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# THE NEWS Guard

January 3, 2024 Lincoln City's Largest and Most Trusted News Source Since 1927 \$1.50

## All the world's a stage

Theatre West goes a new direction

**NAOMI FAST**  
*Correspondent*  
*Country Media, Inc.*

Oscar Wilde once said, "Man is least himself when he talks in his own person. Give him a mask, and he will tell you the truth."

Maybe this "masked truth" of Wilde's is a reason people love — and even need — live theatre. As Shakespeare put it, it's a way to study ourselves: "To hold, as 'twere, the mirror up to nature."

Although drama can happen anywhere people in Lincoln City might agree that it's nice to have a familiar building in town where theatre is known to take place. It's nice to have Theatre West.

**New board president**

Frank Ward, Theatre West's newest board president of the 48-year-old company, does agree. He sat down to a phone conversation — while rowing on the Siletz Bay — to talk about the theatre, which he discovered soon after moving to Lincoln City last year.

Right away, Ward found himself auditioning for a part and joining the Theatre West board. But he hadn't always been an actor. Prior to his acting roles, Ward was an information security officer at a Salem hospital, then a consultant.

"I've been acting all my life, just not on the stage," Ward said. "I did a play when I was 20, I think, prior to 'Epic Proportions.' But the theatre is available for people, even people who say, 'I always thought it'd be cool to do that, but nah, I can't do that.' I want to be a testimony that they can."

Ward was elected president at this year's annual board and membership meeting in September. Membership is open to any individual or organization, but if an individual member gives exceptional service, the board can award them with Lifetime

See **THEATRE**, Page 7

*Courtesy from LCP&R*

**An overhead conceptual view of the new accessible playground.**

## Accessible park gets funding

*\$100,000 given by Travel Oregon*

**STAFF REPORT**  
*Country Media, Inc.*

Lincoln City Parks & Recreation (LCP&R) has received \$100,000 from the Oregon Tourism Commission (Travel Oregon) for the construction of the first accessible playground in Lincoln City.

The project is part of the planned development of a new community park in the historic Taft District.

The development and construction of the 6.71-acre new community park is stated as the number one goal of the 2016 Lincoln City Parks System Plan and will address a recreation gap in the southern part of Lincoln City, according to city officials.

The park will offer new amenities to residents and visitors including an accessible playground, sports facilities, covered event area, playground, picnic areas and other gathering spaces.

Travel Oregon has announced \$3.6 million in grant funding to 56 recipients across Oregon to fund accessible and inclusive tourism projects. Fifteen grants totaling more than \$1 million went to organizations along the Oregon Coast.

"We are honored to receive this funding from Travel Oregon, especially for supporting our accessible playground, which will be one of the first of its kind on the Oregon Coast," LCP&R Director Jeanne Sprague said. "Park construction is being phased in accordance to available funding and budget, and Travel Oregon is a big assist to us.

**Jeanne Sprague,**  
**LCP&R Director**

See **PARK**, Page 10

## Forest plan seeks habitat protection

**WILL CHAPPELL**  
*Country Media, Inc.*

The Oregon Board of Forestry and members of the Forest Trust Lands Advisory Committee are reviewing recently released modeling results and their impacts on the counties that rely on state forest revenues and the department of forestry.

Members of both groups met on December 14 and quickly homed in on excess habitat protections for the northern spotted owl as an area of concern and signaled their intention to work together to dampen the economic impacts of the new plans.

The meeting began with an address from Oregon Board of Forestry Chair Jim Kelly who discussed the next steps that would happen following the joint meeting. Kelly said that throughout the process of developing a new habitat conservation plan (HCP) and forest management plan (FMP) for the state forests, the board had received well over 4,000 pieces of written testimony and heard more than 700 public commenters.

Kelly said that while the board wanted to honor the public process, the voluminous correspondence risked bogging down the rest of their agenda. He said that two hours of public

*Courtesy Photo*

**Private forestland gives way to the Tillamook State Forest in what looks like a patchwork of clear cuts from above.**

testimony on the matter would be included at the board's January meeting and that department staff would schedule three listening sessions to allow for more feedback in the new year.

The meeting then moved into a presentation by Oregon Department of Forestry (ODF) staffers on the new modeling that largely mirrored the one given the week before to the FTLAC. The presentation showed that across all state forests revenue would drop somewhere between \$21 and

\$28 million dollars annually and that the department had taken a conservative approach to species protection, with different planned scenarios protecting between 15% and 30% excess acreage of northern spotted owl habitat.

Board of Forestry members were then allowed to ask questions about the presentation and quickly focused in on the excess protected habitat.

Board Member Joe Justice was the first to chime in and asked for clarification about the decision to remove

between 55% and 70% of possible northern spotted owl habitat from harvest when the HCP process only called for protection of 40%.

Department staff responded that the decision was made to account for unforeseen occurrences like wildfires or climate change destroying some of the habitat without putting the plans' compliance with federal law in jeopardy.

Board Member Ben Deumling said that he was concerned that

See **PLAN**, Page 10



# Lawsuit seeks millions over property development denial

STEVE CARD  
*Country Media, Inc.*

The city of Depoe Bay has been named as the defendant in a lawsuit filed Nov. 30 in U.S. District Court in Portland by a Beaverton couple who say the city unlawfully denied them the right to develop property they own at 130 NW Sunset St. in Depoe Bay.

The plaintiffs are Manuel and Rosa Castaneda, who purchased a nearly 7,000-square-foot lot around 2005 in the hope that they would someday be able to build a home there for their family. In June 2020, the Castanedas transferred ownership to their Depoe Bay property to their limited liability corporation, Better Way, which is also named as a plaintiff in the lawsuit.

The Castanedas' property is zoned R-4 residential, and a "single-family dwelling" is a use that is

permitted outright on the site, subject to certain city code provisions, including a 20-foot front yard setback from Sunset Street, which provides access to the site. The property is also part of a "Coastal Shorelands Overlay Zone" and an "area of visual concern," which requires a 40-foot setback measured from the top of bluff.

According to the lawsuit, under these restrictions, there is no buildable area of the Castanedas' residential lot because all that is left is a small section approximately 20 feet deep at its west end, that tapers to only a few feet at the east end of the lot—a total of about 12 feet of lot depth.

The Castanedas' property is the only undeveloped residential lot in the area, according to the lawsuit. It is surrounded by similarly zoned and restricted developed single-family residential homes on all sides except the south side,

**Plaintiffs bring this suit to obtain just compensation for the city's taking of their property and to remedy the damages caused by the city's unconstitutional and illegal conduct.**

## Castaneda lawsuit

which faces the Pacific Ocean.

Through Better Way, the Castanedas filed two zoning action applications with the city seeking approval for their home, including requests for variances or exceptions from some of the restrictions for a proposed new house on the property.

Those requests were considered by the Depoe Bay Planning Commission, which denied the requests, saying the variances were necessary only because of the size of the proposed residence.

Based on those findings, the Castanedas re-designed

the home, making it smaller, and they filed a new variance request in January of this year. But the planning commission again denied the request, and that decision was appealed to the Depoe Bay City Council, which ultimately upheld the denial in May.

According to the lawsuit, while the appeal was being considered by the city council, Councilor Lindsay Bedingfield disclosed she had been the complainant regarding a fence erected on the property by the Castanedas. And Councilor Fran Recht disclosed she had submitted written comments in opposition to

the 2021 proposal by the applicant to develop the property. However, neither Bedingfield nor Recht recused themselves from participating in the appeal hearing.

According to the lawsuit, "The city denied Better Way's applications for variances while at the same time granting requests for similar or greater variances from the property's surrounding neighbors. By doing so, the city has imposed conditions on Better Way and the Castanedas that the city did not impose on residents of the surrounding properties."

It further states, "Plaintiffs bring this suit to obtain just compensation for the city's taking of their property and to remedy the damages caused by the city's unconstitutional and illegal conduct."

The lawsuit also says, "The Fifth Amendment to the United States Constitution (the "Takings

Clause") prohibits the government from taking private property for public use without just compensation, either through a 'physical taking' or through land use regulation that 'goes too far.'"

The plaintiffs argue that the city has denied them "from any economically feasible development or use of the property and have thus taken the property without just compensation."

The lawsuit says the plaintiffs are entitled to "just compensation for the city's taking of their property in an amount to be determined at trial, but expected to exceed \$2 million."

The plaintiffs requested a jury trial in this case.

*Follow developments at [thenewsguard.com](https://thenewsguard.com) and in the Wednesday print editions of The News Guard.*

POLICE BLOTTER

SHERIFF'S TIPS OF THE WEEK

**Dec. 14**

8:16 a.m.  
Caller in the 2100 block of SE 8<sup>th</sup> Street reports possible domestic with injury.

8:32 a.m.  
Two-vehicle noninjury non-blocking traffic cash reported at NW 12 Street and NW Highway 101. Officer responded to assist with information exchange.

11:41 a.m.  
Report of a fight in the 4100 block of N Highway 101. One subject arrested for 2 counts of Harassment, Physical and 2<sup>nd</sup> Degree Criminal Trespass and taken to jail.

12 p.m.  
Two-vehicle traffic crash reported at NW 11<sup>th</sup> and NW Highway 101. One driver cited for Driving Outside of Privileges.

2:43 p.m.  
Caller in the 3700 block of SE Spyglass Ridge Drive requested an officer for student in possession investigation. Juvenile cited and released for Minor in Possession.

6:54 p.m.  
Caller in the 3500 block of SE Harbor reports theft of Apple Watch that was supposed to be received through FedEx.

**Dec. 15**

6:58 a.m.  
Alarm company requested law enforcement for a commercial burglary alarm in the 2100 block of NE Highway 101. No one

was supposed to be on then premise. Officers found an attempted burglary, audible alarm sounding and a broken window on the die of the building.

11:31 a.m.  
A three-vehicle traffic crash reported in the 5200 block of SW Highway 101. Medics were called to evaluate an infant passenger.

11:45 a.m.  
A two-vehicle T-bone traffic crash reported at NE 22<sup>nd</sup> Street and NE Highway 101. One driver was cited for improper left turn.

12:21 p.m.  
Officers arrested a subject on a warrant in the 4000 block of NW Logan Road after a welfare check. Additional charges for Possession of a Controlled Substance Meth.

1:10 p.m.  
Officers investigated a Minor in Possession call in thbe 3700 block fo SE Spyglass Ridge Drive.

**Dec. 16**

8:30 a.m.  
Caller at NW Jetty and NW 39<sup>th</sup> Street reports she found a stereo on the beach wrapped in plastic. The Sub Woofer was taken to the police department for safekeeping.

10:56 a.m.  
Officers were called to the 1500 block of SE East Devils Lake Road to a report of a subject seen wearing a Pacific West

Ambulance (PWA) turnout jacket. Jacket returned to PWA. Report taken for theft investigation.

2:08 p.m.  
Report of a motorhome that struck a parked vehicle in the 4000 block of N Highway 101. One driver was cited for Driving Uninsured.

2:36 p.m.  
Report of a Hit and Run in the 2400 block of NW Highway 101. Calker reports his vehicle was hit while parked and a small black pickup left southbound on Highway 101.

5:17 p.m.  
Caller in the 1100 block of SE Oar Avenue reports a subject threatened her life. One subject taken to jail on menacing charges.

**Dec. 17**

7:58 a.m. Caller in the 3500 block of NW Highway 101 reports male is walking into traffic, blocking both northbound and southbound lanes of Highway 101, throwing items at vehicles. One subject was arrested for Disorderly Conduct and transported to jail.

12:14 p.m.  
Caller in the 1500 block of NW 40<sup>th</sup> Place reports two slashed/punctured tires.

12:55 p.m.  
Caller in the 4600 block of SE Highway 101 reports his vehicle was struck in the parking lot. A blue truck left on Oar.

1:39 p.m.  
Caller reports a suspicious person in the 4600 block of SE Highway 101. Police arrested one subject for Disorderly Conduct who was taken to jail.

4:20 p.m.  
A report was taken at the 1400 block of NE 6<sup>th</sup> Drive following a high-risk threatening fire in a wooded area of the location.

9:22 p.m.  
Suspicious activity reported in the 1000 block of NW 8<sup>th</sup> Court. Footage of male in backyard wearing all rain gear. Suspect was found in the area and arrested for Criminal Trespass and a felony warrant.

**Dec. 18**

11:30 a.m.  
Car Care towed an abandoned vehicle from the 3100 block of NE Tide Avenue.

9:50 p.m.  
Police conducted a follow-up in the 2100 block of NE Highway 101 arresting two subjects on Burglary 2, Criminal Mischief and Theft 1 charges. The subjects were taken to jail and their vehicle was towed by Car Care to police department for search warrant.

**Dec. 19**

6:52 p.m.  
Caller in the 4000 block of Logan Road reports female stealing cart of goods.

# Using a GPS during winter

**LINCOLN COUNTY SHERIFF'S OFFICE**

Winter officially began Dec. 21 and comes with an important reminder to drive with extra care.

The Oregon Department of Transportation has some excellent tips to keep in mind when using GPS to navigate this winter:

Most navigation tools don't take current road or weather conditions into consideration. They may direct you onto remote roads that are neither maintained or passible in all weather conditions. Because of this, here are a few tips to consider:

**What you can do**

Be aware that the app on your phone or in your GPS device might not have the latest information. Don't follow it blindly!

Use TripCheck.com (available online and on your phone) before you go to get the latest on state road conditions. You can also call 511.

Remember, in winter conditions (or in summer's fire season), roads can be impassable, so USE COMMON SENSE.

If you are not familiar with an area and current road conditions, stay on state roads and don't attempt detours onto roads you don't know.

Alter your travel plans. If you are not sure of the route and conditions your device directs you to, ask local folks for information and consult a map. It is better to stay the night in town rather than be stuck on a remote road in the middle of nowhere.

**What we (ODOT) will do**

ODOT crews work continually to keep state highways safe, but during certain conditions, such as blowing snow and freezing temperatures, you may want to avoid travel altogether.

ODOT will issue media flash alerts if roads are closed. These will be updated continually on TripCheck.com.

*For more information and tips visit [www.lincolncountysheriff.net](http://www.lincolncountysheriff.net)*

# Child sex abuse conviction nets 25-year prison sentence

**STAFF REPORT**  
*Country Media, Inc.*

Richard Wayne Rose, Jr., 60, has been sentenced to serve 300 months (25 years) in prison after being found guilty by a jury of seven counts of Sex Abuse in the First Degree, one count of Luring a Minor, and one count of Private Indecency, according to the Polk County District Attorney's Office.

The incidents occurred over a four-year period to a child victim aged six when the abuse began. Rose, of Dallas, was sentenced by Polk County Circuit Judge Rafael A. Caso according to Oregon's Measure 11 minimum mandatory sentencing law. He will not be eligible for any form of early release or sentence reduction. He will also be required to serve a 45-month term of Post-Prison Supervision upon his release and register as a sex offender.

Judge Caso sentenced Rose to consecutive 75-month terms on four counts of Sex Abuse in the First Degree and concurrent 75-month terms on the remaining counts of Sex Abuse in the First Degree. The remaining counts were sentenced concurrently.

The case was investigated by the Polk County Sheriff's Office, Independence Police Department, and the Dallas Police Department. The case was prosecuted by the Deputy District Attorney.

# CALENDAR

**Music**  
Enjoy Singing? The Lincolnaires, an informal singing group, meets every Tuesday from 10 a.m.to 11 a.m. at the Senior Center and is looking for more voices. Come and join us! For more information, contact Karen Nichols 541-669-1147.

**Vets Lunch**  
Veterans Free Homemade Soup and Sandwich offered twice monthly from 12 p.m. to 2 p.m. on the second and fourth Wednesdays at the Lincoln City B.P.O. Elks # 1886 located at 1350 S.E. Oar Avenue in Lincoln City.

**Lincoln City Senior Center Events**  
Dementia Caregiver Support Group meets at 10 a.m. first and third Thursdays.  
Tai Chi 8:15 a.m. and 9:30 a.m. on Mondays and Wednesdays. No membership required. Donation to instructor suggested.  
Folk Music Circle to begin meeting Thursdays at 5:30 p.m. beginning in April.


Weekly Walk on LCCC track. No charge or membership required. 10:30 a.m. Mondays.  
Chair Yoga 11:30 a.m. Mondays. No membership required. Donation to instructor suggested.

**Central Coast Word Surfers**  
Writing group 1 to 3 p.m. every second Saturday of the month. Free. Driftwood Public Library, 801 SE Highway 101 in Lincoln City

**Lincoln County Genealogical Society**  
Regular meeting first Saturday of each month from 10 -10:45 a.m. Programs begin at 11 a.m. We host a kaffeeklatsch before our meeting from 9:30 a.m. -10 a.m. All are welcome to attend. Call 503-302-8892, or visit LCGSOregon.org.  
*If you have a community event coming up, send brief details with the date, time, location and contact phone/email to [jruark@countrymedia.net](mailto:jruark@countrymedia.net).*



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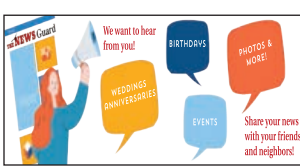


Pastor James Utter

Sunday Worship 9:30 a.m.  
Bible Study Hour 11 a.m.

Wednesday Prayer and Bible Study 2p.m.


2100 NE 21st Street, Lincoln City  
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COAST MOMENT



Walking along beach at Lincoln City.

Jeremy C. Ruark / Country Media, Inc.

‘Sleep with the Fishes’ returns to Oregon Coast Aquarium

SUBMITTED

The Oregon Coast Aquarium (OCAq) is relaunching its highly popular “Sleep in the Deep” program, once again giving guests the opportunity to “sleep with the fishes.”

The sleepover program takes place in OCAq’s iconic Passages of the Deep exhibit, an underwater tunnel coursing through three unique ocean habitats where guests can snooze while surrounded by sharks, rays, wolf eels, and other sea creatures, and join in special after-hours

tours and activities.

The Sleep in the Deep program, which has remained the most asked-about program at the Aquarium, resumes in January 2024 after a three-year hiatus prompted by health precautions during the COVID-19 pandemic. For some, participating in a pelagic slumber party has been years in the planning — and waiting.

“The program is fantastic,” OCAq Education Manager Jeff Harms said. “Our guests love it, and so do our staff. There’s something special about

seeing someone’s face light up when they enter Passages of the Deep.”

Starting in January, the one-of-a-kind sleepovers will take place Tuesdays and Thursdays, and the first and third Friday of the month. Sleepovers require a minimum of 20 participants and are limited to a maximum of 60 participants total.

Anyone interested in spending the night surrounded by sharks and other sea life can find a full schedule, answers to frequently asked questions, and reservation forms



Courtesy photo from OCAq

Anyone interested in spending the night surrounded by sharks and other sea life can find a full schedule, answers to frequently asked questions, and reservation forms online at [aquarium.org/sleepovers](https://aquarium.org/sleepovers).



Courtesy photo from OCAq

The sleepover program takes place in OCAq’s iconic Passages of the Deep exhibit, an underwater tunnel.

online at [aquarium.org/sleepovers](https://aquarium.org/sleepovers). The Oregon Coast Aquarium is located at 2820 S.E. Ferry Slip Road in Newport. For more information, visit [aquarium.org](https://aquarium.org), or call 541-867-3474.



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Sarah Johnson  
541-921-9236



**Lincoln City View Lot**  
Panoramic views of Devils Lake  
and the ocean, mostly flat  
.23 acre lot, out of Tsunami Zone.  
MLS # 23-1580 \$89,000



Sean Corbett  
949-244-8736



**Lincoln City 3 Level Home**  
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MLS # 23-2216 \$639,000



Tammy  
Zimmerman  
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# \$1.1M received to support accessibility, inclusion initiatives

SUMBITTED

Oregon Coast organizations have received \$1,109,761 in competitive grants from Travel Oregon to fund accessible and inclusive tourism projects in the region.

Across Oregon, 56 grant recipients were awarded \$3.6M aimed at enhancing local economies and communities through visitor industry improvements and promotion.

Of the \$3,611,089 awarded statewide, 30 percent of funds are coming to Oregon Coast projects, according to the Oregon Coast Visitors Association (OCVA). An additional \$116,660 will go to projects with Travel Lane County and Dirty Freehub that will also benefit the Oregon Coast.

The OCVA received funding to produce a storytelling video that will highlight the intersection of accessible travel and stewardship.

“OCVA is committed to helping travelers plan a sustainable, accessible trip to The People’s Coast,” OCVA Communications Director says Karen Olson said. “With this grant,

we will be able to feature the incredible work of partners and advocates for an inclusive, resilient coast that meets the needs of residents and visitors and stewards the coastal environment.”

Olson said it is equally exciting to see so many Oregon Coast organizations awarded for a diverse range of projects, listed below, all aimed at improving accessibility for our visitors.

## Oregon Coast Awardees

*City of Coos Bay* received \$65,307 to update the Coos Bay Boardwalk by creating interpretive signs with audio and braille features to represent each of the three Tribes indigenous to the Coos Bay area.

*The City of Lincoln City* received \$100,000 for the design and construction of the first inclusive ADA playground in the city, part of a new 6.71-acre park that will also feature permanent pickleball courts, a special event stage and lawn, picnic shelters, trail and more.

*City of Waldport* received \$100,000 to install accessible paving for the historical ‘Heritage

Pavilion’ in the newly dedicated Southworth Park in honor of early Black pioneer Louis Southworth, a former slave who purchased his freedom and homesteaded near Waldport where he operated a ferry across the Alsea River.

*Coos Bay-North Bend-Charleston VCB/Oregon’s Adventure Coast* received \$20,000 for a free Wheelchair Accessible Shuttle Service from the Charleston Marina to Shore Acres State Park during the Annual Holiday Lights event for those who are unable to get a timed entry pass, do not have transportation, or have mobility challenges.

*Coquille Indian Tribe* received \$42,500 to develop and install five interpretive panels at the Mill Casino and RV Park in Coos Bay focusing on the Coquille Indian Tribe’s cultural heritage

and their relationship to the landscape along Southwest Oregon’s waterways. *Dirty Freehub* received \$96,660 to create a pathway to off-road cycling (ex, gravel cycling) for those challenged by health conditions, physical fitness, or disabilities. *Oregon Coast Aquarium* received \$100,000 to replace the existing touch pool with a larger pool that employs the principles of universal design, making it easier for guests of all ages and abilities to reach into the water safely and comfortably and learn about tide pool ecosystems. *Oregon Coast Scenic Railroad* received \$100,000 for parking with improved accessibility, including ADA parking spaces, ramps, and platforms to ensure safe accessibility across the site as well as a paved plaza able to accommodate a

large number of visitors.

*Oregon Coast School of Art* received \$67,600 to make the gallery accessible and increase tourism and arts exposure.

*Oregon Coast Visitors Association* received \$100,000 to produce compelling video content highlighting the often-overlooked intersection of sustainable tourism and accessibility.

*Port of Bandon* received \$100,000 to add accessible, paved parking and enhance the historic Old Town Bandon waterfront district by creating an inviting place for all visitors and residents to enjoy.

*Rockaway Beach Chamber of Commerce* received \$93,854 to level uneven ground and create a safe, well-lit accessible path to the Visitor Center Caboose and Depot and oceanfront. An electric wheelchair storage locker will also be constructed to safely house multiple all-terrain wheelchairs for beachgoers.

*Tillamook Coast Visitors Association, dba Visit Tillamook Coast* received \$65,000 to contract with Wheel the World to survey Tillamook County’s recreational, lodging and

attraction options. The project will result in TCVA becoming a Wheel the World Verified Destination.

*Travel Curry Coast* received \$20,000 for an accessibility study in collaboration with Wheel the World aimed at enhancing the destination’s capacity to welcome individuals with diverse accessibility needs.

*Travel Lane County* received \$20,000 to develop marketing content with a mobility influencer(s), highlighting the accessible experiences and expanding on the accessibility work started with the hiking trails identified through a recent trail accessibility assessment project.

*Yachats Chamber of Commerce* received \$100,000 for a wheelchair-friendly public trolley transportation service in Yachats.

*Yaquina Pacific Railroad Historical Society* received \$35,500 for replacing and rebuilding the main access ramp to the Yaquina Pacific Railroad Historical Society (YPRHS) Museum and extending paved portions of existing walkways to accommodate wheelchair access to outdoor museum exhibits.

# Chia seed eyed for potential human health benefits

SEAN NEALON  
News Guard Guest Article

Oregon State University scientists have sequenced the chia genome and in doing so provided a blueprint for future research that capitalizes on the nutritional and human health benefits of the plant.

The researchers identified chia genes associated with improving nutrition and sought after properties for pharmaceuticals that could be used to treat everything from cancer to high blood pressure. The seeds of the chia plant have received widespread attention in recent years because of the nutritional punch they pack.

Others have sequenced the chia genome, but this paper provides a more detailed look at the molecular level and the potential of genetic data mining with a keen focus on human health applications.

“This research opens up possibilities for scientists to study chia seed through the lens of improving human health while at the same time continuing to further our knowledge of all the nutritional benefits of chia,” said Pankaj Jaiswal, a professor in the Department of Botany and Plant Pathology in the College or Agricultural Sciences at Oregon State.

The researchers are also hopeful that the findings will spur interest in growing chia in Oregon, where they say climate conditions are similar to those in the regions of South America where chia is primarily grown. Researchers at the University of Kentucky have helped spur chia seed growing in that state.

Chia is considered an orphan or minor crop that has traditionally not received attention from scientists like rice, wheat and maize, all of which contributed to last century’s Green Revolution that mitigated global hunger and saved millions of lives.

“Now we are at the point where long-term food and nutrition security requires diversifying the human diet by breeding and making genetic improvement to nutrient-rich, so-called minor crops like chia,” said Sushma Naithani, an associate professor, senior research in the Department of Botany and Plant Pathology.

In recent years, global demand for nutrient-rich so-called orphan crops such as chia, millets and yam has increased, the



Courtesy photo from OSU

the researchers identified chia genes associated with improving nutrition and sought after properties for pharmaceuticals that could be used to treat everything from cancer to high blood pressure.

researchers note. Beyond their nutritional value, they are important because they can often grow on marginal land unsuitable for many traditional grain crops, an important asset in mitigating climate change.

Chia seeds – which are small, round and can be black, brown and white – are high in fiber, healthy fats, and proteins and often are part of recipes for items including smoothies, yogurt, oatmeal, pancakes and granola bars.

Past research has found: Polyunsaturated fatty acids found in chia improve cardiovascular health and cholesterol and have anti-cancer properties.

Chia seeds’ high fiber content helps stabilize blood glucose levels in type-2 diabetes patients and aid people with gastrointestinal-tract-related diseases.

Protein in chia seeds has the potential to help treat cancer and high blood pressure and also has antioxidant, anti-inflammatory and antimicrobial properties.

Water-soaked chia seeds form a gel that acts as a texture modifier, emulsifier, gelling and encapsulating agent in food, cosmetics and pharmaceutical products.

In addition, this latest paper identifies genes and genetic markers in chia that could aid agricultural researchers in breeding the plant to amplify traits in the plant that are valuable to human health.

The researchers found

29 genes involved with biosynthesis of polyunsaturated fatty acids and 93 genes that aid the gel-forming property of chia seeds, said the first author Parul Gupta, a research associate in the Jaiswal laboratory.

They also found 2,707 genes highly expressed in the seed that are likely to generate protein-derived small bioactive peptides. When the seed protein is digested in the intestinal tract, these small biopeptides are released and absorbed in the body and have potential properties that may help alleviate human health conditions like type-2 diabetes and hypertension. This is the first report of any plant genome analysis with human health benefits.

To promote collaborations and open data science, the researchers released the chia genome data via its genome portal <https://salviagdb.org>.

In addition to Jaiswal, Naithani and Gupta, co-authors of the paper are researchers Justin Elser and Justin Preece; graduate students Matthew Geniza, Noor Al-Bader and Rachel Baschieri; and undergraduate students Jeremy Levi Phillips and Ebaad Haq, all of Oregon State.

Sean Nealon is a news editor at Oregon State University’s University Relations and Marketing Department. He may be reached at [sean.nealon@oregonstate.edu](mailto:sean.nealon@oregonstate.edu).

## HOLIDAY GIVING



Courtesy photo from Heather Hatton

Chinook Winds Team members filled 101 tags for children to make their holidays brighter for the holiday season. The team raised \$2,087 as well as purchased gifts for the children. Chinook Winds has partnered with Lincoln County in the project for more than 15 years. In this photo, Santa is Chinook Winds Finance Director John Wheeler, and to his right is Chinook Winds Food and Beverage Director Monica Logan.

## How many drinks do you have in a week?



Excessive drinking has a way of sneaking up on us. A few drinks, a few nights a week — it adds up. And suddenly we’re at greater risk for long-term problems, like heart disease, cancer and depression. Is it time to rethink the drink?

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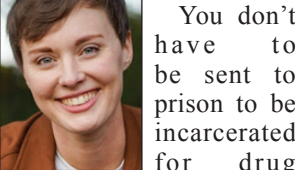
# News & Views

## VIEWPOINT

### Recriminalizing drugs a bad choice

MORGAN GODVIN  
*Oregon Capital Chronicle*  
*News Guard Guest Column*

Experts – and editorials – have recently claimed that no one has been imprisoned for drug use for years, long before Measure 110 was approved in 2020. But that is not accurate.



Morgan Godvin

Between 2013 to 2014, I was jailed for 65 days for drug possession.

And I’m not the only one.

From 2018 to 2019, more than 3,100 Multnomah County residents were charged with drug possession, according to the Oregon Criminal Justice Commission. Many of those people ended up in jail. Traditionally, the graduation rates for drug courts are low. So, while billed as an “alternative to incarceration,” many of those who opt for them end up being jailed and given a criminal record anyway.

Diversion will inevitably result in incarceration for those who do not stop using drugs, even absent any other crime and alongside earnest treatment attempts. Once someone is terminated from diversion, they’re placed on probation where they often end up back in jail.

Addiction is defined as the continued use of a substance despite repeated negative consequences. The consequences I faced – such as the destruction of my interpersonal relationships, financial ruin and write-ups for being late to work as I waited for a drug dealer that never came – were not enough to force me to quit, and imposing more consequences such as jail was not enough to silence the siren song of opioids that had gripped me for so long.

In 2013, when I was arrested for felony heroin possession while still in my Domino’s Pizza uniform, the graduation of the drug court program hovered around 30%. The rest swung through the revolving door of the jail, unstable living situations, depression and addiction.

After going to detox and an inpatient facility using my private insurance – it was not provided by the court – I relapsed. I found a doctor to prescribe Suboxone, which prevents withdrawal symptoms and severely dulls the effects of heroin. But it didn’t stop me from using it completely, as I couldn’t will myself to take it everyday. I had the bright idea to remove my free will from the equation in order to finally stop using for good. I thought if I went to jail, where I could use nothing but the medication for a week, I would finally be free from cravings and build a foundation for recovery.

So, I walked into my weekly drug court check-in and asked to be taken to jail. Once there, the medical staff refused to provide

my medication. One study showed that opioid treatment medications, like buprenorphine, the main ingredient in Suboxone, increase the life expectancy for people with opioid use disorder by 50%. If it were a cancer drug, it would be hailed as a miracle. Yet it is still not widely available in jails and prisons. And it does not work as well against fentanyl as it has against other opioids. Methadone is considered the gold-standard, despite having high barriers imposed by federal regulation.

In jail, I writhed in agony for seven days from a forced cold-turkey withdrawal I had requested. I was released, a little embittered and a lot traumatized. I relapsed within the hour.

By the time I was terminated from drug court, I had served five weeks in jail across three stays, and later served four weeks for probation violations. This is what will happen to the majority of people placed on the diversion track. Even the head of the federal addiction research body, the National Institute on Drug Abuse, supports decriminalization. Jail does not help: It provides no benefit, but costs taxpayers hard-earned dollars.

Putting people who may not be ready for treatment in direct competition with people who are begging for it, when we know we don’t have the resources that mandated treatment would require, is deeply unethical. It also risks creating a psychological association of “recovery” with “jail” and “handcuffs.”

I, too, would rather not walk by people smoking fentanyl on the sidewalk. We are repeating the same failed strategies of our own past and most other states. This is neither hypothetical nor ideological: Just look to Washington, which recriminalized drugs in a similar proposal to what is being suggested here after its Supreme Court negated its drug possession statute as unconstitutional, leading to a period of de facto decriminalization. The state has the highest year-over-year increases in fentanyl death; Seattle still faces a record-shattering number of overdoses monthly. And since fentanyl took over Oregon’s drug market, it has one of the fastest increasing rates of overdose among both adults and teens.

Incarceration has been shown to have little effect on drug use. There are solutions to address public drug use and homelessness – like safe consumption sites that would give people an alternative to using in the public sphere, while strictly banning use everywhere else. Baltimore, Maryland and West Virginia have higher poverty and overdose rates yet far lower rates of homelessness – everyone can afford their rent if it’s cheap enough, no matter why they are poor.

But in looking towards recriminalization, we are opting for political cowardice.

See **DRUGS**, Page 6

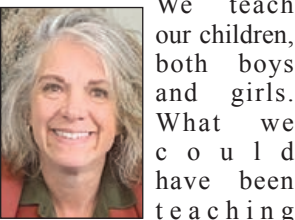


## THIS THING CALLED LIFE

### Nice is nice but affective is better

MICHELLE PIERSON YOUNG  
*News Guard Guest Column*

We are taught, most of us, and often women, to be nice, play nice, act nice.



Michelle Young

We teach our children, both boys and girls. What we could have been teaching them, in my opinion, was to be affective.

We are socialized to be nice to other people, don’t make them feel uncomfortable. As a result, being unwilling to say facts, we can make things worse or even create problems. The truth, in my experience, can appear to be not that nice sometimes.

Let’s break it down to fundamentals; Yes, sometimes that dress does make Barb look fat. And

that’s not very nice, but it is true. If Barb asks me if the dress suits her, and I lie, because she doesn’t look “nice”, am I being a good friend to Barb?

If I’m a nice teacher, do I give every one of my students good grades because they’re good kids and that would make everyone feel good? I’d argue it’s not all that nice and we’d all have to agree it’s not necessarily effective teaching methods. It’s my opinion that our world could use a lot more evenings of sitting with uncomfortable facts that aren’t very nice, necessarily, but definitely need to be considered and then effectively addressed.

One of the things I’d change if I could go back and raise my children again, or myself, would be to teach us all to be effective over “nice”.

The first problem with nice is that it’s subjective and that means anyone at any time can deny that

you’re nice. Only you can decide if you’re getting what you want. You get to decide if you’re being effective.

When I look back on the times I was told to be nice, someone wanted me to comply with what they thought I should do. It didn’t have anything to do with me, but what would make things easier for them.

Nice can be a real problem. Uncomfortable can be a place to grow. If that dress doesn’t suit Barb, there’s something out there that does, and not being willing to say the true thing may be what’s standing between Barb and her best, killer look. Is that the friend you want to be? Is that the friend Barb deserves?

While looking our best is important, the fact of being honest and effective in our relationships, in communication and especially when we’re concerned for someone, can be imperative. Do I

want to go along with my friend that she’s living her best life, or do I ask what it is I’m noticing that she seems angry since her new relationship began? Look, someone can keep things to themselves, that’s their choice, but I can ask about what I’m noticing. It’s sometimes the reflection someone needs to tell themselves the truth too.

Kind is a quality I value highly. Nice, is Kind’s cheap cousin. But in truth, Affective is a much better tool for most circumstances and if Kind accompanies her, what an elegant team they make.

Nice has a place in the world, for sure, but for you, I wish success in life, I hope you find effective ways to get what you want and may kindness be your collaborator where e’er you may go.

Michelle Pierson Young is a Lincoln City life coach. She may be reached at [Michelleatplay.com](mailto:Michelleatplay.com).

## FINANCIAL FREEDOM

### Maximizing financial opportunities in 2024

JULIA CARLSON  
*News Guard Guest Column*

As we embark on a new year, there are a few notable changes that you may find beneficial.



Julia Carlson

The U.S. government has announced new retirement account contribution limits, a new 529 rollover into an IRA option, and Social Security cost-of-living increases. Below is a brief overview of those changes.

#### 401(k) Plans

The employee contribution limit for 401(k) plans, 403(b) plans, most 457 plans, and the Thrift Savings Plan (TSP) is increasing to \$23,000 in 2024, up from \$22,500 in 2023. The catch-up contribution limit for participants aged 50 and older remains unchanged at an additional \$7,500 for the year.

#### IRAs

The contribution limit for IRAs is increasing to \$7,000 in 2024, up from \$6,500 in 2023. The catch-up contribution limit for IRA participants aged 50 and older remains unchanged at \$1,000 for a total of \$8,000 for 2024.

#### Other limits

The following retirement account contribution limits are also increasing for 2024:

- SIMPLE IRA employee contribution limit: \$16,000 (up from \$15,500 in 2023). The catch-up contribution allows employees aged 50 and older an additional \$3,500 for the year, or \$19,500 for 2024.
- SEP IRA employer contribution limit: Up to 25% of compensation with a maximum of \$69,000 for 2024.

If you are saving for retirement, these changes provide an opportunity to increase your contributions to reach your savings goals. To adjust your contributions, you will

need to contact your plan administrator or your employer.

#### 529 Rollover to Roth IRA

This is a new provision that allows you to rollover up to \$35,000 of unused funds from a 529 plan to a Roth IRA for the beneficiary of the 529 plan.

To be eligible, the 529 plan must have been open for at least 15 years and the funds being rolled over must have been in the 529 plan for at least five years. The annual rollover limit is the lesser of the annual Roth IRA contribution limit (\$6,000 for 2023) and the amount of unused funds in the 529 plan. There is a lifetime rollover limit of \$35,000 per beneficiary.

#### Social Security Increases

The cost-of-living adjustment (COLA) for Social Security benefits will be 3.2 percent starting January 2024. This means that Social Security recipients will see a 3.2 percent increase in their monthly benefits next year.

Recipients will not need to apply for the increase as it will be automatically adjusted.

#### Final Thoughts

As you navigate the financial landscape in the new year, consult with your financial and tax professionals to assess your circumstances and develop a personalized financial plan that aligns with your goals and risk tolerance. By staying informed and making proactive decisions, you can more effectively manage your finances while working toward a brighter financial future.

Information in this column is for general purposes only and not intended as investment, tax, or legal advice. Please consult the appropriate professionals for specific information regarding your individual situation prior to making any financial decision.

For more information email [info@financialfreedomwmg.com](mailto:info@financialfreedomwmg.com) or call/text 458-777-4458.

ONLINE POLL

This week

Do you plan to make a New Year’s resolution?

Yes

No

Last week’s results

Will you be traveling for Christmas?

Yes 9.4%

No 90.6%

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THE TIDES OF TIME

# Surf’s up

## A memoir of the Lincoln City Surf Shop



Courtesy photos from Riley Ellis

**Above:** Mike Jipp in front of the Lincoln City Surf Shop. **Right:** Historic photo of surfers.

**RILEY ELLIS**  
*News Guard Guest Article*

The surreal practice of riding waves in the Pacific Ocean extends deep into the history of the Pacific Islands.

In the early 1900s, it journeyed to California, spreading like an amoeba into surrounding areas. People flocked to the beaches with wooden boards, embracing the thrill of surfing. While surfing found a welcoming home along California’s coastlines, Oregon was no stranger to this foreign activity. Surfers were documented in the waters of Agate Beach, Otter Rock, and Pacific City as early as 1913.

In the present day, surfing has become a global phenomenon, with over four million Americans considering themselves regular practitioners of the sport. Unlike California and Hawaii, however, the surfing culture in Oregon has yet to become a commonplace activity, only trifled with by a niche group of cold-water enthusiasts in each coastal town. Nevertheless, the surfing culture of Oregon has a rich history, compiled of the many local communities along the three-hundred-and-sixty miles of beautiful coastline, from Astoria to Gold Beach.

Lincoln City is no exception in participating in the annals of local surf history. Thankfully for those intrigued by the

bygone days of Oregon surf culture, Mike Jipp has it all documented and displayed in the Lincoln City Surf Shop. From famous surf memorabilia like the boards of Gerry Lopez to patches and postcards from local surf clubs in the 1980s, Mike Jipp has dedicated much of his time to preserving the cultural history of surfing in Lincoln City.

“I’ve always liked the historical aspect of surfing,” Jipp said, reflecting on his vast collection of memorabilia from the days of old. “I started collecting surfboards and posters—anything and everything related to surfing.”

What began as a passion for learning about the history of the sport evolved into a righteous quest to preserve its history, specifically Oregon surfing history. Now, Jipp has a complete museum compiled of his extensive collection of surfing artifacts. Taking a few moments to wander through the rich history of Jipp’s museum on any given afternoon will leave you entranced by the enchantment of it all.

Although Jipp is a humble raconteur of surfing folklore, sharing tales of pioneers and adventurers from the old days, he has emerged on the other side of the Oregon surf story as a supporting character, with a lore of his own that finds a welcome place in the surfing archives.

Starting the Lincoln City Surf Shop in 1997, Jipp has one of the oldest surf

shops around. In those days, surfing was a simple pastime that he picked up while serving in the military. But as any waterman can attest, surfing can never just be a hobby. Gradually, it will consume your waking hours, commandeering your thoughts and daily proclivities—perhaps beckoning you to open a surf shop of your own, as was the case with Jipp.

Entrepreneurship was the natural course in which the wind blew for Jipp. It seemed as though he was always going to be the captain of his own ship—whether it be opening a weightlifting gym, a tennis club, or a surf shop.

In the ancient times (1990s), owning a local shop looked different than the present day, as it did for many small businesses.

“I want to say that it was busier a decade ago,” Jipp said.

In recent years, small towns have seen an influx of corporations opening a variety of stores, sharing a piece of the pie in almost any industry. Along with this, mass-produced surfboards and surf gear make it easier than ever to order a foam surfboard, leash, and wetsuit delivered straight to your doorstep—with no local middleman.

Despite all this, Jipp has managed to stay afloat for over twenty years, supplying the demands of surfers who choose to shop locally and purchase boards from local shapers like Rob Russo or sign up for a surf

lesson through the Lincoln City Surf Shop itself.

During COVID, however, surfing experienced a mass resurgence of those with outdoor fever, eager for any sort of liberation from the confines of their home.

“I think people just wanted to get out,” Jipp said. “We were locked up for so long—people needed an avenue to get physical and exercise, so they took to surfing.”

Thus, the Lincoln City Surf Shop was blessed with a brief golden age during the pandemic, with people herding to surf shops to purchase gear. Jipp, however, was all by himself in this chaotic season, with a complete deficit of employees to help carry the load.

“It was a bittersweet time,” he explains. “I just about worked myself to the point of passing out a couple of times.”

Reflecting on his time serving the local community with the shop, Jipp is grateful for it all.

“I’ve met so many good people—dotted all over the coast. Heck, if I wanna take a surf trip down to California, I’ve got a dozen places to stay. It’s been a fun ride,” he said.

Although the shop needs to make a dime at the end of the day, it has been a multifaceted blessing that became much less about the profit and much more about the people and experiences cultivated by owning a small business.



Courtesy photo

**Wooden boards.**

“It’s all about learning to treat people right over the years,” he said, reflecting on the earlier days. “As a small business owner, don’t take advantage of people—and treat them right. It’ll come back to you.”

In the next few years, however, a poignant farewell to the Lincoln City Surf Shop is impending. Although the future of the store is undecided as of yet, Jipp hopes to pass it on to another passionate surfer before he retires, dedicated to serving the local surf community as Mike has done since ’96.

Ideally, the surf museum would be passed on to such

a person in the hopes of continuing the preservation of Oregon surf history—but whatever the case may be, Mike will continue his journey as a passionate historian, sharing oracles of history with local surfers and traveling strangers as he meanders the coastline for years to come.

The Lincoln City Surf Shop is located at 4792 SE Highway 101 in Lincoln City.

*Riley Ellis is a junior in the Salem-based Corban University Humanities Department and an intern at the American Surf Magazine.*

## Drugs

Continued from Page 5

Kevin Barton, Washington County’s district attorney and a chief supporter of a recriminalization proposal, claims to support people in addiction finding recovery. The actions of those under his command, however, belie that intention. In 2020, I went before a judge after petitioning to reduce my 2013 Washington County drug possession from a felony to a misdemeanor. Over five years into recovery and a commissioner on the state’s Alcohol and Drug Policy Commission, I was forced

to live with my aunt, unable to pass a background check to secure housing.

“We believe that maintaining this felony is not unduly harsh considering the totality of Ms. Godvin’s criminal conduct,” said one of Barton’s staff to the judge. Rather than letting me move on with my life, and be stably housed seven years after being found in possession of residue amounts of heroin, Barton’s staff preferred to leave me branded a felon for life. Luckily, the judge immediately overruled. I now have my own apartment.

Criminal Justice

Commission data shows that among the more than 3,400 drug possession citations issued between February 2021 and October 2022, nearly 55% of the individuals had no other charges either the year before or the year after. Were possession to be recriminalized, those people would be jailed solely for their addiction and not because they committed an actual crime.

I did not commit a crime to support my habit, I delivered pizza. Those who commit property crimes in Portland are already placed into a strict drug court program. Tying up police

resources for people like me will not improve public safety.

In a recent editorial, The Oregonian was right about one thing: Recriminalizing drugs will solve none of our problems. Yet it omitted a major point: It will create new ones. Thousands of drug possession cases will strain our police and public defender shortages, diverting scarce resources away from serious crimes. It will lead to an increase in overdoses as forced periods of abstinence – whether treatment for those who don’t want it or jail – reduces fentanyl tolerance. So when people reuse and

take the same amount, they overdose and die.

Maintaining a program that lauds the success of the few who find recovery through mandated treatment at the cost of the many who don’t is a twisted calculus, valuing one person’s abstinence over others’ lives.

That would represent a return to a system that led to the harm of many of my friends. Justin, Monty, Amanda, Chris, and Jesse, may you rest in peace.

This column first appeared in the Oregon Capital Chronicle. Morgan Godvin is a lifelong Oregonian who serves

on the Alcohol and Drug Policy Commission and M110 Oversight and Accountability Council. She is a writer, researcher and founder of harm reduction organization Beats Overdose. She is a graduate of the OHSU-PSU School of Public Health.

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Public Notices

23PB10419 NOTICE TO INTERESTED PERSONS NOTICE IS HEREBY GIVEN that WENDY D. PICKELL has been appointed personal representative. All persons having claims against the estate are required to present them, with vouchers attached, to Personal Representative, WENDY D. PICKELL, at the address below, within four months after the date of first publication of this notice, or the claims may be barred. All persons whose rights may be affected by the proceedings may obtain additional information from the records of the court, the personal representative, or the attorneys for the personal representative. ADDRESS FOR PERSONAL REPRESENTATIVE: c/o Attorney Joshua D. Zantello, OSB #121562, Zantello Law Group, 2941 NW Highway 101, Lincoln City, OR 97367. DATED and first published: December 27, 2023. Joshua D. Zantello, Attorney for Personal Representative.

NG23-587 TS No. O R 0 8 0 0 0 1 2 8 - 2 3 - 1 APN R360761 TO No 230406184 - OR - MSO TRUSTEE'S NOTICE OF SALE Reference is made to that certain Trust Deed made by, MELISSA DOYLE, AN ESTATE IN FEE SIMPLE as Grantor to FIRST AMERICAN TITLE INSURANCE COMPANY OF OREGON as Trustee, in favor of MORTGAGE ELECTRONIC REGISTRATION SYSTEMS, INC. ("MERS"), as designated nominee for MORTGAGEIT, INC., Beneficiary of the security instrument, its successors and assigns, dated as of May 23, 2006 and recorded on May 25, 2006 as Instrument No. 200607910 of official records in the Office of the Recorder of Lincoln County, Oregon to-wit: APN: R360761 LOT 2, BLOCK 12, BRAEMAR, IN LINCOLN COUNTY, OREGON Commonly known as: 2522 NW MAST AVENUE, LINCOLN CITY, OR 97367 Both the Beneficiary, The Bank of New York Mellon FKA The Bank of New York as Trustee for the Certificateholders of the CWALT, Inc. Alternative Loan Trust 2006-OA12, Mortgage Pass-Through Certificates, Series 2006-OA12, and the Trustee, Nathan F. Smith, Esq., OSB #120112, have elected to sell the said real property to satisfy the obligations secured by said Trust Deed and notice has been recorded pursuant to Section 86.752(3) of Oregon Revised Statutes. The default for which the foreclosure is made is the Grantor's failure to pay: Failed to pay payments which became due Monthly Payment(s): 1 Monthly Payment(s) from 03/01/2023 to 12/01/2023 at \$7,558.00 Monthly Late Charge(s): By this reason of said default the Beneficiary has declared all obligations secured by said Trust Deed immediately due and payable, said sums being the following, to-wit: The sum of \$142,433.60 together with interest thereon at the rate of 3.000000% per annum from February 1, 2023 until paid; plus all accrued late charges thereon; and all Trustee's fees, foreclosure costs and any sums advanced by the Beneficiary pursuant to the terms of said Trust Deed. Wherefore, notice is hereby given that, the undersigned Trustee will on April 30, 2024 at the hour of 01:00 PM, Standard of Time, as established by Section 187.110, Oregon Revised Statutes, Public Entrance, Lincoln County

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Public Notices

Courthouse, 225 West Olive Street, Newport, OR 97365 County of Lincoln, sell at public auction to the highest bidder for cash the interest in the said described real property which the Grantor had or had power to convey at the time of the execution by him of the said Trust Deed, together with any interest which the Grantor or his successors in interest acquired after the execution of said Trust Deed, to satisfy the foregoing obligations thereby secured and the costs and expenses of sale, including a reasonable charge by the Trustee. Notice is further given that any person named in Section 86.778 of Oregon Revised Statutes has the right to have the foreclosure proceeding dismissed and the Trust Deed reinstated by payment to the Beneficiary of the entire amount then due (other than such portion of said principal as would not then be due had no default occurred), together with the costs, Trustee's or attorney's fees and curing any other default complained of in the Notice of Default by tendering the performance required under the obligation or Trust Deed, at any time prior to five days before the date last set for sale. Without limiting the Trustee's disclaimer of representations or warranties, Oregon law requires the Trustee to state in this notice that some residential property sold at a Trustee's sale may have been used in manufacturing methamphetamines, the chemical components of which are known to be toxic. Prospective purchasers of residential property should be aware of this potential danger before deciding to place a bid for this property at the Trustee's sale. In construing this notice, the masculine gender includes the feminine and the neuter, the singular includes plural, the word "Grantor" includes any successor in interest to the Grantor as well as any other persons owing an obligation, the performance of which is secured by said Trust Deed, the words "Trustee" and "Beneficiary" includes their respective successors in interest, if any. Dated: 12/14/2023 By: Nathan F. Smith, Esq., OSB #120112 Successor Trustee Malcolm & Cisneros, A Law Corporation Attention: Nathan F. Smith, Esq., OSB #120112 c/o TRUSTEE CORPS 17100 Gillette Ave, Irvine, CA 92614 949-252-8300 Order Number 98526, Pub Dates: 12/27/2023, 1/3/2024, 1/10/2024, 1/17/2024, THE NEWS GUARD.

NG23-588 IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR THE COUNTY OF LINCOLN

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Public Notices

KNOWN AS 6360 NE PARK LANE, OTIS, OR 97368. TO THE DEFENDANT/RESPONDENT(S) ABOVE NAMED: You are hereby directed and required to appear in, and defend against, this legal action within 30 days after the first date of publication of summons, which is the 27th day of December, 2023, and defend the above entitled action in the above entitled court, and answer the complaint of the plaintiff MCLP ASSET COMPANY, INC., and serve a copy of your answer upon the undersigned attorneys for plaintiff, ZBS LAW, LLP, at their office below stated; and in case of your failure so to do, judgment will be rendered against you according to the demand of the complaint, which has been filed with the clerk of said court. This is a Complaint for Judicial Foreclosure of Deed of Trust. You must "appear" in this case or the other side will win automatically. To "appear" you must file with the court a legal paper called a "motion" or "answer." The "motion" or "answer" must be given to the court clerk or administrator within 30 days along with the required filing fee. It must be in proper form and have proof of service on the plaintiff's attorney or, if the plaintiff does not have an attorney, proof of service on the plaintiff. If you have any questions, you should see an attorney immediately. If you need help in finding an attorney, you may contact the Oregon State Bar's Lawyer Referral Service online at [www.oregonstatebar.org](http://www.oregonstatebar.org) or by calling (503) 684-3763 in the Portland metropolitan area. If you are a veteran of the armed forces, assistance may be available from a county veterans' service officer or community action agency. Contact information for a local county veterans service officer and community action agency may be obtained by calling a 2- 1-1 information service. DATED: December 18, 2023 ZBS LAW, LLP By: /s/ Amber L. Labrecque Amber L. Labrecque, OBS No. 094593 [alabrecque@zbslaw.com](mailto:alabrecque@zbslaw.com) Attorneys for Plaintiff

NG23-583 IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR THE COUNTY OF LINCOLN Probate Department Case No. 23PB09257 Notice to Interested Persons In the Matter of the Estate of Byron K. Rutherford, Deceased. Notice is hereby given that Carol A. Rutherford has been appointed as the personal representative of the above estate. All persons having claims against the estate are required to present them to the undersigned attorney for the personal representative at 17355 SW

**PART-TIME EMPLOYMENT POSITION**  
*Cloverdale Sanitary District*

**Wastewater Treatment Plant Assistant**

Assist the Plant Manager in Operating, maintaining, and on-call duties for a waste water utility plant in South Tillamook County  
Approx. 95 Connections  
Part Time 10-15 Hours per week to start

Salary - \$18 - \$20 per hour doe  
Non-Benefited Position  
High School Diploma, GED Certificate, or Equivalent Required  
Valid Oregon Drivers Licenses Required

The successful candidate will have a basic knowledge of how to use various types of tools, complete carpentry, plumbing, and mechanical projects.

Cloverdale Sanitary District is an EOE

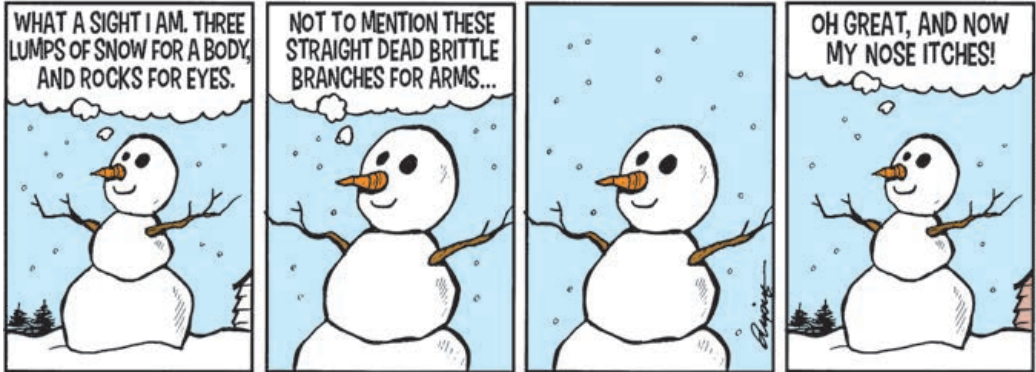
Please Reply to cloverdalesd@outlook.com with Letter of Interest and Resume

Open Until Filled

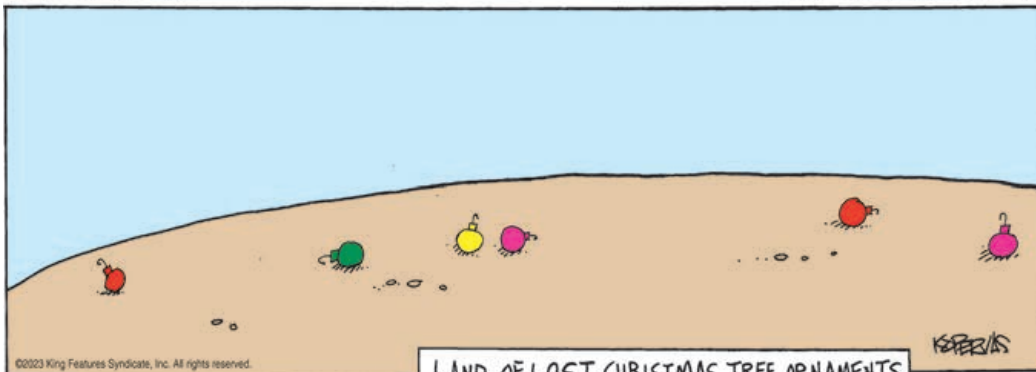
H23013



Amber Waves



Out on a Limb by Gary Kopervas



The Spats



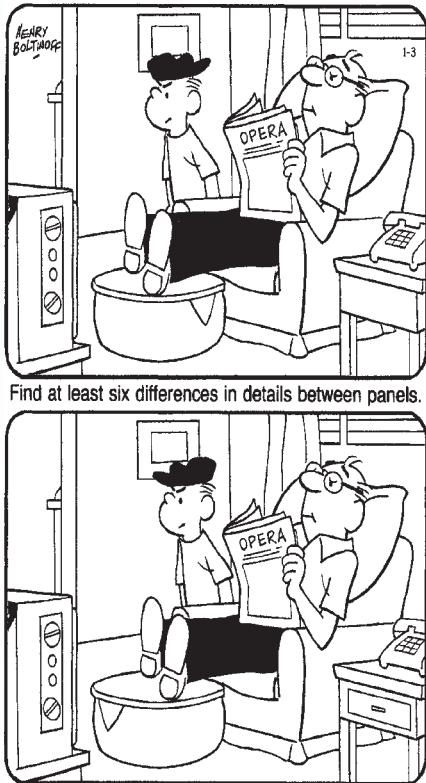
TIGER by BUD BLAKE



OLIVE



HOCUS-FOCUS BY HENRY BOLTINOFF



Just Like Cats & Dogs by Dave T. Phipps



### CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: L equals N

XTLFU MCWX OBU LMFSPBLOW

OLR GBMVOVWI ZM QPLSTLZ OS

L TZQS, T CMPWR FOWW SQU D

VURSTDU GBUIUBX.

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### SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Merge ITUNE

Blunt PUBRAT

Chunk PLUM

Cad SACRAL

TODAY'S WORD

Super Crossword

CALCULATING CHARACTERS

ACROSS	49 See	84 "Yes" vote	5 Drunk	39 "I say more!"	71 Like animals that don't roam
1 Pet doc	83 Across	88 Early arcade giant	6 Writer Gogol	41 Actresses Vivien and Janet	72 So-called "fifth taste"
4 "Come again?"	50 Corp. leader	87 End of the riddle	7 Third-largest city in Israel	42 In — res (mid-plot)	73 Apartment near the super's,
8 Treats maliciously	51 Skip over, as a vowel	93 — Flush (bathroom brand)	8 Ride a wave	43 Clay pigeons to be shot,	74 Mesh well
14 Tennis player Borg	52 World War II film, when tripled	94 Architect I.M. —	9 Eighth-brightest star in the sky	45 Three x three	79 Quagncy
19 Narcissist's problem	53 Charged bit	95 Made angry	10 Like a hajji's religion	46 Frozen spear	80 Ontario tribe
21 Actress Address	55 Place (be active on eBay, say)	96 Florida fruits	11 Second-largest city in Oklahoma	47 Eats away at	81 Cat's warning
22 Ate, as prey	57 Cheap cigar	97 R&B great Marvin	12 Charles Lamb's alias	53 "Were — it all over again ..."	83 Pittsburgh footbalers
23 Football Hall of Famer Bronko	58 Riddle, part 3	99 Not at all new	13 Bay Area California city	54 "It can't be!"	84 "Chances —"
24 Arrive on wheels	66 Chaney of film	100 Golf club	14 Equivalent of A sharp	55 One of the Three Musketeers	85 "Catch my drift, bro?"
25 Frankie or Cleo of song	67 Song-beltin Merman	102 Riddle's answer	15 Lee Tracy's "Bombshell"	56 Nickname for singer Justin, with "the"	86 Pie-mode link
26 Start of a riddle	68 On a pension, maybe: Abbr.	111 Stalin-era labor camp	16 Like a praiseful poetry	57 Densive smile	88 1974 CIA parody film
29 Noise in a comic book gunfight	69 Military draft gp.	112 Polecat's kin	17 Gossipy Barrett	59 One of the three Funes	89 More lacteal
30 Exotica singer Sumac	70 Riddle, part 4	113 Urge against	18 Bakersfield-to-Boise dir.	60 R&R alone	90 Not cardinal, as a number
31 "The Human Stain" novelist Philip	75 ZZ Top album whose name is Spanish for "The Crazy One"	114 Muscat native	20 Letters before 39 Across	61 "— boy!"	91 Plundering
32 Cure-all	76 Hamm and Farrow	115 Do over	27 Swiss watch brand	62 Fizz's river	92 Writer Sabato
37 Race of people in an H.G. Wells novella	77 Neither's partner	116 Office squawker	28 Clueless	63 Nuclear trials, for short	98 Patronage
39 Sine sorority letters	78 Tingly feeling	117 Fender dings	32 Sleet,	64 Class of antimicrobial drugs, in the British spelling	99 "— Loompa"
40 Donations to the destitute	82 Totally tired	118 Mimics a mad mutt	33 Hair removal	65 Actress Sorkin who once hosted "America's Funniest People"	101 Hall-diameters
44 Riddle, part 2	83 With 49-Across, touter of green eggs and ham	119 Helper of Frankenstein	35 Top squad	102 Journalist Brit	103 Zing
48 Like much greasy food		120 Inventor Whitney	36 Mooer's mouthful	104 Lucy Liu's "Kill Bill" role	105 Insect traps
			38 On the — (fleeing)	106 Exploiter	107 Mongrel mutt
				108 Frilly material	109 Shrine figure
				110 Moore of "G.I. Jane"	111 Shrine figure

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114							115							116							
117							118							119					120		

### Weekly SUDOKU

by Linda Thistle

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3			4	2			9
		2			9	6	
	7	3	6			8	
8				1			5
	9			5			4
2			3				9
	4				6		8
		5		8	7		1

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

**DIFFICULTY THIS WEEK: ♦**

♦ Moderate ♦♦ Challenging  
♦♦♦ HOO BOY!

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### Trivia test

by Fifi Rodriguez

- GENERAL KNOWLEDGE: When is Three King's Day celebrated typically?
- TELEVISION: In the drama series "Mad Men," what product is presumed to be Don Draper's last advertisement?
- GEOGRAPHY: What is a chain or collection of islands called?
- MOVIES: To which city is the McCallister family traveling in the holiday classic "Home Alone"?
- LEGAL: What is a moot court?
- LITERATURE: What is the name of the heroine in "The Scarlet Letter"?
- FOOD & DRINK: What kind of nut is used in marzipan?
- MUSIC: What is the gift on the 11th day in the song "The Twelve Days of Christmas"?
- SCIENCE: How much of the Earth's surface is covered with water?
- HISTORY: What are the two Japanese cities that the United States hit with atomic bombs in WWII?

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### WORD LADDERS

Can you go from HAPPY to LANDS in 6 words?  
Change one letter for each rung in the ladder.

HAPPY

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

LANDS

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### Answers

Answers

WORD LADDER

Weekly SUDOKU

CryptoQuip

Since owls are nocturnal and probably go hunting at night, I would call them bedtime prayers.

### Answers

Answers

WORD LADDER

Weekly SUDOKU

CryptoQuip

Since owls are nocturnal and probably go hunting at night, I would call them bedtime prayers.



# Man walks to raise awareness about mental health

TONY REED  
Country Media, Inc.

Residents along the Lincoln, Lane and Coos County coastline may have wondered why a young man was walking with a small cart, carrying, and waving a sign that reads, “You Matter.”

Kyndal Ray Edwards is a 30-year-old from Orange Park, Fla. walking across America for mental health awareness and recovery.

“Too many people are losing their lives daily to drug overdoses,” he said when asked why he’s walking the country. “Besides that, too many people are struggling with recovery and mental health issues.

Edwards spoke of his own life and struggles with depression and addiction. He said he’s attempted to take his own life and has spent over more than years in jail and prison.

“It was in the five-and-a-half-year prison sentence that something clicked in my mind, and I decided to change my life,” he said, later explaining that he grew up a good household but became addicted to drugs and the adrenaline of committing crime. He’s

“Too many people are losing their lives daily to drug overdoses.

Kyndal Ray Edwards

## Fast Fact

3,024.3 miles is the distance between Jacksonville, Fla. and Florence, Ore.

now 55 months drug-free and says he’s walked over 4,000 miles.

Edwards said years before, he fell in love with a newspaper story of a man who walked from Florida to California. While looking for a cause to walk for, Edwards saw many Facebook posts about “another loss of life to drug overdose or suicide.”

“I thought, wow, I should have died of both of those several times, but I’m still standing. This is what I have to walk for.”

Edwards also wears a shirt with 180 names of people who have lost their lives to suicide, but also symbolizes a 180-degree



Tony Reed / Country Media, Inc.

Kyndal Ray Edwards spent a few days in Florence on his way across America to raise awareness of mental health and recovery issues.

turn in his own life.

“I’m familiar with the fact that there is hope and my past doesn’t define me, and recovery is possible,” he said.

Edwards said the

unexpected support from his mother prompted him to prepare for and start his trek around America.

In January of 2021, he started his journey from the Atlantic coast in

Jacksonville, Fla., and has been walking since.

He said people are universally supportive and many have helped him along the way. He says he’d like to reach all four corners

if the US, but said he has no idea how long that will take.

Follow Edwards trek on Facebook at <https://www.facebook.com/AwalkingTestimony2022/>.

## Park

Continued from Page 1

Sprague said the Lincoln City accessible playground will address the needs of all people to offer a remarkable experience, challenging them at their own developmental level. The principles of an inclusive playground include safe, active, comfortable, and independent play, for all ages and abilities. There will be different levels of the same type of play activity near each other, including spinning, sliding, or swinging.

The LCP&R mission includes providing access to our parks, beach accesses, and open spaces, removing

or mitigating any obstacles for visitors with mobility or sensory restrictions. That includes constructing accessible playgrounds.

“Lincoln City Parks & Rec is thrilled that Travel Oregon has joined us in our commitment to accommodate any person needing accessibility,” Sprague said. “We are proud to have shown this commitment via our recently implemented ‘Beach Mobility Access’ program in which four beach wheelchairs and 450 feet of Mobi-Mat were installed at various beach accesses within Lincoln City. We continue to strive to be more accessible

throughout Lincoln City.”

Along with what Sprague called, “the generous funding,” from the Christmas Cottage in Lincoln City for the playground’s musical instrument installation, the city plans to break ground in the summer of 2024 for Phase 1 of park development, including ground site work and the construction of the accessible playground.

Community support, which includes funding from State Bill 5202, championed by Rep. David Gomberg and Sen. Dick Anderson, Oregon Parks and Recreation Department, and a bequeath

from the William Bryd Upjohn Estate, is greatly assisting with the phased construction of the new park, according to Sprague.

“I’m convinced the new Community Park in LC will become a staple of this community, providing much-needed recreational space, opportunities for our kids, and new business opportunities for the Central Coast,” Rep. David Gomberg said. “This is a visionary use of the space, and we’ll see the results for decades to come.”

Read more about the new community park development and follow this story at [thenewsguard.com](https://thenewsguard.com) and in the Wednesday

print editions of The News Guard. Also visit <https://www.lincolncity.org/departments/parks-recreation/new-community-park-development-plan>

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## Plan

Continued from Page 1

the latest modeled numbers did not include allowances for climate change, fires or other disasters. Deumling said that the lack of such consideration made him doubt that even the already-worrisome harvest projections would be fulfilled and that he felt the model was looking through “rose-colored goggles.”

State Forests Division Chief Mike Wilson said that accounting for such exigent events in long-term modeling was not possible. Wilson said that the department generally included those considerations in implementation plans, which have a 10-year period versus the FMP’s 70.

Board Member Karla Chambers chimed in that by not including those factors, the proposed HCP and FMP were failing at their main goals increasing certainty of harvest outcomes and reducing risk of revenue loss for the trust land counties and ODF.

The meeting then moved into a discussion between the board and members of the FTLAC, mediated by Sylvia Civorowski from Kearns and West.

Civorowski had a group of questions to promote dialogue that she had shared with the FTLAC prior to the meeting, allowing the group to coordinate its replies and designate members to respond to each.

Columbia County Commissioner Margaret Magruder kicked off the discussion, saying that the FTLAC commissioners had come up with an extensive list of questions for Wilson, which he had answered in 15 written pages. Magruder said that the group would probably have more questions going forward

but appreciated Wilson’s responsiveness as well as the opportunity to have a conversation with the board.

Linn County Commissioner William Tucker said that one of the biggest concerns for FTLAC members was that the newly modeled harvest numbers would not bear out in more specific implementation plans. Tucker pointed to the number of disclaimers and caveats offered by staff during the presentation, as well as the lack of consideration for exigent circumstances, as the reason for this concern.

Tucker also brought up the question of excess conservation acreage being dedicated to the northern spotted owl. He suggested that some of the area outside of habitat conservation areas being dedicated to the purpose could be harvested to decrease revenue cuts for the counties and ODF.

Wilson said again that the habitat conservation commitments had been crafted to account for uncertainty but that adjustments could be made to increase harvests at the direction of the board.

Tillamook County Commissioner Erin Skaar turned the focus to the impacts that revenue cuts would have, asking how ODF was planning to maintain operations when its revenues from state forests fell by 30%.

Justice said that the Board of Forestry did not control the purse strings of ODF and that it would be the purview of Salem legislators to cover any shortfall with additional appropriations.

Wilson said that the department was already in a situation where its revenues did not match its budget and that the agency was undertaking austerity

measures, such as leaving vacancies unfilled and prioritizing more profitable timber sales. Wilson said that the department was used to revenue shortfalls, although they did lead to service gaps.

Skaar wondered if the projected revenue cuts caused by the HCP would prevent the effective implementation of the HCP. Wilson said that was a concern and that department staff were investigating the potential for federal funding to make up the shortfall.

Clatsop County Commissioner Courtney Bangs asked the board to direct staff to reduce the excess habitat protections for northern spotted owls to dampen the economic impacts of an HCP. Bangs said that she and the other FTLAC commissioners appreciated the need for an HCP and pointed out that the plan could be altered to account for future changes on the landscape.

Bangs also said that she was dubious that northern spotted owls could make strong returns in Oregon forests, citing the decades of protection they have received on federal lands with limited success at growing their population. She asked the board to weigh the economic viability of her county against that poor record.

Coos County Commissioner and FTLAC Chair John Sweet implored the board to continue working with the FTLAC on the plans’ development going forward, saying that communication was key to success. Sweet said he felt the relationship between the board and FTLAC had improved over time and he wanted to make sure that trend continued.

Justice and Chambers

thanked the FTLAC members for participating in the conversation and said that they valued their input and wanted to continue building the relationship going forward.

Oregon State Forester Cal Mukumoto said that his staff would begin looking at decreasing the protections for northern spotted owl habitat in response the consensus voiced at the meeting.

Skaar offered a final comment on behalf of the FTLAC, again thanking the board for their time at the meeting and saying that communication as the process moved forward would be key to maintaining trust. Skaar said that the new HCP, even with potential modifications, was likely to force the counties and department to go to the legislature to seek funding and that presenting a unified front in Salem would be critical.

Skaar continued that minimizing the economic impacts of the HCP to make sure that any funding ask was as low as possible was key. She said that she believed it would be possible with a good message to convince Oregonians outside the forest trust land counties to support an alternate funding model.

Mukumoto finished the meeting by saying that the department would schedule three listening sessions, two in-person and one virtual, with dates hopefully to be determined in January. He also said that the department needed to reach out to the sovereign nations affected by the plan to gather their input.

Follow developments at [thenewsguard.com](https://thenewsguard.com) and in the Wednesday print editions of The News Guard.

