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# THE NEWS Guard

December 2, 2020

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## A Day On The Lake



COURTESY PHOTO/FRANK CAVEZZA

Oregon Coast residents were treated to a string of sunny days this past month that allowed for a much needed break from being indoors. Many Oregonians took advantage of the nice weather and Oregon's free fishing, clamming and crabbing days Nov. 27-28. Some even cast a line out at Devils Lake in Lincoln City. The two days have been set aside for free fishing for several years, as part of the #OptOutside movement encouraging people to get outdoors after Thanksgiving.

## Lakeview Senior Living celebrates the holidays

THE NEWS GUARD

In March, Lincoln County began to face the reality of living life under the threat of COVID. Now, nine months later, local residents continue to adapt and overcome. Lakeview Senior Living in Lincoln City has been sharpening their adaptive edge with creative ways to reach out to the community and is preparing to reach out again.

"We had a socially distant Halloween and trick or treat event here and it was a lot of fun," said Jennifer Whitmyer, Executive Director of Lakeview Senior Living. "Now we're getting in the Christmas spirit and want to help others."

Lakeview Senior Living is offering three fun opportunities for local area residents to get into the holiday spirit.

"We're covering our campus with lights this year," said Whitmyer. "We saw the call to action on the Lincoln City Community Days Facebook page and we're all in. We can't wait for the community to come and enjoy our lights!"

See LAKEVIEW, Page A6

## Toys needed for holiday program

MAX KIRKENDALL  
newsguardeditor@country-media.net

The eventful year of 2020 has impacted everyone on some level or another. In a year of struggles and adversity, many times communities have banded together to help those in need.

As the year nears its close, one local program is asking for the community to step up once again to provide a holiday that won't soon be forgotten.

The annual Christmas Basket Food and Toy Drive organized by the Eagles Lodge and North Lincoln Fire and Rescue (NLFR) have recently been feeling the impact of this tough year.

"In the 11 years that I've been doing this, I don't remember a year that we've ever been this short on toys," said Marc McPherson of NLFR.

Typically, the program supplies 300-350 North Lincoln County families



FILE PHOTO

The Lincoln City Eagles Lodge will be hard at work at the St. Peter Fisherman Lutheran Church, starting Dec. 5, putting together Christmas baskets for local families.

with toys for every child under 17, as well as about a week's worth of food that includes a Christmas dinner of a turkey or ham.

"Usually we do between 2-3 toys per child. But if our toy donations are down, we might have to cut back on that," Eagles Lodge member Alaina Jones said.

Jones said cash and toy donations are down so far this year but they have

been able to receive some funding that includes a grant from both the Siletz Tribe and the Lincoln County Echo Mountain Fire Emergency Social Service group. The Eagles and NLFR have also received a helping hand from the Lincoln City Elks Lodge #1886, who will be donating both cash and volunteer work to the

See TOYS, Page A6

## COVID-19 claims two more Lincoln County lives, cases rising

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Lincoln County Public Health and the Oregon Health Authority (OHA) reported Lincoln County had two more residents die relating to COVID-19.

On Nov. 25, Public Health reported its first death since Aug. 15. The person was a 27-year-old man who tested positive on Nov. 18 and died on Nov. 17 in his residence. He was tested posthumously and had underlying conditions. OHA announced a second death on Nov. 27. This person was a 72-year-old woman who tested positive on Nov. 17 and died on Nov. 16 at her residence. She had underlying conditions as well.

OHA considers COVID-19 deaths to be: - Deaths in which a patient hospitalized for any reason within 14 days of a positive COVID-19 test result dies in the hospital

or within the 60 days following discharge.

- Deaths in which COVID-19 is listed as a primary or contributing cause of death on a death certificate.

OHA counts COVID-19 deaths this way because the virus can often have effects on an individual's health that may complicate their recovery from other diseases and conditions, even injuries and indirectly contribute to their death, Public Health officials said last week. COVID weakens the immune system so it

would really be difficult if not impossible to determine whether or not the virus was a contributing factor in each death.

Another reason is because OHA is using this data to track the spread of the disease, and to create actionable steps for stopping its spread.

On Monday, Nov. 30, Rebecca Austen, Health Department Director, said Lincoln County had 58 new cases of COVID-19 over the course of last week.

See COVID-19, Page A2

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WED.



50°/34°

THU.



50°/34°

FRI.



51°/34°

SAT.



51°/36°

SUN.



50°/37°

MON.



51°/36°

TUE.



49°/38°



VOL. 93 NO. 49



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# Wildfire cleanup continues in North Lincoln County

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Cleanup from the Echo Mountain Complex fire is moving into the second phase in the coming weeks as United States Environmental Protection Agency (EPA) crews finish up removing Household Hazardous Waste from

home sites and other properties in North Lincoln County.

At the weekly Board of Commissioners meeting on Nov. 30, Lincoln County Council Wayne Belmont said progress is being made in the area as FEMA shifts to the next phase.

"They will have some boots on the ground for

the step two of the cleanup project, which goes beyond household hazardous waste and includes debris cleaning, some of the burnt out vehicles, soils with asbestos in them, hazard trees and various other things," Belmont said.

Belmont said several residents have signed up for the no-cost debris

cleanup that was announced by the Oregon Debris Management Task Force on Nov. 17. Home and business owners that opt into this government-led wildfire cleanup program will pay no upfront costs for any cleanup work. Additionally, no government agency - state, federal or contractor - will seek payment from any insurance policy unless it is specifically designated for debris removal or left over after the home or business is completely rebuilt.

Property owners will need to sign a Right of Entry form to allow cleanup crews onto their property. Cleanup crews will remove ash and structural debris, hazard trees, concrete foundations, and burned vehicles. To submit your Right of Entry form and for more information, visit [wildfire.oregon.gov/cleanup](http://wildfire.oregon.gov/cleanup) or call the wildfire debris cleanup hotline: 503-934-1700.

Belmont also said money that the County has been meeting with survivors frequently and plans to continue doing that to find out what their specific needs are in the long haul, and how they can meet those needs. One issue has been finding housing solutions.



COURTESY PHOTO/JEFF MARKHAM

**Cory Royer from FEMA inspects a utility system damaged by the Echo Mountain Complex.**

"A major focus for staff has been housing, both short term and long term," Belmont said.

Earlier in November, the County received word that they would be approved for FEMA's Direct Temporary Housing solutions program. The forms of Direct Temporary Housing may include the provision of Transportable Temporary Housing Units. These units can be used for up to 18 months from the date of the disaster declaration (Sept. 15, 2020 through March 15, 2022) while survivors continue to work on their long-term housing plans.

One issue the County recently ran into is finding

a location to potentially put these housing units. However, Belmont said Monday that the City of Lincoln City approved FEMA's request to utilize the Fernwood development area in North Lincoln City. More information will be forthcoming on those plans.

The County has also been involved in talks between the Red Cross and the state to ensure a smooth transition when the Red Cross' role in providing emergency sheltering ends at the end of December. Several other recovery projects are also in the works according to Belmont, and details will be coming soon.

## Tigers Recognized



COURTESY PHOTO

**Taft 7-12 hosted a fall student celebration on Nov. 24 as part of their Tiger Town Recognition. All students were invited to check in with staff at SALT in the Lincoln City Outlets where they received a free drink. Additional prizes were also given to Students of the Month and more.**

# Preventing problem gambling this holiday season

THE NEWS GUARD

Celebrations look different this year as we make changes to keep our families and communities safe.

In addition to preventing illness, there are ways to help prevent loved ones from developing a gambling problem. Similar to substance use, gambling carries risk. Breaks from school and work provide opportunities to check in on your loved ones about their gambling activities and to talk with youth about the risks of gambling. A change in someone's behavior or an increase in their gambling are both warning signs of problem gambling.

Gambling in youth is linked with other risks factors for youth. Oregon 11th graders that

reported participating in gambling activities also had higher rates of skipping school, being in a physical fight, being sad for two or more weeks, and using alcohol, marijuana, or other drugs. Parents or caretakers talking about the risk of gambling with teens can increase their perception of risk and can reduce their risky behaviors.

For adults that choose to gamble, you can reduce your risk of developing a gambling problem by using the following guidelines:

- Set a time limit
- Set a dollar limit
- Don't gamble on credit or borrowed money
- Don't gamble to win back lost money (also known as "chasing losses")
- Don't gamble to cope with

negative feeling or to escape

- Don't let gambling be your only social or recreational activity
- Don't let youth gamble
- Seek help if gambling becomes a problem for you or a loved one

In Oregon, problem gambling treatment is free and confidential. Treatment and support are available to anyone with a gambling disorder and anyone affected by someone's gambling. For support and resources call or visit:

- The Lincoln County Problem Gambling Treatment Program (541) 265-4196 (Mon-Fri 8 a.m. - 5 p.m.)
- Oregon Problem Gambling Resource at 1-877-My-Limit or OPRG.org (available 24 hours a day)



STOCK PHOTO

**Lincoln County Public Health offers several resources for those dealing with a gambling addiction.**

If you would like to get involved with problem gambling prevention or would like more information, please visit: [co.lincoln.or.us/hhs/page/problem-gambling-prevention](http://co.lincoln.or.us/hhs/page/problem-gambling-prevention)

*Lincoln County Public Health, in collaboration with our community partners, provides leadership to assure the conditions for healthy communities.*

# COVID-19

From page A1

"The trend is up, noticeably up. But we are holding our own," Austen said at the Board of Commissioners meeting.

Florence Pourtal, Deputy Director of Public Health said Monday that they've seen a chain reaction when it comes to the latest spread of the virus. Portal said it gets passed during a social gathering, that gathering outbreak leads to a workplace outbreak, then to a school outbreak.

"We need to keep in mind that it is very im-

portant for us to all work together and work with the public health team," Portal said. "If we're not working together, one part of the team can work really hard but they still won't be able to stop the spread."

Austen said Public Health is currently monitoring about 15 active outbreaks across Lincoln County, which has provided challenges in mitigation.

"There's not really a pattern," Austen said. "They're businesses, they're social gatherings, so

they're kind of all over the place. It's mostly, I believe, bad decisions... Everybody is really exhausted from this. They don't want to keep doing what we've been doing for the past 10-11 months."

Austen said they've heard reports of large social gatherings, people not quarantining after testing positive, one individual, Austen said, went back to work after testing positive.

"It's been kind of unbelievable, some of the stories we've been hearing," Austen said.

As the statewide 'Freeze' ends this week, Austen informed the Board of Commissioners that Oregon would be moving into a new framework of reopening on Dec. 3 that will replace the three phase reopening process.

"We have to calculate things a little bit differently but it's to help us really line up with the schools," Austen said. "I think that's an important thing to remember. Even though I know we are so weary of this, and we just want to throw our hands up and

say enough is enough. But I think the reason why we keep making those calls and keep encouraging people to quarantine and isolate... is because we are trying so desperately to get our schools open."

The new reopening metrics will be set individual counties into categories of: low risk, moderate risk, high risk or extreme risk. Counties are given a case rate per 100,000 people that they cannot exceed or else they move into a different risk category that could mean tighter restrictions.

In Lincoln County, Austen said they would've been classified as low risk for the first half of November at 44 cases per 100,000 people. However, after a

spike in cases over the last two weeks, Lincoln County now sits at 161 cases per 100,000 people, which would move them into the high risk category.

The new metric will be measured every two weeks, Austen said, creating a whole new set of challenges for public health officials.

"It is a bit of a communication nightmare, but this whole thing has been a communication nightmare," Austen said. "As things continue to change, it's really hard to make sure everyone knows what's going on. We will try to be clear about what the high risk restrictions will be once we get put into that, which we anticipate to happen."

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# 'Tis the Season, for a Christmas Tree: How to get one

**THE NEWS GUARD**

Christmas tree permits are now available from the Siuslaw National Forest and can be purchased through December 31, 2020. Permits are primarily being sold online at Recreation.gov, but buyers can call a district office for more information. Cutting trees in some areas of the Siuslaw is prohibited, so tree hunters should check maps provided with permits prior to selecting their tree.

Permits cost \$5 per tree and individuals can purchase up to five trees. Current fourth and fifth grade students are eligible for one free tree with an Every Kid Outdoors Pass. For more information about the pass, which also provides students and their families free admittance into some national forest



COURTESY PHOTO

**For \$5, anyone can get a permit to cut down their own Christmas tree in the Siuslaw National Forest.**

recreation sites, national parks, and other federal public lands, visit [www.everykidoutdoors.gov](http://www.everykidoutdoors.gov).

"Visiting a national forest in search of a tree can be a fun holiday tradition," said Michele

Holman, Central Coast District Ranger. "Finding the right tree on the Oregon Coast can be challenging because many of our trees are older and larger. Bring your sense of adventure and remember to pack enough supplies in case the adventure lasts all day."

**Christmas Tree Safety**

- Finding a tree may turn into an all-day outing, so be prepared.
- Bring extra food, water, blankets, flashlight, a First Aid kit and survival gear.
- Let family or friends know where you are headed and when to expect your return.
- Be prepared for winter weather conditions, which may be snowy or icy at higher elevations.

**Before cutting your tree, remember these rules:**

- Ensure you're on national forest land. A map is provided with your permit.
- Take the entire tree – NOT just the top portion of a larger tree.
- Attach your permit to the tree immediately after cutting it.
- Do not discard your tree if later finding one you consider more desirable.
- Saw or chop your selected tree within six inches of the ground. Leave no limbs attached to the stump. To keep the tree from drying out, leave it outside until you're ready to put it in a stand.
- At that point, cut the trunk at an angle, and keep it in plenty of water.

## Police Blotter

*The police blotter relates the public record of incidents as reported by the Lincoln City Police. All individuals arrested or charged with a crime are presumed innocent until proven guilty. Information printed is preliminary and subject to change.*

**LINCOLN CITY POLICE DEPARTMENT**

**MONDAY, NOV. 23**

7:55 a.m. Assist on Arrest/Warrant Arrest, 2168 NE Hwy 101, Doggy Day Spa. Caller reported a suspicious vehicle parked in front of location. Vehicle occupied by Robert Leigh Shipp, born 4/17/71. Misdemeanor warrant confirmed out of Yamhill County for evidence destruction. Shipp cited and released.

10:12 a.m. Assist on Arrest/Warrant Arrest, 2004 NW 36th St., TLC Credit Union. Subject contacted for sleeping in front of location. Misdemeanor warrant confirmed out of Malheur County for hit and run. Charles Samuel Derby, born 5/29/80, cited and released.

10:54 a.m. Theft, 259 SE Reef Ave. Caller reported theft of jewelry from location.

11:40 a.m. Found Property, 1503 SE East Devils Lake Rd. Subject at LCPD to turn in a credit card they found on the beach.

12:04 p.m. Hit and Run, NE Holmes Rd./NE Hwy 101. Caller reported a vehicle was hit by a truck attempting to make a left hand turn onto NE Holmes Rd. Suspect vehicle did not stop. Damage reported to driver side fender.

4:48 p.m. Theft, 1343 NE Hwy 101. Caller reported her purse was stolen at Marci's Bar and Grill. Credit card used at Safeway and Walgreens. Suspect on surveillance was a Black male, black jeans, short hair, wearing a denim jacket with collar, white Nike shoes with red trim and multi color shoes. Got into a gray or silver possible Chevy Cavalier.

11:23 p.m. DUII, 1777 NW 44th St., Chinook Winds Casino. Original report of erratic driving by a vehicle in area, nearly hitting a pedestrian. Vehicle located occupied near Seafood Grill. FSTS performed on driver. Karlee A. Sevier, born 6/29/99, taken into custody for DUII and transported to LCPD.

**TUESDAY, NOV. 24**

1:04 a.m. Suspicious Activity, 1009 NW Hwy 101, Reads Candy. Report of a small fire behind the dumpster. Charles S. Derby, born 5/29/80, contacted, taken into custody for Reckless Burning and Trespass. Transported to Lincoln County Jail.

9:10 a.m. Assist on Arrest/Warrant Arrest, 1503 SE East Devils Lake Rd. Felony warrant confirmed out of Jackson County for Dangerous Drugs. Marc Wayne Helms, born 6/13/81, cited and released.

9:50 a.m. Theft, 4845 SW Hwy 101, Kenny's IGA South. Caller reported theft of liquor from location. Subject had previously been asked to leave after they refused to sell to him. Josiah Thomas Naylor, born 3/8/80, cited and released for Theft III and trespassed from property.

11:23 a.m. Theft, 5720 NE Voyage Ave. Caller reported vehicle broken into while parked at location.

3:16 p.m. Assist on Arrest/Warrant Arrest, SW 51st St. Domestic originally reported between parties at location. Misdemeanor warrant confirmed out of Lincoln County for Jennifer Anne Burkdoll, born 4/22/85, for possession of meth. Burkdoll cited and released.

**WEDNESDAY, NOV. 25**

Extra Patrol, 660 SE Hwy 101. Extra patrol requested for Posh Wash Complex, especially Lucky Dog Grooming. Subject trespassed from complex, involved in possible stalking issue.

Extra Patrol, 4048 NE Hwy 101, Walgreens. Caller would like night shift to attempt to trespass a subject living in a tent on the property bordering McDonalds. They would

also like anyone found on the property after hours to be trespassed.

**THURSDAY, NOV. 26**

4:42 p.m. Assault, 7780 NW Logan Rd. Caller reported that Stacey Baird, born 4/18/61, had punched him and then kicked his dog. Baird cited and released for Harassment and Disorderly Conduct II.

5:42 p.m. Trespass, 660 SE Hwy 101, Posh Wash. Report of a male subject refusing to leave the property and getting aggressive with other customers. Michael Livingston, born 12/5/92, cited and released for Trespass II.

**FRIDAY, NOV. 27**

12:15 a.m. Trespass, 3517 NW Hwy 101, Motel 6. Caller reported a male came into the lobby and was refusing to leave. Michael J. Livingston, born 12/5/92, was taken into custody but then requested medical attention. Livingston cited and released for Trespass.

12:50 a.m. Domestic Assault, 1723 NW Harbor Ave. Pacific Winds Condos. Caller reported hearing a female being assaulted outside. Michael T. Creedon, born 12/15/76, called 911 and reported his girlfriend was intoxicated and had kicked him in the mouth. Creedon was taken into custody and charged with Domestic Assault IV and Harassment. He was transported to Lincoln

County Jail.

3:30 a.m. Restraining Order/Assist on Arrest, 1184 SE 2nd Ct. Caller reported the father of her children was fighting with his brother. Dale L. Bogart III, born 10/10/89, was taken into custody on a contempt warrant and violation of restraining order. He was transported to Lincoln County Jail.

6:40 a.m. Trespass, 3350 NE Hwy 101. Report of male sleeping in the lobby of Ashley Inn and would not leave, then went to Starbucks and would not leave and was scaring employees and patrons. Michael Livingston, born 12/5/92, arrested for Trespass and transported to LCPD.

9:56 a.m. Theft, 2424 NE Hwy 101. Report of a vehicle left for repairs that had been broken into

overnight.

4:12 p.m. Found Property, SW 51st. Caller reported he found a wallet on the beach in Lincoln City.

5:53 p.m. Trespass, 2164 NE Hwy 101, Coin Laundry. Benjamin W. Pasciyo, born 2/15/90, previously trespassed from location and now inside yelling. Pasciyo taken into custody and transported to LCPD, cited and released for Trespass.

**SATURDAY, NOV. 28**

2:25 a.m. Found Property, 1777 NW 44th St., Chinook Winds Casino. Security reported a small bag was found in the women's restroom containing a small amount of what appears to be methamphetamine.

1:10 p.m. Burglary,

1524 NW 26th St. Caller reported someone stole a TV from a VRD, either by burglary or a previous renter took it.

**SUNDAY, NOV. 29**

12:47 a.m. Assist on Arrest/Warrant Arrest, 660 SE Hwy 101, Posh Wash. Michael J. Wilder Jr., born 1/8/96, arrested on warrant and an indictment warrant out of Lincoln County. He was cited and released.

3:18 p.m. Found Property, 3205 SW Anchor Ave. Caller reported a guest accidentally left a gun at a VRD.

7:30 p.m. 4800 Block SE Hwy 101. Multiple calls reporting a vehicle crashed into a sign. Driver cited for Driving While Suspended and Careless Driving. Vehicle towed by Car Care Towing.

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**Stay safe**

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Public Notices

**NG20-157 NOTICE OF BOARD MEETING**  
North Lincoln Fire & Rescue District #1 will hold its regular meeting of the Board of Directors on Wednesday, December 9, 2020, at 4:00pm at the Bob Everest Station, 2525 NW Highway 101, Lincoln City. The purpose of the meeting is to conduct regular fire district business. An agenda and related documents will be posted on the District's webpage

**999**  
Public Notices

(www.nifr.org) by December 4, 2020. This is a public meeting; however, seating will be extremely limited due to the COVID-19 mandates regarding social distancing. Members of the public may attend electronically; see the agenda on our website for further information.

**NG20-156 IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR THE COUNTY OF LINCOLN**

In the Matter of the Estate of: GLORIA WERNGREN Deceased. Case No. 20PB06867  
**NOTICE TO INTERESTED PERSONS**  
 NOTICE IS HEREBY GIVEN that KAREN MURRY has been appointed personal representative. All persons having claims against the estate are required to present them, with vouchers attached, to Personal Representative, KAREN MURRY, 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 David V. Cramer, OSB #992479  
 Andrews Ersoff & Zantello  
 2941 NW Highway 101  
 Lincoln City, OR 97367  
**DATED** and first published: November 25, 2020  
 /s/ DAVID V. CRAMER  
 David V. Cramer,  
 Attorney for Personal Representative

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**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: U equals B

L PCXXIPG FIG OLDNM ESKK MNG  
 XGHPIV LV ENSHDG IR S HIUUGHF  
 MNG EIOOSVZGH-LV-MNLGR.

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 and  
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<https://www.viphgroup.com/join-vip.php>

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 @ TheNewsGuard.com/games

**Weekly SUDOKU**  
 by Linda Thistle

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

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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Answers for Last Week's Puzzle

**SNOWFLAKES**  
 solution

Answers for Last Week's Puzzle

**Weekly SUDOKU**  
 Answer

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

**TILLAMOOK PUD**  
**Job Opening**  
**Field Inspector**  
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Closing date: December 10, 2020  
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 Tillamook, OR 97141; (503)815-8637  
 Email: [jobs@tpud.org](mailto:jobs@tpud.org)

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## SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.

**DIFFICULTY THIS WEEK:** ◆◆◆◆◆  
◆ Easy ◆◆ Medium ◆◆◆◆◆ Difficult

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**Answers for Last Week's Puzzle**  
**Super Crossword**

**Answers**

S	C	O	T	T	S	T	A	M	S	T	E	L	G	U	L	F
C	A	R	G	O	P	R	E	T	A	M	A	L	E	O	R	E
A	M	B	I	G	U	O	U	S	A	G	O	R	A	S	L	I
B	E	E	F	N	O	N	A	B	I	G	A	I	L	A	D	A
	Y	O	N	D	E	R	S	N	I	T	C	H	E	S		
A	M	I	G	O	L	O	O	S	E	N	E	E	R	O		
M	R	B	I	G	L	E	S	W	O	R	T	H	A	A	R	O
I	M	E	M	I	N	E	B	E	H	O	L	D	S	O	L	O
N	O	A	M	C	A	B	A	L	G	A	U	N	T	L	E	T
E	M	M	E	T	P	O	G	O	I	N	G	B	E	E	E	S
	S	I	R	B	I	G	R	A	M	S	T	A	P			
A	P	T	L	E	A	N	E	S	T	E	R	S	T	A	C	K
H	O	U	S	E	F	L	E	N	I	A	C	W	H	A	T	
A	U	N	T	S	T	U	D	I	O	A	G	O	N	I	Z	E
B	R	E	E	D	K	A	T	H	R	Y	N	B	I	G	E	L
	A	R	A	L	D	E	M	U	R	E	R	E	D	O	S	
E	G	O	M	A	N	I	A	I	S	O	L	D	E			
B	I	G	H	T	O	F	B	E	N	I	N	N	O	M	T	A
O	L	D	E	M	E	E	T	U	P	G	O	O	V	E	R	B
O	D	E	A	I	R	A	N	I	S	A	I	M	B	I	B	L
K	A	N	T	E	S	T	A	T	E	D	R	S	B	O	A	T

**More Fun & Games**  
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## Super Crossword

**DIRECTLY ON TOP**

**ACROSS**

1 "Everwood" actor Wolf  
6 Pigs' home  
9 Dutch brew  
15 — of Mexico  
19 "Ship's load  
20 Lead-in to historic  
21 Durango dish  
22 Baseball's Hershiser  
23 "Subject to interpretation  
25 "Old Greek squares  
26 "Stretch" car  
27 Steak, e.g.  
28 Prefix with lethal  
29 "Second U.S. first lady  
31 At a distance  
33 Tattles  
34 "Chum  
38 Give slack to  
42 Son of Eliel Saaninen  
43 "Dr. Evil's cat in Austin Powers films  
47 1801-05 veep Burr  
51 Beatles song on "Let It Be"  
52 Observe  
55 Song for one  
56 Linguist Chomsky  
57 Political plot  
61 Knight's glove

63 "Serpico" actor M. — Walsh  
65 "Jumping up and down on a bouncy stick  
69 Comb buzzer  
70 Native suffix  
71 See 8-Down  
73 "Pairs of consecutive letters  
75 Spying setup  
77 Likely (to)  
80 Meadow  
82 Birds building homes  
84 Poster pins  
88 Buzzing home pest  
91 Large 1940s computer  
93 "Huh?"  
94 Female kin  
95 Artist's base  
99 "Suffer a lot  
101 Dog variety  
103 "She directed "The Hurt Locker"  
107 — Sea (salt lake in Asia)  
110 Coy  
111 Revisions  
112 "Too much self-esteem  
116 Beloved of Tristan  
119 "Bay off Nigeria and Togo's coast

123 — de plume  
124 Brit's "Bye!"  
128 Ye — Shoppe  
129 Rendezvous  
130 Really succeed (or what literally appears six times in this puzzle)  
132 Old Greek concert halls  
133 Shahs, e.g.  
134 Shoot (for)  
135 Sermon text  
136 Philosopher Immanuel  
137 Grand home  
138 Hosp. staff  
139 Sea vessels

**DOWN**

1 Union enemy  
2 Arrived  
3 "Eat — eaten" (survival adage)  
4 9-to-5er's cry of relief  
5 Dress (up)  
6 Flatware item  
7 Move as if on wheels  
8 With  
9 Run up — (defer payment)  
10 Wise men  
11 Air pollution  
12 Reid and Lipinski  
13 "Seinfeld" gal  
14 Nielsen of "Mr. Magoo"  
15 Ghana's former name  
16 Dickens' — Heep  
17 "— tell ya!"  
18 Dental string  
24 It uses 108 cards  
29 In — (single-file)  
30 Gillette razor brand  
31 Toon bear  
32 Canon camera  
34 Compound with nitrogen  
35 '83 Keaton-Garr film  
36 Letter-shaped girder  
37 Easy putts, informally  
39 Weep loudly  
40 Sooner than, in poetry  
41 Ultimate degree  
44 Health supplement store, familiarly  
45 Jump  
46 Pig

48 Part to play  
49 Bullring cries  
50 Observe  
53 R&D center  
54 Song for two  
58 Singer Dylan  
59 Opposed to, in dialect  
60 Theater box  
62 Orderly  
64 Floor piece  
66 Tax org.  
67 Election analyst Silver  
68 FBI guys  
72 Umpt's kin  
74 — Lanka  
76 Oklahoma tribe  
77 "Moby-Dick" captain  
78 Flow out  
79 Fix a flat?  
81 Height: Abbr.  
83 Former Swedish car  
85 Toddler, e.g.  
86 Buzzing musical toy  
87 Is in a huff  
89 Source of warmth on some trains and ships  
90 Belly laugh  
92 Special FX technology  
96 Poppa  
97 Native suffix  
98 Unit of resistance

100 Mean beast  
102 "Doggone!"  
104 Totally spoil  
105 Century divs.  
106 Dark modern film genre  
108 Breakdown of social norms  
109 Long-term inmates  
112 Download on a Kindle  
113 Rader of comedy  
114 Nash of comedy  
115 "My heart skipped —"  
117 Weaving frames  
118 Driver's lic. issuer  
120 Sicilian volcano  
121 Night, in Nice (assertion with no proof)  
122 — dixit (assertion with no proof)  
124 Song for three  
125 "Waterloo" quartet  
126 Lean  
127 Gets mature  
130 Rove (about)  
131 Flow out

**Mega Maze**  
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# Lakeview

From page A1

Lakeview's Winter Wonderland Holiday Lights will officially open on Dec. 12th and will last through the month of January. The public is invited to drive or walk through the campus and enjoy the lights and sights plus take a family photo at our Gingerbread House. Masks and social distancing required. Please bring non-perishable food items for the Lincoln City Food Pantry when coming to enjoy the light display.

"We're also going to help Angels Anonymous raise money for their work with the victims of the Echo Mountain Fire," said Whitmyer. "We're hosting our Angel Tree Auction with 12 businesses and groups decorating trees in our dining room. Pacific West Ambulance is our official sponsor for this event and we're excited to have them on board! We're hosting a virtual auction and 100% of the monies raised goes to Angels Anonymous. Angels Anonymous isn't hosting their gala and Fantasy of the Trees

this year due to their intense efforts to help those who were burned out of their homes. We know that our tree auction won't replace their efforts but it will still help our neighbors."

Visit the Lakeview Senior Living Lincoln City Facebook page at <https://www.facebook.com/lakeviewseniorlivingcommunity/> beginning Dec. 9th to view the trees. An online watch party will be held between 5-6:00 PM on Monday, Dec. 14th and the bidding will start at 6:00 PM.

"This is a safe and socially distant event," said Whitmyer. "Our primary work here is healthcare so we've put many safeguards in place to protect our own residents, our staff, and the individuals who will decorate the trees."

There will be a limit of 12 decorated trees. Call 541-921-8923 to decorate a tree to help raise funds for Angels Anonymous.

"We also need gifts for our residents," said Whitmyer. "We have regular Zoom meetings

with our resident families during this COVID time and they want us to continue some of our holiday traditions that are super special to us here at Lakeview," said Whitmyer. "They specifically asked about our Giving Tree for our residents."

Traditionally, Lakeview Senior Living sets up a Christmas tree in the lobby with paper ornaments. Each ornament has three wishes on it, special requests from each resident who lives at Lakeview. Family members, Lakeview vendors, staff members, and others would pick an ornament off the tree, shop for and wrap the presents, and bring them back so each resident had presents to open on Christmas morning.

"This is such a special tradition for our residents," said Whitmyer. "Most of our residents have family and friends but a few don't and so it's very important that Santa visit them with gifts."

With State-mandated

COVID restrictions in place for all senior communities, Lakeview is reaching out to the larger Lincoln County community to help ensure that their seniors have a visit from Santa. Visitors currently cannot enter Lakeview so the traditional Giving Tree can't be displayed. Lakeview is updating their Facebook page with information on how local residents can help make the holiday special for the residents.

"This has been a very hard year," said Whitmyer. "Not only are we dealing with COVID protocols and that difficult reality that creates for our residents, families, and staff, we're also dealing with the fallout from the Echo Mountain Fire," said Whitmyer.

Lakeview Senior Living evacuated along with most of north Lincoln City during the fires, moving 114 seniors plus many staff, and resident family members.

"This was a traumatic event for our team and residents,"

said Whitmyer. "Several of our team members lost their homes or their homes were damaged. But they're here every day because our residents are everything to us. We know that there is so much need in our area right now; COVID, the wildfires, and the previously endemic need in this county are creating a perfect storm. Lakeview wants to help. We all live here, we all care here. We can make a difference if we do it together."

For more information on the Winter Wonderland Holiday Lights, the Angel Tree Auction, and the Giving Tree for seniors call 541-994-7400. Visit [www.amazon.com/hz/wishlist/lst/TVIU9W42NH5?ref\\_=wl\\_share](http://www.amazon.com/hz/wishlist/lst/TVIU9W42NH5?ref_=wl_share) for the Lakeview Senior Living Giving Tree Wish List. Visit [www.facebook.com/lakeviewseniorlivingcommunity/](http://www.facebook.com/lakeviewseniorlivingcommunity/) for the Angel Tree Auction and information on the Winter Wonderland Holiday Lights.

# Toys

From page A1

cause. "The Elks used to do Christmas baskets for years, then we joined with the Eagles before the Elks went away for a few years," said Elks member Bettye Ruth Gamester.

According to Jones, the Elks and Eagles along with other local churches, all worked together

during the holiday season to create one organized program that covers all of Lincoln City and beyond.

"We joined forces so we could eliminate those double dipping," Jones said. "Because this program is really for the needy, not the greedy."

After helping out 300 families

last year that included around 1,200 people and the delivery of 500 boxes of food, the program leaders are hoping to help even more due to the fires in North Lincoln County that have displaced hundreds of residents.

"Normally we kind of supplement toys, but this year with the fires and everything else, we are basically going to be giving some of these folks their entire Christmas," McPherson said. "It's something we normally do not have to do at that kind of scale."

But to help more people, the program will need the backing of the community. McPherson said toy donation bins are scattered in businesses all over town and toys and cash can be donated directly to the fire station at 2525 NW Hwy 101 in Lincoln City. Applications for the program can also be picked up at the fire station, or the Lincoln City Hippie Store at 2850 NE Hwy 101, says Gail Hogan, Secretary for the Elks Lodge.

"For the first year ever, the

applications are also available online at [nlfr.org](http://nlfr.org)," McPherson noted. "They can be printed out and turned in."

Luckily, several community groups and citizens have already been helping the program, including the St. Peter the Fisherman Lutheran Church, who will once again allow the Eagles to use their facility for free as they prepare the fully sanitized Christmas baskets. The Lincoln City Chamber of Commerce also has gotten into the giving spirit by having their members order dozens of toys for the program.

"It's amazing the people that have come together and have tried to make this work in the horrible times we're in right now," McPherson said.

On Dec. 5, the Eagles will be moving into the church with their toys as they prepare to sort, wrap and fill baskets with toys and food until the delivery date on Dec. 19. Like every year, McPherson plans to be on the delivery route to help make this holiday season a little easier for

families.

"We all have stories of how important this program is," McPherson said. "One year, myself and four others were in a fire truck delivering food and toys to a little single wide mobile home up in Otis. The mother opened the door and she had two little boys and a little girl. The house was immaculate, but you could tell they just didn't have any spare money."

"We brought in the toys and the two boys went crazy knowing they'd be getting presents for Christmas. But the little girl, we noticed, just kind of stuck to her mom's side. Then we bring in the food and we set it down and head to leave, then the little girl went over to her mom and asked, 'Does this mean we are going to have food for Christmas?'"

"There wasn't a dry eye in the house... and that's really the impact that this program has on families."

## Join our team

Opportunities are available in a variety of fields including:

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- Housekeeping
- Information services
- Management
- Nursing
- Nutrition services
- And much more!

Visit [samhealth.org/Jobs](http://samhealth.org/Jobs) to learn more or apply.

EOE

Samaritan Health Services

## The City of Lincoln City is currently recruiting for the following positions:

The City of Lincoln City is an Equal Employment Opportunity Employer who supports hiring a diverse workforce.

---

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Operator III: \$25.04 - \$31.95 (Non-Exempt, Grade 12)

OPEN UNTIL FILLED  
First Look: November 6, 2020

Lincoln City has a great opportunity to work with Public Works in the Wastewater Treatment Plant! Wastewater Treatment Plant Operators perform various duties required to operate and maintain the City's Class IV Wastewater Treatment Plant in compliance with State and Federal regulation; while meeting the specific effluent standards established by the facility's NPDES permits and protecting public health and the health of the receiving stream.

TO APPLY: • Complete the City's online application: <https://secure3.entertimeonline.com/ta/6119466.careers?CareersSearch>

- Résumé required
- Cover letter required—include a cover letter with your résumé that explains your interest in the position and highlights your qualifications

All required items must be submitted by 5:00 p.m. on November 6, 2020 to be included in the first application review process.

Questions about the recruitment should be directed to: Abigail Edwards, Director of Human Resources [aedwards@lincolncity.org](mailto:aedwards@lincolncity.org) 541-996-1201

OPEN UNTIL FILLED

First Look at Applications: October 30, 2020

Lincoln City has a great opportunity for adults and teens, 15 and older, with the Parks and Recreation Department at the Community Center! Lifeguards ensure the safety of patrons of the aquatic facility by preventing and responding to emergencies. They provides for health, safety, and welfare of all pool patrons at all times.

Additional duties include supervising the rock-climbing wall as scheduled.

TO APPLY: Fill out the City of Lincoln City's online application at <https://www.lincolncity.org/jobopportunities>

Applications must be complete by October 30,2020 for consideration in the first round of applicants.

Questions about the recruitment should be directed to: Abigail Edwards, Director of Human Resources [aedwards@lincolncity.org](mailto:aedwards@lincolncity.org) 541-996-1201

Applications must be complete by November 6, 2020 for consideration in the first round of applicants.

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### POLICE OFFICER

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New Recruits and Laterals  
--Two (2) Positions

COMPENSATION: \$26.22 - \$35.11 per hour (LCPEA 2020/21 Wage Scale) OPEN UNTIL FILLED FIRST LOOK: November 6, 2020

Lincoln City Police Officers are part of the LCPEA Union. Additional testing must be completed prior to the closing date of this announcement in order to be considered. Please see the full summary for details.

The City of Lincoln City Police Department is currently accepting applications for two (2) Lateral or Entry Level Police Officer positions. Lateral Police Officer Lateral transfers must meet all entry-level requirements and must have at least completed the Oregon DPSST Academy, or another state's equivalent of the Oregon Academy, and have successfully completed a probationary period of full-time paid service as a sworn police officer in a civilian governmental jurisdiction immediately prior to application.

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Applications must be complete by November 6, 2020 for consideration in the first round of applicants.

Questions about the recruitment should be directed to: Abigail Edwards, Director of Human Resources [aedwards@lincolncity.org](mailto:aedwards@lincolncity.org) 541-996-1201

### Part-Time Lifeguard

Parks and Recreation Department--Community Center  
Non-Represented/No Benefits  
\$12.50 - \$14.75 per hour

Lincoln City's largest and most trusted news source.

# OPINION/OBITUARY

## ONLINE POLL

### This week

**How will you be doing your holiday shopping this year?**

- Online
- At Stores
- Both

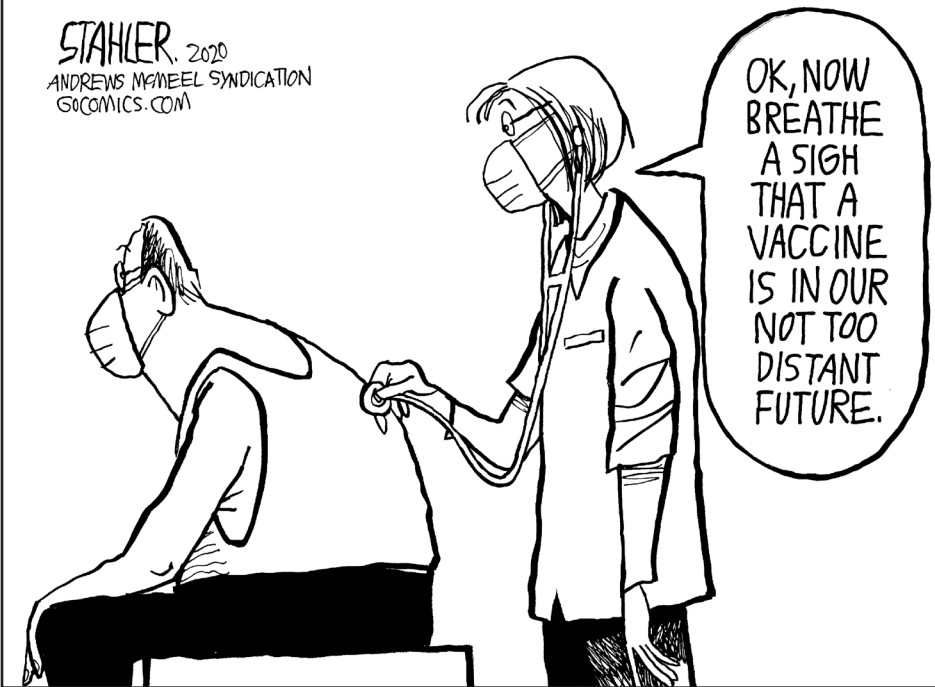
Vote online at [thenewsguard.com](http://thenewsguard.com) see how your opinion compares.

### Last week's results

**What is your favorite Thanksgiving Food?**

- 19% Turkey
- 12% Mashed Potatoes
- 44% Stuffing
- 15% Pie
- 10% Other

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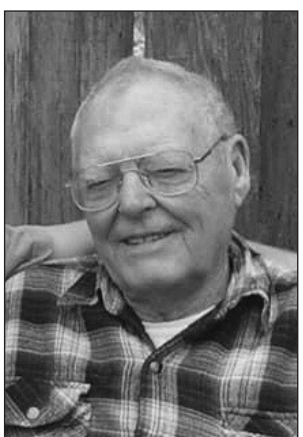
1-800-273-8255 | [suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

## OREGON YOUTHLINE

877-968-8491 | Text "teen2teen" to 839863

## IN MEMORY

Submission deadline for Obituaries is 12 p.m. on the Friday before publication.



### John A Ryland

John A Ryland, 92, died peacefully in his sleep on Monday November 23, 2020.

He was born in Nampa, Idaho on August 23, 1928 to George A and Billie Ryland.

John leaves behind his children, Warren Ryland, Joan Johnson and George (Sonya)

Ryland. Siblings, Anna (Bob) Sargent, Margie (Jim) Strother and Leah (Howard) Clark. He also had the honor of being a grandfather (7), and great-grandfather (11).

During WWII John was a Merchant Marine and later joined the US Navy. He was Honorably Discharged from the Navy and enrolled into college where he was recruited by the

CIA. With his family he traveled the world as part of his job. John retired as Multnomah County Deputy Sheriff in 1990.

After retirement "Sheriff John" moved to Gleneden Beach, Oregon, he made many friends around the pool table. John was a pool shark and everyone wanted their chance at beating him. He never

met a person he didn't like or didn't want to help.

John is preceded in death by his parents, brother, Joe Ryland, sisters, Georgette Pulju, and Sheila Ryland, his former wife and mother to his children, Armalee Stevens, daughter-in-law Kathy Ryland, his son James A. Ryland and many friends.

## OPINION

# Column: Update from the Siletz Bay Music Festival

In March, when we opted to cancel the 2020 festival due to the uncertainty of the future, it never occurred to us that half a year later, a certain future would still be beyond our grasp. After months of kneading dough, concocting new soup recipes, knitting socks for an army, cleaning closets until there were none left, searching websites for the perfect sofa, and in an attempt to break out of the COVID doldrums, we decided to create a plan for a living, breathing Siletz Bay Music Festival for 2021. We don't know if it can happen but if it can, we'll be ready.

To begin, we examined what we know. On the down side,

because of COVID and more recently the fires, grant sources for the arts have dwindled with many funders now focusing on emergency needs; businesses that were once sources of support are struggling, or sadly, no longer viable; in the best of circumstances, we can expect that audience capacity will be limited so less revenue from ticket sales. On the plus side, we are resourceful and nimble; we still have support of some venues, suppliers and personnel; and most importantly, we have our intrepid Artistic Director, Yaki Bergman, who is not only a master of the podium, but also a master of making things work.

In practically no time we came up with a budget, an outline, and a blueprint for a 2021 festival. By limiting the number of venues and performances we could still produce an exciting and vibrant festival that would include favorite artists, an ambitious musical program, and a fresh approach to this traditional event.

Nothing is cast in stone but as of this writing, the 2021 Siletz Bay Music Festival will take place from June 25 through the Fourth of July utilizing Lincoln City Cultural Center and the Congregational Church as venues. Programming will consist of recital, chamber, jazz, Tapas and

symphonic pieces.

The loss of live music has been a huge blow to us all but just as difficult is the lost opportunity to be with friends and family, both those on stage and those in the audience. Making this plan has breathed new life and energy into the board. We hope sharing these ideas will give you a lift as well. Stay tuned for updates and please continue to be safe. It is our fondest wish to be together again next summer.

- Jain Sekuler, Board Member  
Director of Production

# OP-ED: Systemic racism has health consequences

Racism is not just a destructive social crisis. At Samaritan Health Services and the Intercommunity Health Network Coordinated Care Organization, we strongly believe it's a public health crisis, as well.

When it comes to the "Social Determinants of Health" issues of safe housing, educational opportunity and steady employment, there isn't a level playing field. For generations - going back hundreds of years in this country -- systemic racism has been a driving force of social determinants and a major barrier to health equity.

Racism structures opportunity and assigns value based on how a person looks. Whether that bias is intentional or unintentional, racism hurts the health of individuals and our nation by denying some people the opportunity to attain their highest level of health.

Health care organizations nationwide are increasingly focused on their role and responsibility in addressing racism, health equity and the Social Determinants of Health.

As a physician and a senior leader at Samaritan Health Services and our region's Coordinated Care Organization (IHN-CCO, which is operated by Samaritan), I see how racism affects the health of patients, CCO members

and the larger community, specifically in the areas of mental health, chronic disease, maternal and infant mortality rates and life expectancy. Treating immediate medical concerns is merely placing a clinical band-aid on a set of circumstances far deeper and long-lasting. Until we address systemic racism, the health and quality of life of our neighbors and friends will inevitably continue to decline, and I have seen instances of this firsthand in my work in urgent care. In this current COVID-19 pandemic, we hear reports of how people of color are disproportionately affected by this disease.

In recognition of the connection between racism and health, Samaritan Health Services and IHN-CCO are expanding their investment in equity and inclusion as part of a four-year plan that was launched last January. (You can find the plan at [samhealth.org/Equity](http://samhealth.org/Equity).) The plan was developed in 2019 by Samaritan's Equity and Inclusion Council, of which I am a member. It outlines dozens of activities designed to enhance health equity within Samaritan facilities and among Samaritan employees. The initial focus of our work is to expand our employee training around equity and inclusion and to strengthen our language

access services for patients and members who do not speak English as their primary language.

The recent acts of violent racism that have played out so publicly in recent weeks has only affirmed the urgent need for all of us to listen, learn and seek to understand. Additionally, we are committed to fostering an environment of equity and inclusion throughout our organization that respects, affirms and values the rich backgrounds and life experiences of our workforce and the communities we serve.

Recognizing that diversity, equity and inclusion is a process that requires us to consistently reflect on our actions and measure our progress, we will continue to seek your feedback on how we're doing and will be transparent in sharing what we learn.

Our collective health - as individuals and as a caring community -- depends on it.



- Kevin Ewanchyna, MD, a Corvallis family physician, is Vice President/Chief Medical Officer for Samaritan Health Plans and IHN-CCO. He also serves as the current President of the Oregon

Medical Association.



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- **Custom:** Choice of length and wording. The cost is \$75 for the first 200 words, \$50 for each additional 200 words. Includes a small photo at no additional cost.

- **Premium** Obituary: Often used by families who wish to include multiple photos with a longer announcement, or who wish to run a thank-you. Cost varies based on the length of the announcement.

All obituary announcements are placed on The News Guard's website at no cost.

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# Health Matters

by Samaritan Health Services

## Whether young or old, here are ways to feel better when feeling lonely

Most everyone experiences feelings of loneliness at times. Whether physically separated from those we love or feeling a lack of connection even when with others, loneliness can come over us at any time.

When we feel lonely more days than not, it can be a serious risk to health.

“Loneliness has become a more talked-about issue recently, especially because of the forced isolation for many of us during the pandemic,” said Sandra Minta, PsyD, health psychologist with Samaritan Health Services. “Loneliness has been a known health risk for a long time. It can lead to depression and anxiety, and increase a person’s risk for other serious medical conditions.”

These conditions include high blood pressure, heart disease, obesity, weakened immune system, depression, cognitive decline, Alzheimer’s disease and even death.

### Young people, children are at risk, too

Reports show that more than one-third of adults age 45 and older feel lonely, and nearly one-fourth of adults age 65 and older are socially isolated. Some studies have found that people ages 16 to 24 may be the loneliest segment of the population.

“Loneliness really affects people of all ages and for many reasons,” said Dr. Minta. “Sometimes, loneliness is caused by situational changes, such as moving away from friends and family, changing schools, divorce, the death of a loved one or being physically isolated from others. Often this type of loneliness can be countered by reaching out to loved ones, remaining connected to friends at your previous school or engaging in a focused activity.”

Helping children cope with loneliness begins with communication, said Dr. Minta. Children may know they feel sad, but may not be able to identify it as loneliness. Parents and their children can talk about ways to overcome loneliness that would work best for them.



“Make a list of ideas that your child could do when they feel lonely, such as dancing to a favorite song, crafting or calling a family member or a friend. This list can empower your child to know they have their own resources to help them cope,” Dr. Minta said. “If you feel your child is more than lonely and possibly depressed, it may be a good idea to reach out to a mental health specialist for help.”

### Evaluating your loneliness

“Sometimes loneliness doesn’t pass. Maybe the loneliness originates from a lack of self-esteem or a belief that we are not worthy of meaningful connections with others,” Dr. Minta said. “Or someone may no longer feel enjoyment from activities they used to consider fun. In those times, talking with a mental health professional may be helpful to move a person forward.”

To help evaluate your loneliness, Dr. Minta said self-reflection is a good place to start.

“When you feel lonely, instead of trying to think of a way to avoid loneliness or change the feeling, start by exploring where it comes from,” she said. “What is causing your loneliness? Did you previously enjoy spending time alone but now you don’t? Do your friends make you feel lonely or perhaps your work situation?”

“When we understand the reason for our loneliness, we can begin to find some solutions. Maybe we need to strengthen some relationships we already have or seek out new people in our lives. Or maybe we need to engage in new activities that give us a sense of purpose,” she said.

### Ideas to counter loneliness

- Learn something new. YouTube videos are an excellent source to learn nearly everything from the tango to trigonometry.
- Take photos. Use your smartphone or an inexpensive digital camera to see the world around you from a new perspective. What would that dandelion look like from an ant’s perspective, or the tea kettle in hyper-close detail? Use free online photo editing software to enhance and distort your images.
- Create surprise care packages for others.
- Sightsee in your own town. Get to know your town as a tourist would.
- Friends can agree to watch the same movie then meet afterwards on Zoom or FaceTime to discuss. Or use the Netflix Party app to watch together.
- Host a story reading on FaceTime. Everyone comes dressed as their favorite character.
- Read a book that includes a character you identify with.
- Write to someone you haven’t talked to in years. Get reacquainted by letter.
- Keep a gratitude journal and list everything that makes you thankful.
- Plant a variety of flower bulbs this fall so that spring is a colorful surprise.

*Dr. Sandra Minta is a health psychologist with Samaritan Family Medicine Southwest. To establish care with a mental health provider, call 800-863-5241. If you need immediate help, call the 24/7 Suicide Prevention Lifeline at 800-273-TALK (8255).*

## Keeping healthy eating on track: five tips for the holidays

It’s that “food-centric” time of year when tempting foods surround us. Whether your weakness is walnut fudge or ladles of gravy, the holidays have a bad reputation for ruining diets.

Mica Ward, a registered dietitian at Samaritan North Lincoln Hospital, has experience treating people with all types of nutrition challenges or chronic medical conditions. She knows that attitudes about food and eating are as much psychological as medical, so she offers these tips to help keep everyone on track during the holidays:

**Set achievable goals:** Everyone’s goals will look different, but prohibiting all sweets and treats or insisting on an uninterrupted exercise schedule during family visits and rainy weather probably isn’t reasonable.

“You want to have goals that are achievable,” she said. “If there are too many rules, people become closet eaters or decide that it’s too hard and won’t even try.”

**Avoid random eating and snacking:** “What I see most commonly that’s problematic is random eating,” said Ward. “I think it’s good for people to pick moderate portions of their favorite foods for one meal on a holiday, but where it gets to be a problem is if uninhibited eating starts Thanksgiving morning and doesn’t end until Valentine’s Day.”

**Be selective:** A one-meal splurge doesn’t give you a free pass to pile up your plate. Pick the things you want the most, not a lot of everything.

**Stick to a schedule:** Ward encourages people to stick to their typical schedule as much as

possible during the holidays — exercise, regular meal plans and healthy snacks keep the body’s blood sugars stable.

**Change your tastes:** Conditioning your body to like the foods that are good for you is a great preventive measure before the holidays and helps you in the long run. Ward often hears from patients a belief that their craving — sweets, salty, sodas — will never go away.

“The reality is that people develop a taste for the things that they eat,” she said. “My regular patients have inspiring stories about how their tastes changed once they started eating nutritious food regularly and cut out the high-sugar, high-fat and high-calorie foods.”

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## Living healthy

Community classes to keep you healthy

### Memorial celebration online for all to view

A tradition during the holidays, Samaritan Evergreen Hospice’s annual Light up a Life memorial celebration is being presented virtually this year. The remembrance includes reflections from hospice chaplains, a memorial slideshow of loved ones who left us this past year and a candle-lighting ceremony. It is now available to view at [samhealth.org/LUAL2020](http://samhealth.org/LUAL2020).

### 12 Days of Giving begins on Dec. 1

Visit [samhealth.org/12Days](http://samhealth.org/12Days) every day between Dec. 1 and Dec. 12 to have some fun and be better informed about health care services in the Newport area. Enjoy video tours of your new hospital, stories of friends and neighbors whose lives have been positively impacted, the opportunity to win prizes and more. For information, call 541-270-6413.

### Support group helps cancer survivors thrive

A cancer support group meets monthly on the first and third Wednesday to offer helpful information and networking to individuals who are living with cancer or who are cancer survivors. The next dates are Dec. 2 and Dec. 16, from 3 to 4:30 p.m. For information on how to attend, contact Debbie at 541-574-1811.

### Class teaches breastfeeding basics

New or expectant moms are invited to attend this one-session online class on **Thursday, Dec. 3, from 1:30 to 3 p.m.** to learn about establishing a good milk supply, preventing common problems, pumping, milk storage and more. To register, call 541-917-4884 or enroll at [pollywogfamily.org](http://pollywogfamily.org).

### Class prepares women for childbirth

A virtual childbirth preparation class will help expectant women and their partners prepare for labor, birth and the first few weeks after birth. They will gain confidence as they learn about the labor process, relaxation and breathing techniques, breastfeeding and more. The next three-week series begins on **Monday, Dec. 7, from 6 to 8 p.m.** To register, call 541-917-4884 or enroll at [pollywogfamily.org](http://pollywogfamily.org).

### Learn about weight management options

Are you looking for weight management solutions? Samaritan Weight Management Institute offers free virtual information sessions about the steps involved with weight loss surgery and how to qualify for the procedure. The next sessions are **Tuesday, Dec. 8, 10:30 a.m. to noon** or **Tuesday, Dec. 15, 1:30 to 3 p.m.** Register at [samhealth.org/Bariatrics](http://samhealth.org/Bariatrics) or call 541-768-4280.



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# Four ways to shop local this holiday season

**THE NEWS GUARD**

Shopping local has become on trend thanks in large part to nationwide marketing campaigns. In fact, Small Business Saturday has become a shopping holiday in its own right — and fares well against its more big-box competitors Black Friday and Cyber Monday.

Here are four ways you can shop local this holiday season.

**Gifting Hand-Crafted**

A handmade gift can add a special note of thought to a gift. But remember to think outside the box. Shopping local can actually allow you to achieve the best of both worlds: Gifting an item that is unique and handmade while also saving yourself the time and stress of creating something yourself.



And let's face it, not all of us were blessed with a crafty gene or skilled artisan hands. This is why local markets exist.

**Visit a Local Bakery**

Hand-crafted is not limited to wares. For those on your list who prefer a minimalist lifestyle (or have everything), consider a consumable gift. Local bakeries go into overdrive during the holiday

season, producing many delicious treats. Consumable gifts are a great way to show someone you care. One of the great things about local bakeries is that they take advantage of the high store traffic, and often produce specialty items only available during the holiday. Homemade marshmallows and cocoa-dusted truffles will make any friend feel loved.

**A Gift with a Story**

Don't hesitate to strike up a conversation with the shop owner. Because local businesses have a vested interest in their own success, they take special care with the items they stock and often know how things are produced. If you find your intended gift has a story, share it. For an added touch of thoughtfulness, choose a piece of fine stationery and write the item's story down.

Include the note with the gift.

**Online Platforms**

Many online forums serve as communities of small-businesses selling handcrafted wares, many of which who work out of their homes. While this may not necessarily be shopping local in the traditional way, it is most definitely shopping small. (You also can probably find local sellers on these platforms.)

It is important to support small businesses because most are family-run. A majority of these businesses are so small they need to keep their overhead low, which means no brick and mortar building. By purchasing items from these shops, you are helping someone else's dream grow and gaining a handmade gift in the process.

# The top reasons to support local businesses

**THE NEWS GUARD**

Shopping local is the ultimate gift you can give your community and it is an incredibly patriotic act. By shopping local, you keep your money local, investing in the place that invests in you.

Here are some of the top reasons to visit local businesses this year.

**Non-Profits Benefit**

Local business owners donate more to local charities than non-local owners. Their employees volunteer with these organizations as well...

and you get what you give!

**Local Business Owners Invest In Community**

Local businesses are owned by people who live in this community, are less likely to leave, and are better invested in the community's welfare and future. They sponsor the local sports teams, help raise money for the Fire Department and collect food for the food pantries...among many others. In times of hardship, the locally-owned businesses come through in a big way!

**Stimulating the Economy**

When you purchase at locally owned businesses rather than nationally owned, more money is kept in the community because locally-owned businesses often purchase from other local businesses, service providers and farms. Purchasing local helps grow other businesses as well as the local tax base. The need for affordable housing is great but so is the need for living wage jobs. When you choose to reinvest your hard-earned cash in these companies, you are helping employees house their families.

**Unique Businesses Create Character & Prosperity**

The unique character of your local community is defined in large part by the businesses that reside there, and that plays a big factor in your overall satisfaction with where you live and the value of your home and property.

**Most New Jobs Are Provided By Local Businesses**

Small locally owned and operated businesses are the largest employers nationally. Plus the more jobs you have in

your community, the less people are going to have to commute which means more time and less traffic and pollution.

**Customer Service Is More Personal**

Local businesses often hire people with more specific product expertise for better customer service. Plus, the personal touches, attention to detail and catering to your needs are the perks of shopping a small business. You are also going to see these people around town and having a positive presence is the best way to promote a small business.



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# COMMUNITY

## Chinook Winds provides meals to LCSD families

**MAX KIRKENDALL**  
newsguardeditor@countrymedia.net

For the past several years, the Lincoln County School District (LCSD) has been helping feed families in need during the holidays.

This year, with the ongoing pandemic and with minimal funding, the program was in question. But thanks to Chinook Winds Casino Resort, 45-50 families in North Lincoln County were able to receive a hot meal for Thanksgiving.

On Tuesday, Nov. 24, Chinook Winds took a freshly cooked feast over to the Taft 7-12 kitchen that was individually packed and set in boxes for local families.

"Each year we get a list of families in need and we call them to see if they want to receive a turkey dinner and from there we usually get donations," Taft 7-12 Principal Nick Lupo said of the Thanksgiving program. "This year, Chinook Winds was awesome enough to

donate around 300 servings of everything."

With just a few volunteers, the Taft staff packaged 300 servings of turkey, corn, stuffing, mashed potatoes and gravy into to-go containers purchased using a grant. Using a separate grant, LCSD was able to purchase a few extra holiday treats for families this year.

"We also bought some board games this year with another grant we got, so everyone got two games, colored pencils, crayons and their own pumpkin pie," Lupo said.

Once everything was packaged up and ready to go, a few staff members hand delivered all the meals to wherever the family was staying. The families were chosen through the school's Homeless Education and Literacy Project (HELP), families affected by the Echo Mountain Fire Complex and a few other families that are economically disadvantaged.

"We kind of had a list of names already from those affected by the fires, so that was



one of the ways we were able to reach out to those folks and get our list going," Lupo said. "It's a great way to help out these families in need."

NEWS GUARD PHOTOS/MAX KIRKENDALL  
**Chinook Winds Casino Resort helped Taft 7-12 staff feed 45-50 families for Thanksgiving.**



## Lincoln County astronomer offers lecture through OCCC

### THE NEWS GUARD

Let's start out the last month of 2020 by looking to the stars.

Lincoln County astronomer Sifan Kahale is preparing a series of five presentations for Oregon Coast Community College's Winter Term community education lineup. She's also spreading the word about a special presentation beaming live from Hawaii this Friday night, from one of her colleagues.

On Friday, Dec. 4, at 9:30 p.m. local time,

you can tune in to a free, online streaming broadcast from the Institute for Astronomy at the University of Hawaii. Dr. Luisa Rebull's presentation, "The Universe in the Infrared: Spitzer's Final Voyage," will explain how cool and dusty things in the universe appear bright in infrared. The Spitzer Space Telescope, launched in 2003 with an expected life span of five years, was one of NASA's great observatories. On Jan. 30, 2020, Spitzer completed its mission. In this talk, Dr. Rebull will

summarize some of the interesting engineering that made the mission so successful, and will cover scientific highlights from 16 years of Spitzer observations.

The talk, starting at 9:30 p.m. PST, can be viewed live online at <https://tinyurl.com/if-amai>.

Keep looking up Friday's talk is something of an appetizer for what comes next for stargazing coastal residents. Kahale is planning a series of presentations starting in January to keep us all

looking forward to those rare clear Winter nights.

The series will include the return of her popular four-session series of classes designed to help folks who own a telescope – and perhaps have let it linger, dusty, in a closet somewhere for too many years – to get the scope set up and working properly. The classes begin Jan. 28, making them also a great starting point for folks who might receive a telescope for Christmas.

Before the telescope series begins, Sifan will offer a free one-hour

presentation on Jan. 14 entitled "What Keeps Sifan up at Night." Far from a litany of worries and stressors, instead Sifan will talk about how astronomers capture some of those beautiful images of the planets and deep-sky objects we've all marveled over. She'll guide attendees through her daily (well, nightly) routine, and promises to show some pretty pictures, and to interpret them for the audience. The class will be offered live via Zoom.

The Winter 2021 com-

munity education course schedule will be available online by Monday, Dec. 7, at [oregoncoast.edu/community](http://oregoncoast.edu/community). The Winter course schedule, "Catch the Wave," will be available only in digital format this term. Due to ongoing course limitations caused by the pandemic, printed copies will not be mailed county-wide, as is the general practice for the College.

For more information, call OCCC's Community Education department at 541-994-4166 and watch the website for updates.

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