an 87-82 win over Colorado College.

Januik, a junior guard, was 6-of-10 from the field and 8-for-9 from the free throw line, and added five rebounds and four assists in the victory. George Fox improved to 2-1.

Community Calendar

Friday, Nov. 22

Wes Wahrmond

6-9 p.m., classical guitar, classical guitar, jazz and original tunes, The Bistro, 271 N. Hemlock, Cannon Beach.

Music at McMenamins

7 p.m., McMenamins Gearhart Hotel, 1157 N. Marion Ave., Gearhart; 503-717-8159.

Friday Night Flicks

7 p.m., "Ocean Shorts," Hoffman Center for the Arts, 31 Laneda Ave., Manzanita.

Saturday, Nov. 23

Learn to Play Ukulele

9:45 a.m., learn how to play the ukulele with instructor Kathy Ryan; conference room; Bob Chisholm Community Center, 1225 Avenue A; sunsetempire.com.

Tipping Point

10 a.m., Clatsop County Emergency Management, in partnership with the cities of Astoria and Seaside, is pleased to announce the Tipping Point Resilience Cascadia Preparedness presentation.presentation with Steve Eberlein, Seaside Civic and Convention Center, 415 First Ave.

T.O.R.

6:30 p.m., Live music, rock'n'roll, burgers; American Legion Post #99, 1315 Broadway, Seaside.

Rock for Jeff

7-11 p.m., benefit for stroke

survivor Jeff Carden, featuring Ma Barley, Ad Hoc Blues Band, Sharon Hartley Band and more; Astor Street Opry Co., 129 W. Bond, Astoria.

Bar-K-Buckaroos

8 p.m., country, western and good-time music, Public Coast Brewing, 264 E. Third, Cannon Beach.

Sunday, Nov. 24

Free Sunday Supper

Doors open 3 p.m.; dinner at 4, all welcome; Our Lady of Victory Church, 120 Oceanway, Seaside.

Maggie & the Katz

5:30-8 p.m., Soul, blues and R&B; The Bistro, 263 N. Hemlock, Cannon Beach.

Monday, Nov. 25

Day-off camp

8 a.m.-5:30 p.m., join Sunset Empire Park and Recreation District for arts and crafts, swimming, games and more; signup at sunsetempire.com.

Bingo

12:30 p.m., Bob Chisholm Community Center, 1225 Avenue A, Seaside.

Free open swim

1-3 p.m., sponsored by Seaside Kids Inc., 1140 Broadway.

Jam Session

6:30-8:30 p.m., featuring local musicians, Cannon Beach

American Legion, 1216 N. Hemlock.

Tae Kwon Do

6-7 p.m., age 8 to adult, Bob Chisholm Community Center, 1225 Avenue A.

Jam Session

6:30-8:30 p.m., featuring local musicians, Cannon Beach American Legion, 1216 N. Hemlock.

Texas Hold 'Em

7 p.m., Seaside American Legion, 1315 Broadway.

Tuesday, Nov. 26

Day-off camp

8 a.m.-5:30 p.m., join Sunset Empire Park and Recreation District for arts and crafts, swimming, games and more; signup at sunsetempire.com.

TOPS

9:15 a.m., Take Pounds Off Sensibly focuses on healthy lifestyle changes for weight loss, meets weekly. North Coast Family Fellowship, 2245 N Wahanna Road, Seaside; ncffchurch.org or call 503-738-7453.

Autumn Wordplay

10:30 a.m., "Just a Dash of Details," Hoffman Center for the Arts, 594 Laneda Ave., Manzanita.

Knit, Needle and Crochet

10 a.m., Bob Chisholm Community Center, 1225 Avenue A, Seaside.

Drop-In Pickleball

10 a.m., Pickleball equipment is available for check-out at other times by calling 503-738-3311, ext. 100. Seaside Youth Center at 1140 Broadway in Seaside.

Taco Tuesday

5-7:30 p.m., American Legion Post 99, 1315 Broadway, Seaside.

Tabata

6-7 p.m., high-intensity interval training; Bob Chisholm Community Center, 1225 Avenue A, Seaside.

Richard Thomasian

7-9 p.m., repertoire of tunes, MacGregor Whiskey Bar, 100 E. Second St., Cannon Beach.

Wednesday, Nov. 27

Good Morning Seaside

8 a.m., Weekly coffee and networking; Seaside Chamber of Commerce; contact for details, www.seasidechamber.com.

Wonder Garden

10 a.m., walk-and-talk, Hoffman Center for the Arts, 594 Laneda Ave., Manzanita

Preschool storytime

10 a.m., for children up to age 5, Seaside Library, 1131 Broadway.

Death and Dying Conversation

3 p.m., "Art of Dying Series," Hoffman Center for the Arts, 594 Laneda Ave., Manzanita.

Thistle and Rose

5-7:30, folk, Americana and original tunes, The Bistro, 271 N. Hemlock, Cannon Beach.

Barre

6-7 p.m., dance fusion style workout; Bob Chisholm Community Center, 1225 Avenue A, Seaside.

Awana Youth Group

6-8 p.m., age 3 to sixth-graders, North Coast Family Fellowship, 2245 N. Wahanna, Seaside; 503-738-7453.

Bingo

6:30 p.m., American Legion Post 99, 1315 Broadway, Seaside.

Bill and Gary

6:30-9:30 p.m., Americana and Folk, Sweet Basil, 271 N. Hemlock, Cannon Beach.

Thursday, Nov. 28

Turkey Trot

9 a.m., race starts at Quatat Park and loops the length of the Prom; \$10 per person; www.sunsetempire.com.

Friday, Nov. 29

Seaside Artisan Fair

11 a.m.-5 p.m. annual event, Seaside Civic and Convention Center, 415 First Ave., Seaside.

Holiday Kids Fair

5 p.m., Pine Grove Community House, 225 Laneda Ave., Manzanita.

Wes Wahrmond

6-9 p.m., classical guitar, classical guitar, jazz and original tunes, The Bistro, 271 N. Hemlock, Cannon Beach.

Fireside Christmas

7 p.m., live music, NCRD, 36155 9th St. Nehalem.

Saturday, Nov. 30

Learn to Play Ukulele

9:45 a.m., learn how to play the ukulele with instructor Kathy Ryan; conference room; Bob Chisholm Community Center, 1225 Avenue A; sunsetempire.com.

Seaside Artisan Fair

10 a.m.-5 p.m. annual event, Seaside Civic and Convention Center, 415 First Ave., Seaside.

Gingerbread Tea

1-4 p.m., presented by Seaside Museum and History Center; live music from Shirley Yates; Butterfield Cottage, 570 N. Ne-canicum Dr.; 503-738-7065.

Christopher Burkett

3 p.m., exhibition of fine art color photographer; informal talk with curator and photo historian Joyce Lincoln. Northwest By Northwest Gallery 232 N. Spruce, Cannon Beach.

R.J. Marx and John Orr

7 p.m., Live swing music, burgers; American Legion Post #99, 1315 Broadway, Seaside.