

Health education classes ... PAGE 8

September 7, 2021

Serving Lincoln City Since 1927

Stard

Locally sourced ingredients are staple for Lincoln City personal chef

By Amber Deyo newsguardeditor@countrymedia.

This summer, D.J. Mendivel threw his chef's hat into the ring of business ownership and has been preparing and serving personalized meals for locals and tourists, from shopping for the ingredients to doing the dishes.

Mendivel has worked in the restaurant business for about 18 years, mainly cooking for the past 10 years. When COVID-19 hit, he was unemployed for a long period of time. He said when he went back to work, there weren't enough people working, yet they were being flooded with customers.

"There weren't enough people to take care of them, and I saw a need," he said. "We couldn't take parties of more than six, and I thought, I want to be there to take care of those parties and take care of people."

He said whether it's a local not wanting to drive and wait and fight the tourists for a table, or a group of tourists who can't seem to get a reservation, by coming to them, he can take some of the pressure off, and not just in the restaurants but on the roads.

"We're local and we have a family, so we know how difficult it can be to just go to dinner," he said. "The clients we've serviced so far said thank you for being available and thank you for being here and we didn't have to get a sitter and you made our kids food that they actually ate, and they loved it."

His wife Sarah said she has always been supportive from the time he first told her about what he wanted to do. She worked while he got it started and now, she works to help him flourish. They are celebrating their one-year wedding anniversary in September and they said this has been a bonding experience and a learning experience.

"I just cook. And there's a lot that goes into that. And I'm really good with people," he said "But as far as paperwork goes and fundamental things like that, she's taking care of it. It's not that she wasn't valuable to me before, but I see more value in her, and because of it, I'm like, 'oh wait, I need her so bad.'"

Mendivel said their average party size is six, but he's served as many as 50 people and right now they have a dinner for two special. He said it's a very personalized experience, and the menu is designed around what is available seasonally as much as possible.

"As a chef, I use the seasons as my guide and I always have seasonal fresh vegetables," he said. "There's a lot of places around here that may serve the same stuff, and they all get their stuff through the same people, but I get my stuff through local farmers and the



Chef D.J. Mendivel and his wife Sarah have recently started offering personal chef services in the Lincoln City area

local fishermen."

His basic framework is to first find out if a client wants a casual or formal dining experience. At first contact, he finds out how many people and the type of menu they are looking for. He'll ask about the kitchen and what's available for stove burners and space. The price will be based on what is being served and how much preparation time is needed. He brings everything including a trash bin to take with him when he leaves.

And while he does shop locally and seasonally, he said he can prepare anything. He

Commissioners approve bonus for vaccinated county employees

By Amber Deyo newsguardeditor@countrymedia.net

Last Wednesday, County Commissioners approved a vaccination incentive of \$500 for all county employees who provide proof of vaccination by October 31.

Commissioner Claire Hall said about a dozen constituents contacted her against it and her vote in favor was with mixed feelings.

"Essentially, people are saying, Why do we have to incentivize something that people should be doing anyway?" Hall said. "And why aren't we doing all that we can to make sure that members of the public who end up interacting with county staff are protected from the virus."

Hall said she was also troubled by taking this route rather than a more proactive route. Commissioner Kaety Jacobson questioned if Hall meant being proactive by making vaccines mandatory. Hall referenced the Governor mandating vaccines for all employees of the executive branch and Multnomah County also requiring employees to be vaccinated.

"I know there's a lot of pushback over concerns that it can impact employee morale, that it could lead to termination of good employees, and I've seen coverage that the employee unions are pushing back on these requirements, but what people are saying to me is essentially, if these jurisdictions can do it, why can't we," she said.

Jacobson noted that some of the public comments that were opposed to the bonus weren't based on ideas that were true, as in a comment that the vaccine was experimental. But she noted that the money will not take away from county services or programs as it is from American Rescue Plan Act dollars.

"We still have incentive money to try to incentivize the public to get vaccinated, and there's been questions on what the best incentive for the public would be," Jacobson said. "We're always up to hear those ideas."

Jacobson said that she understands people might be upset, but they have also received many

B'nai B'rith Camp to host fundraiser for local services

B'nai B'rith Camp (BB Camp) is set to host its first fundraiser concert at their newly built amphitheater on Saturday, September 26. Renowned pianist and BB Camp Supporter, Michael Allen Harrison, and his All-Star Band will be performing.

The event begins at 3 p.m. with a picnic style barbecue meal and tours of BB Camp's campus, including the newly built northside cabins and Ampitheater/Aquatics Center. Michael Allen Harrison and the All-Star Band will begin their performance at 4 p.m.

Tickets are \$20 a person or \$40 a family, including BBQ lunch and concert. Tickets can be purchased online at bbcamp.org/bbq. Additional donations to the camp's fundraiser will be appreciated.

"Serving our community during this extraordinarily challenging time has been a true blessing," shared Michelle Koplan, BB Camp Chief Executive Officer. "Thanks to our committed community and many donors, we have been able to continue to do this important work. We look forward to gathering the community to celebrate our community, raise needed funding, and enjoy the beautiful music of Michael Allen Harrison and his All Star Band."

The health and safety of the community are the camp's highest priority. BB Camp will continue to follow current OHA COVID-19 guidance for this event. Concertgoers will be required to show proof of vaccination and wear masks during the event. Attendees are encouraged to bring chairs and blankets for socially distant festival-style seating.

The fundraiser will contribute to BB Camp's continued support of the Lincoln County community.

The BB Camp BBQ & Concert will support BB Camp's work in the local community, particularly the popular BB Day Camp Lincoln City and the Lincoln City Food program. For years, the local community has gathered at BB Camp for the Spaghetti Dinner in May. The BB Camp BBQ & Concert replaces this event.

Since 2006, BB Day Camp Lincoln City has provided the children the opportunity to have an amazing week at camp including hydro-tubing on Devil's Lake, canoeing, swim lessons, a ropes



Michael Allen Harrison and his band will perform at B'nai B'rith Camp on September 16.

course, music, arts & crafts, sports, drama, and team building games that foster independence and cooperation. Children are fed delicious and nutritious breakfasts, hot lunches, and snacks as part of their day camp experience and given books to take home weekly as part of the BB Reads program. More than two-thirds of the children attending the BB Day Camp Lincoln City receive financial assistance through scholarships.

Since 2013, B'nai B'rith Camp has provided free meals to nearby Lincoln County children eligible for free and reduced lunch through the USDA Summer Food Services Program. With COVID-19 impacting school food programs and increasing food insecurity in the state, BB Camp expanded has been serving meals daily to local children at three locations in the County. BB Camp has served over 165,000 meals to food insecure children since June 2020.

In September 2020, wildfires hit Oregon, courageous firefighters stopped the treacherous Echo Mountain Complex Wildfire just blocks away from camp! As BB Camp turned its attention to postfire recovery, their commitment and efforts focused on continuing to provide free, delivered meals to food-insecure and hungry children in our local Lincoln County area, as well as to the evacuees from the Echo Mountain Complex Wildfire. BB Camp continues serving meals to fire survivors and has served over 135,00 meals to date.

Siletz Bay Music Festival 2021 HAPPENING NOW! For details and tickets go to www.siletzbaymusic.org



LCCC's Celtic Series returns with Grammy winning fiddler

What's the difference between a fiddle and a violin? In the hands of a celebrated guest soloist with over 50 symphony orchestras, who also shreds electric fiddle through fuzz, wah and looping effects ... who is called "the future of the Celtic Fiddle" by the Washington Post, and "the Jimi Hendrix of the violin" by the New York Times ... who is Bronx born, yet the nine-time All-Ireland Fiddle Champion. What's the difference? Nothing, in the hands of Eileen Ivers.

The Lincoln City Cultural Center is proud to present this master of music, admired around the world, for a remarkable inperson concert on Sunday, Oct. 3, at 7 pm.

Doors at the center, 540 NE Hwy. 101, will open at 6:30 pm. Tickets are on sale now at lincolncity-culturalcenter.org.

Grammy®-Awarded and Emmy-nominated, Eileen Ivers, continues to push the fiddling tradition boundaries from a folk music staple to a fiercely fresh, powerfully beautiful, intensely driving world stage experience.

Eileen has performed with Sting, 'Fiddlers 3' with Nadja Salerno-Sonnenberg and Regina Carter, Patti Smith, Al Di Meola, The Chieftains, was the groundbreaking Musical Star of Riverdance, a founding member of Cherish the Ladies, a former member of the Hall & Oates band, a featured instrumentalist on soundtracks including "Gangs of New York" and Back to Titanic", and she is one of the most awarded All-Ireland Fiddle and Banjo champions ever.

Eileen has been proclaimed "a national treasure" by NCTA Board Chairman George Holt as she celebrates her 30 plus year career as a performer, composer, producer, songwriter, band leader, educator, multi-instrumentalist and renowned pioneer in connecting her American, Irish traditional, jazz, blues, and world roots.

Eileen's most recent CD, "Beyond the Bog Road", and its extensively researched sixteenpage liner notes focus on the influences of the Celtic tradition on Roots music (bluegrass, French-Canadian, Cajun, Appalachian, Americana) and how the music journeyed on to become a fundamental ingredient of the American Country music tradition. Irish Music Magazine called it "a triumph ... a musical Magnus-Opus" and the album reached number one on the Alt-Country Roots Music Chart.

Eileen's new, energetic, joyous and passionate band, Universal Roots, connect music, cultures, stories and emotions that tie us together ... celebrating the fact that we are more alike than dissimilar.

Music truly is the universal language. The ensemble, with a broad array of instrumentation, features Matt Mancuso (lead vocals, guitar, trumpet, fiddle), Buddy Connolly (button accordion, whistles, piano, vocals), Lindsey Horner (upright and electric bass, baritone sax, vocals), Dave Barckow (lead vocals, percussion, guitar), together with Eileen on fiddle, mandolin, banjo, bodhran, and live looping.

The Eileen Ivers concert will be the first of six concerts in the LCCC's 2021-22 Celtic Music Series. The live music will continue with the duo of Lisa Lynne and Aryeh Frankfurter (Nov. 4), a Celtic Christmas with Men of Worth (Dec. 9), Andrew Finn Magill and Dave Curley (Jan. 27), Cantrip (Feb. 20) and fiddler Gerry O'Connor with Richard Mandel (April 26). Current LCCC members will be extended a special series package price, with all six concerts for \$125; this deal and other series packages will go on sale on Sept. 10.

The Lincoln City Cultural Center is located at 540 NE Hwy. 101, inside the historic Delake School.

Reserved, table seats for the Oct. 3 show with Eileen Ivers are \$20 for youth, \$32 for seniors and students, and \$35 for adults.

Purchase online at lincolncityculturalcenter.org, over the phone at 541-994-9994, or in person during regular building hours, 10 a.m. to 4 p.m. Thursday through Monday.



Grammy winning fiddler Eileen Ivers will perform at LCCC in October.

BONUS From page 1

positive comments from employees. She said it's one thing to make vaccinations mandatory, but it's another thing to actually implement it.

"In general, I'd rather try the carrot than go right to the hammer," Jacobson said.

Commissioner Chair Doug Hunt said that while it's being called a vaccine incentive, he sees it a little differently.

"I think it's a reward for the truly extraordinary work that, in particular, health and human services employees are doing countywide. They've been going 120 percent for 20 months or longer," Hunt said. "All this is saying is we would reward, any employee that has gone above and beyond, doing their normal job responsibilities for an

to provide. His concern was that some people would quit rather than get a vaccine.

The commissioners also approved a temporary 80 hours of paid leave for any

employee who is required to quarantine, has symptoms of COVID-19 and is seeking a medical diagnosis or are caring for someone who meets those criteria.





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extended period of time."

Hunt also commented on the idea of mandatory vaccines. He said that he believed it would more likely created a decline in services they are already struggling

Chei From page 1

has his own special touches, but he said he uses French fundamentals and techniques that can be applied to any dish. He does like to start with a big beautiful charcuterie board, which he's pretty proud of, but it's all based on what the client wants. He said he can also do wine pairings, hot or cold appetizers, salads and so much more. He said his goal to create a business culture of respect, quality and learning.

"Respect of ingredients, of people, of animals. Quality time, quality people, quality ingredients and then learning. Always learning," he said.

More information about his services can be found online at www.chefmendivel.com. He can also be reached by text or phone call at 541-921-9651.

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on the outside including project name, bid date, and time, "Bid Proposal, Bid Bond and Certificate of Residency" and bidder's name. Bid proposals shall be publicly opened and read aloud immediately thereafter. Each bid proposal must be submitted on the forms prescribed by the City and accompanied by a Proposal Guaranty (certified check, cashier's check, or bid bond) in an amount equal to ten (10) percent of the total amount bid. The ten percent Proposal Guaranty shall be forfeited to the City if the bidder fails to enter into a contract with the City of Lincoln City within fifteen (15) days after the date of the Notice of Award. The successful bidder will be required to furnish a bond equal to one hundred percent of the amount bid for faithful performance of the Contract. BID DOCUMENTS - Bidders are not to contact the City or Project Engineer to obtain Bid Documents. Bid documents shall be obtained from ARC, Pacific Northwest Region, Oregon Division (ARC/ Oregon) for the cost of reproduction and delivery, if needed. All contact shall be made with ARC/ Oregon Bid Services department at: 503-227-3424 or via Email at pdx.planmwell@e-arc.com. Bid Documents are available online via its Plan Well service. Go to www.e-arc.com/or/portland, select Public Projects and then the project name from the list. Bid Documents may be viewed and purchased online. The official Planholder's list will be kept on Planwell and any addenda will issued through Plan Well. Additionally, bid documents may be picked up at: ARC/Oregon, 1431 NW 17th Ave., Portland, OR 97209. PRE-BID MEETING There will not be a pre-bid meeting or site visit conducted by the City. Bidders are required to conduct a field review of the project area on their own to acquaint themselves with pertinent conditions prior to preparing and submitting their bid proposal. QUESTIONS - All questions or requests for clarification shall be directed in writing to the Terry Chamberlin, Project Engineer, via email: tchamberlin@lincolncity.org, or by regular mail to Lincoln City, PO Box 50, Lincoln City, Oregon 97367. All written questions must be received by the Project Engineer by 5 PM PST on September 21, 2021, 9 calendar days prior to the Bid Due date The Project Engineer will determine appropriate responses, if any, and if necessary an Addendum will be issued to all plan holders of record at least 5 calendar days prior to the Bid Due date. Any verbal response(s) obtained from any source by bidders will be considered informational and shall not be relied upon by bidders. OTHER BID INFORMATION Bidders must possess a current set of the Oregon Standard Specifications for Construction and the Oregon Standard Drawings (English), published jointly by ODOT and Oregon APWA. For ordering information contact Oregon Department of Transportation (ODOT) at: 355 Capitol St., NE Room 28, Salem, OR 97301-3871 - (503) 986-3720 -Fax: (503) 986-3224 Website: www.odot.state.or.us/contractorplans E-mail: contractorplans@ odot.state.or.us. The Contractor prescribed public bidding procedures and requirements, including the requirement to demonstrate the bidder's responsibility under ORS 279C.375 (3)(b) and that City may reject for good cause all bids after finding that doing so is in the public interest.

NG21-114 IN THE CIRCUIT COURTY FOR THE STATE OF OREGON FOR THE COUNTY OF LINCOLN PROBATE DE-PARTMENT In the Matter of the Estate of: KELLI DEE DUHAMEL, Deceased. No. 21PB06232 NOTICE TO INTER-ESTED PERSONS NOTICE IS HEREBY GIVEN that the undersigned has been appointed Personal Representative of the

the Personal Representative at the address below, or the claims may be barred. All persons whose rights may be affected by the proceedings in this estate may obtain additional information from the records of the Court, the Personal Representative, or the attorney for the Personal Representative. DATED and first published: September 7, 2021. ERIC DUHAMEL, Personal Representative c/o KULLA, RONNAU, SCHAUB & CHAMBERS, P.C., SCOTT J. SCHAUB, OSB #893572, 2210 NE 22nd St., Lincoln City, OR 97367. ATTORNEY FOR PER-SONAL REPRESENTATIVE: KULLA, RONNAU, SCHAUB & CHAMBERS, P.C., SCOTT J.



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999 **Public Notices**

INVITATION TO NG21-113 BIDS CITY OF LINCOLN CITY Lincoln Square ADA Improvements, Phase 2 Bids Due: 2:00 PM, September 30, 2021 WORK - The general nature of work, described in detail in this Contract and in the basis of payment, includes furnishing all labor, equipment, and materials necessary for the construction of the project. Primary items of work include: Remove existing concrete parking lot, regrade, pave and upgrade ramp to meet ADA. BID SUBMITTAL - Sealed bid proposals will be received by Public Works Department, PO Box 50, 801 SW Hwy 101 - City Hall, Lincoln City, OR 97367 until 2:00 PM Pacific Standard Time (PST) on the 30th day of September, 2021. Late bids will not be accepted. Within two working



For required application materials and posting information visit our website at www.ci.bay-city.or.us. City Recorder/Finance Director –

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City or Urban Renewal Agency. The staff report and supporting materials may be reviewed on the City of Lincoln City's website under "Agenda, Packets and "Upcoming Meetings" Video" "September 13, 2021."

NG21-200

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR THE COUNTY OF LIN-COLN

Probate Department Case No. 21PB06636

TO INTERESTED NOTICE PERSONS

In the Matter of the MYRTLE LA-VELLE MEAD, Deceased.

NOTICE IS HEREBY GIVEN that Sharon Marie Day 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 405 W. Arlington Street, Gladstone, OR 97027, 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 form the records of the Court, the personal representative, or the attorney for the personal representative.

Dated and first published on August 31, 2021. Sharon Marie Day, Personal Representative Joseph Q. Kaufman, OSB No. 872702

Attorney for Personal Representative 405 W. Arlington Street Gladstone, OR 97027 Tel (503) 722-3850 Fax (877) 866-1876 joe@jgkaufmanlaw.com



Weekly SUDOKU _

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BLOTTER .ICE

Friday, August 27

7:37 a.m. Trespassing, 801 SW Hwy 101. City hall staff reported someone sleeping on property near driveway. Subject previously trespassed there. Cited and released at location.

1:09 p.m. Missing person, 860 SW 51st St. Advised they ran away from youth group. Entered in LEDS/NCIC as missing.

11:06 p.m. DUII, 1545 NW Hwy 101. Report of two males with SUV backed up close to back of bank. Vehicle was leaving as arriving, traffic stop at NW 17th, taken into custody for DUII, transported to LCPD.

Saturday, August 28

1:09 a.m. Assist/Warrant arrest, 2166 NE Hwy 101, Coin Laundry. Report of velling in front of location. Located subject who had misdemeanor and felony warrants. Taken into custody and transported to LCJ.

Report of subject feeling suicidal. Contacted subject who requested mental health treatment, NLH unable to take, transported to PCH.

10:33 p.m. Hit and Run, SE 51st St and SE Hwy 101. Report of vehicle that struck something with damage and left. Located vehicle at Pier 101, cited for hit and run. Located severely damaged power pole near location. Pacific Power checked for live wires, public works emailed about damage.

Sunday, August 29

2:17 p.m. Extra patrol, 4601 NE Windward Pl. Report of transients going into fenced area where trash receptacles are, leaving items, hanging out and frightening residents. Request extra patrol and to trespass any transients found on property.

4:05 p.m. Assist outside agency, 1037 SW 17th. Firearm denial, report taken.

Monday, August 30

8:43 a.m. Domestic disturbance, 1014 NE Hwy. 101. Report of domestic fight where subject grabbed arm, hair and threatened to smash phone. Arrest made for assault 4, domestic felony and harassment. Transported to LCJ.

10:14 a.m. Ordinance violation, 1800 NW 22nd Ave. Abandoned vehicle towed by Car Care.

11:45 a.m. Burglary, 2735 NW Inlet Ave. Report of male breaking into motel rooms. Subject charged with three counts of burglary 1. Jail declined to lodge, transported to LCPD, cited and released.

2:05 p.m. Domestic disturbance, 4618 SE Hwy 101. Advised of domestic disturbance, report taken.

2:35 p.m. Crash, 801 SW Hwy 101. Report taken and one vehicle towed.

9:55 p.m. Suspicious activity, 4675 NE Johns Ave. Case number issued for investigation.

He was also charged with misdemeanor driving while suspended.

8:55 a.m. Stolen vehicle, NW 22nd and NW Hwy 101. Vehicle that was previously involved in a crash with heavy front end damage was gone from location. Vehicle entered into LEDS as stolen.

2:29 p.m. Theft, SE 50th St and SE 51st St. Report of theft of a data collector used in land surveying.

4:26 p.m. Hit and run, SW 16th St and SW Harbor Ave. Advised vehicle ran over stop sign. Report taken, public works advised.

4:26 p.m. Crash, 5142 SE Hwy 101. A trailer came off a vehicle on highway into backyard, knocking down a light pole. Public works notified.

5:02 p.m. Found property, 1501 SE East Devils Lake Rd, post office. Found lost wallet. Attempted contact, report taken.

7:27 p.m. Traffic, NW 6th Dr and Hwy 101. Traffic stop initiated, driver was placed under non-physical custody, cited and released for providing false information to a peace officer.

for forgery, criminal mischief and felony possession of methamphetamine. Also cited for violation of possession of methamphetamine.

Wednesday, Sept. 1

12:55 p.m. Assault, 1070 SE 1st St. Reported disturbance, victim struck in the face. Subject arrested, cited and released on assault 4 and transported to alternate location.

6:13 p.m. Welfare check, 2200 NE Holmes Rd. Advised they hadn't been heard from in several days. Officers forced entry. Medics and NLFR responded to investigate. Informational case taken to document damage.

Thursday, September 2

10:47 a.m. Crash, NW 22nd and N. Hwy 101. Report of non-injury rear end crash. One driver cited for failure to obey traffic code, other driver cited for driving while suspended.

3:08 p.m. Domestic dispute, 5030 SE Hwy 101. Report of physical domestic dispute. Subject trespassed from location and report taken.

SNOMELTURE?

Extra patrol, 4101 NW Logan Road. Vehicle in parking lot. Requested if vehicle there between2 a.m. and 5 a.m. that they be cited for illegal camping.

7:36 p.m. Welfare check, 1800 SE Hwy 101, US Smoke Shop.

5:21 a.m. Suspicious activity, 1400 NE 11th St. Report of female yelling behind location. She was taken into custody for disorderly conduct 2 and Polk County warrant and transported to LCPD. No beds available at jail. Cited and released.

Tuesday, August 31

1:22 a.m. Traffic stop, 3200 block NE Union. Traffic stop initiated, driver was taken into custody, transported to LCPD, cited and released for driving uninsured, failure to yield for peace officer and failure to obey open container law.

7:38 p.m. Traffic stop, 3219 NW Hwy 101. Subject was arrested for driving while revoked misdemeanor, and lodged on warrants

6:10 p.m. Fight, 1410 SE Hwy 101. Advised of fight at location. Cited and released for harassment, bias crime and disorderly conduct.

Sheriff's Tip of the week: Back to school safety

It's time for many of our children to start back to school. Motorists need to get back in the habit of slowing down near neighborhood schools.

There are more than 15 public and private schools located around Lincoln County.

Each morning and afternoon when school is in session, children are walking to and from school and when there's a chance they may be present, a school speed zone is in effect.

The speed limit is 20 mph in a posted school zone between 7 a.m. and 5 p.m. on a day when school is in session.

If the school zone is equipped with a flashing yellow light(s), then the speed limit is in effect when flashing.

It's vital that we obey these speed limits as our children's safety is at stake. These schools include kindergarten through twelfth grade. Some of these children are five years old and very small.

A parked car can obscure their view of you and your view of them. These young people often fail to

realize the importance of looking before they walk or run out into the roadway.

Driving at 20 mph will give you more time to react and avoid striking them.

The following reveals the distance required to stop at specific speeds.

20 mph = 64 feet 25 mph = 86 feet 30 mph= 112 feet 35 mph = 138 feet 40 mph = 170 feet Five miles per hour can make the difference between whether or not you hit a pedestrian.

As citizens we must protect our children. Traffic crashes are one of the deadliest hazards our children face.

Let's do our part when we pass these schools by slowing down, watching, and expecting the unexpected.

Everyone needs to do their part to ensure the safety of our children.

For more information and tips, visit their web site at lincolncountysheriff.net and Like them on Facebook at Lincoln County Sheriff's Office -Oregon.

Public Health updates COVID-19 numbers and continues to offer vaccine clinics

There were 36 new COVID-19 cases reported as of September 2, for a total of 87 cases in September. Lincoln County had two new hospitalizations reported. Three COVID-19 patients are currently in local hospitals and one in the intensive care unit. They also reported two additional deaths. Thirty Lincoln County residents have died with COVID-19 during this pandemic - eight since the beginning of August.

The would like to ask the public to please contact them if they get a positive result with their at-home test. This website has the form to fill out or a phone number to call. https://www. co.lincoln.or.us/hhs/page/homecovid-19-test

There are a number of opportunities in Lincoln County to get your first or second vaccination for COVID-19. Walk ins at any of these locations are welcome, however, vaccines may not all be available without an appointment. Please note that COVID-19 vaccines are always free and you do not need to provide a social security number or ID. For more information see https://www.co.lincoln.or.us/hhs/ page/covid-19-vaccination-clinics

DATE	LOCATION	SIGN UP	
Wednesday, September 8 3 p.m 7 p.m.	Rogue Bayfront Public House, Outside patio 748 SW Bay Blvd, Newport	https://sugeni.us/WJi8	
Thursday, September 9 10 a.m 2 p.m.	Coastal Phoenix Rising 1014 NE Hwy 101, Lincoln City	https://sugeni.us/Wqb4	
Monday, September 13 3 p.m 7 p.m.	The Sea Note Restaurant 333 Hwy 101 N, Yachats	https://sugeni.us/WqmH	
Tuesday, September 14 10 a.m 2 p.m.	Oregon Coast Community College, 400 SE College Way, Newport	https://sugeni.us/WnBK	
Wednesday, September 15 11 a.m 3 p.m.	Parole & Probation Parking lot 218 W Olive St, Newport	TBD	
Thursday, September 16 10 a.m 2 p.m.	Oregon Coast Community College 3788 SE High School Drive, Lincoln City	https://sugeni.us/WnBr	
Friday, September 17 4 p.m 8 p.m.	La Juquilita 312 SW Coast Hwy, Newport	Call 541-819-0436 or 541-283-5876	
Sunday, September 19 3 p.m 7 p.m.	El Torito Market 304 SW Hwy 101, Lincoln City	https://sugeni.us/Wqb4	
Tuesday, September 21 5 p.m. – 8 p.m.	Reconnections, Taco Tuesday for Recovery Month 332 SW Coast Hwy, Newport	https://sugeni.us/WIeD	
Saturday, September 25 10 a.m. – 2 p.m.	Old Waldport City Hall, Hands Across the Bridge for Recovery Month 125 NW Alsea Hwy., Waldport	https://sugeni.us/WIex	

Hospital volunteer experiences stroke, finds comfort in familiar faces

Health Matters

by Samaritan Health Services

Frightened, confused and alone - even while surrounded by the emergency services team at Samaritan Pacific Communities Hospital — Cyndee Martin was asked to make a quick decision that could potentially impact her health and even her life. She locked eyes with a nurse she recognized and found the strength and trust to decide.

Months later, Martin shared her praise for the small-town hospital with access to big-city services, which helped her to survive a stroke and begin a new phase of her life.

About eight years earlier, Martin had relocated to the Central Oregon coast. With extended family in the Willamette Valley and beyond, Cyndee began cultivating friendships locally, working a part-time retail job and exploring new activities.

One of these activities is volunteering at the Newport hospital.

"I had just started making this feel like my home and a lot of it has to do with the people that I'm associated with at the hospital," Martin said with a smile. "It's a great place to volunteer. The people are so wonderful, and we do a lot of things together."

Martin was trained to work the front desk, assist in the Emergency Department, and to be a comforting presence for patients who have no family or friends with them in the hospital during the last days of their lives.

"I find so much joy in being a volunteer at the hospital. I'm around a great group of people and I go home feeling really fulfilled," she said. "It's a truly wonderful experience for me."

Since the pandemic began in early 2020, volunteers were not allowed to serve in the hospital for many months, for their own safety. However, Martin unexpectedly found herself back inside the hospital walls, a few months into the pandemic — this time as an emergency patient herself.

Martin recalled that frightening day. It was early



on a Tuesday morning and she was reading her emails. When she reached for her coffee, her left hand wouldn't move. She was able to call her mother, who called her roommate, who called for emergency help. Arriving by ambulance to the hospital, Martin said she was very confused and didn't know what was happening to her.

"I thought I felt fine, but my body wasn't working properly," she recalled.

A telehealth neurologist confirmed what the emergency team suspected: she was having a stroke.

A stroke happens when a blood clot stops or restricts the blood supply to the brain, causing brain cells to die. Quick medical action can reduce brain damage and other complications. Martin would need to have an injection of tPA, a clot-busting drug that could restore function – but which also carries the risk of brain bleed and even death.

In the blur of activity, Martin looked around and saw a familiar face, Emergency Department nurse Rexanne Payne.

"I instantly felt safe, just eye to eye with Rex," Martin said. "And, she never let go of my hand."

Everyone agreed to give Martin the injection within the "golden hour" of time when medical intervention is critical to reducing stroke damage. Within about 30 or 45 minutes, her arm started working.

"I had control again," she recalled. "Everyone did every step correctly and saved me from months of physical therapy. They're wonderful."

In replaying the events in her mind, Martin added: "Our hospital is a small, rural hospital which I think makes some people kind of leery. Well, I'll tell you something. Through volunteering there and being a patient there, this is a group of extraordinary people who work as a team, who are caring. I feel so safe going there. I just feel really fortunate."

Go to samhealth.org/CyndeeM to learn more about stroke and hear Cyndee speak about her experience.

Autumn is a good time to assess your health care checklist

Autumn is a busy time for many families, with school schedules, sports activities and thinking about the upcoming holidays. It is also a great time to focus on maintaining good health, since some fall activities require physicals or proof of vaccinations, and many health insurance terms start again in January, when deductibles apply. This health care checklist will keep you at the top of your game.

opportunity for you and your doctor to create and update a personalized health care plan for the coming year.

Vaccinations: These scientific marvels help everyone enjoy a quality of life that would be impossible without

immunization. In addition to the usual childhood vaccines such as those for polio, measles and whooping cough, there are a variety of vaccines for adults to keep in mind like a tetanus shot every 10 years or the shingles vaccine which is covered by most insurance plans after age 50.

be worse than usual since flu did not circulate in a typical fashion last winter.



Screenings: Have you had your annual mammogram? Are you due for a colonoscopy? Has the dermatologist had a chance to look you over? Schedule these appointments soon for your peace of mind

Annual exams/physicals: From well-child exams to sports physicals to adult annual exams, a thorough exam or physical about once a year when you are well gives you and your doctor a wealth of

information to help you meet your health goals.

If you are on Medicare, remember your free Annual Wellness Visit. This is an

This past year brought us coronavirus vaccines in response to the global pandemic. And, don't forget the trusty flu vaccine. Some clinicians have speculated that this year's flu season could and, if you are on a private insurance plan, to get them done before the new year when your deductible will again apply.

Call your primary care provider for an in-person or telehealth appointment. If you need care right away, visit samhealth.org/WhereToGo for information about urgent care, express care and online care options.



Helpful cancer support available virtually

This online Cancer Support Group meets on the first and third Wednesday of each month. It provides a safe place to share your feelings, learn ways to overcome challenges and to foster a sense of community. It is open to anyone living with cancer and cancer survivors. The next meetings are Sept. 1 and 15 from 3 to 4:30 p.m. For information, contact Amy at 541-574-4684.

Online grief support offered weekly

Adults who have experienced the death of a loved one can benefit from this group led by a trained medical social worker. Topics include understanding grief, coping with grief, understanding family dynamics during grief, getting through special days and reinvesting in life. They meet online every Thursday from 3:30 to 5 p.m. To register, call Samaritan Evergreen Hospice in Newport at 541-574-1811.

Prepare for childbirth with online series

This free three-week series helps expectant women and their partners prepare for upcoming labor and birth. The next online session begins Tuesday, Sept. 7, from 6 to 7:30 p.m. To register, visit pollywogfamily.org or call 541-917-4884.

Learn about breastfeeding basics

Learn about establishing a good milk supply, preventing common problems, pumping, normal infant feeding behavior, milk storage and more at this free, online Breastfeeding Basics class on Monday, Sept. 20, from 6 to 7:30 p.m. To register, visit pollywogfamily.org or call 541-917-4884.

Heartsaver CPR class offered Sept. 28

This Community Heartsaver adult, child and infant CPR and AED class designed by the American Heart Association is for people with little or no medical training. It will be taught on Tuesday, Sept. 28, from 9 a.m. to 12:30 p.m. at the Center for Health Education, 740 SW Ninth St. in Newport. Participants will learn to recognize cardiac arrest, how to perform CPR, how to use an automated external defibrillator and how to help someone who is choking. There is a \$45 fee which covers the student workbook and two-year certification. Register by calling Amy Conner at 541-574-4952.

All required COVID-19 health and safety precautions will be followed, including physical distancing, wearing appropriate face masks and minimal interaction between participants.



3043 NE 28th St., Lincoln City • 541-994-3661 samhealth.org/LincolnCity



930 SW Abbey St., Newport • 541-265-2244 samhealth.org/Newport

OPINION

MEWS Guard

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> Ben Kenfield Publisher **Robyn Smith** General Manager and Advertising Sales Amber Deyo Editor/Reporter

WRITE TO US:

We want to hear from you and encourage you to write letters to the editor. Due to space limitations, shorter letters have a better chance of being printed. We may edit your letter for style, grammar and clarity, although we do as little editing as possible. Letters longer than 300 words will not be printed. Letters can be on any topic, but letters on local issues will be given preference.

Letters to the Editor that attack or challenge private individuals or private businesses will be refused. Challenges to public officials may be permitted. Only one letter per writer will be published on a single topic each month.

Thank you letters are limited to mention of individuals and noncommercial organizations and cannot exceed 200 words.

We also welcome longer guest columns. These might be written by newsmakers, public officials or representatives of local organizations. These can run between 450 and 700 words. To verify authenticity, all letters and guest columns must be signed and include your address and daytime phone number. We won't print your street address or phone number. Any guest opinion may appear on our website. While we strive to pu lish all viewpoints, The News Guard and Country Media reserve the right to refuse to publish any letter or guest editorial. Letters to the Editor or guest columns can be sent to: newsguardeditor@ countrymedia.net or P.O. Box 848, Lincoln City, OR, 97367-0848. Letters can also be submitted at thenewsguard.com.





NATIONAL SUICIDE PREVENTION LIFELINE 1-800-273-8255 | suicidepreventionlifeline.org

Redistricting virtual public hearings begin this week

Oregonians are encouraged to testify and provide feedback on proposed maps

SALEM - The House and Senate Committees on Redistricting released their first drafts of Oregon congressional and legislative district maps. The committees will seek feedback on the draft maps during a series of virtual public hearings from September 8-13.

Legislative leaders announced that the upcoming redistricting public hearings will be held virtually due to the recent surge in COVID-19 cases. Oregonians are encouraged to participate in the public hearings by signing up for video or phone testimony, or by submitting written testimony.

Instructions on how to register for video and phone testimony can be found at oregonlegislature.gov/citizen_engagement/ Pages/How-to-Testify.aspx

Members of the public may also submit a map for consideration by using the ESRI redistricting tool. Oregon is 1 of 12 states in the country that has given its residents access to redistricting software and web tools, making it easier for Oregonians to draw their own maps. Maps must be submitted

to the committees by 5 p.m. on Wednesday, September 8.

The Legislature will convene for a special session later this month to approve congressional and legislative maps, which must be submitted to Governor Brown by Monday, September 27.

In addition to the upcoming hearings, the committees previously held 10 virtual public hearings in March and April to hear from residents of the state's five existing congressional districts.

Below is a full list of upcoming virtual public hearings open to residents of the corresponding Congressional Districts:

- Wednesday, September 8:
- 8 a.m. 11 a.m. (District 1)
- 1 p.m. 4 p.m. (District 2) • 5:30 p.m. - 8:30 p.m. (District 3)
- Thursday, September 9:
- 8 a.m. 11 a.m. (District 4)
- 1 p.m. 4 p.m. (District 5)
- 5:30 p.m. 8:30 p.m. (District 1) Friday, September 10:
- 8 a.m. 11 a.m. (District 2)
- 1 p.m. 4 p.m. (District 3) • 5:30 p.m. - 8:30 p.m. (District 4)
- Monday, September 13:

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

ONLINE POLL

This week's question

Last week's results

Have you ever given something (money, food, clothing, etc.) to someone who is panhandling?

Do you believe there will be another government imposed lockdown due to COVID-19?

Yes	
No	

Yes 50% **No 25%** Maybe 25%

Vote online at thenewsguard.com see how your opinion compares.

OBITUARIES

Edna Marian Robinet

Marian was a long time resident of Lincoln City before moving to Tigard,



DEADLINES:

Advertising: Wednesday, 5 p.m. Legals, Community news and listings: Thursday at noon. Sports information and Letters to the editor: Friday at noon.

POSTMASTER:

Send address changes to The News Guard, P.O. Box 848, Lincoln City, OR 97367-0848.

Periodicals Postage paid at Lincoln City, OR 97367 and at additional mailing offices.

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The News Guard has several options for submitting obituaries:

Basic: Includes the person's name, age, town of residency, and information about any funeral services. No cost.

• **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.

- 11 a.m. (District 5)

• 1 p.m. - 4 p.m. (statewide: open to residents of any district)

• 5:30 p.m. - 8:30 p.m. (statewide: open to residents of any district)

Kotek to Run for Governor

Oregon House Speaker Tina Kotek announced today that she will be a candidate for Governor in the 2022 Democratic Primary. Kotek said she plans to focus on both the immediate challenges facing Oregon and building a future of opportunity and justice for all Oregonians.

"Oregonians are living through a devastating pandemic, the intensifying impacts of climate change, and the economic disruptions that leave too many behind. We must get past the politics of division and focus on making real, meaningful progress for families across our state.

"I am running for Governor because I know that, together, we can reckon with the legacies of injustice and inequality to build a great future for Oregon."

Kotek has a long, successful track record of working for Oregonians both in and out of office.

Kotek's many accomplishments as Speaker are making a positive difference in the lives of Oregonians and communities in every part of Oregon.

"Together, we have done great things by working for justice, putting people first, and never forgetting our love of the state we share," said Kotek. "I will bring people together for a campaign that will inspire all Oregonians to reach for a better future for everyone."

VOICES OF THE COMMUNITY

Support Elaine Starmer for Ward 1

I support Elaine Starmer for Ward 1 city council in the September 21st, 2021 special election for three reasons. She has:

1. Three years of experience on the Budget Committee which is critical to understanding how local government operates

2. Acquired great skills over 38 years in enterprise level project management and administration

3. A deep understanding of the difficult issues Lincoln City faces and a fearless approach to asking tough questions that uncover the root of complex problems

If you want to know what an organization values, look at where it spends its money. And conversely, where it doesn't spend. Serving on the Budget Committee provides this insight.

Did you know the city sets aside 17 percent of its money for contingency? That amounts to some \$11.5 million. These funds are critical to city operations but compared to Newport, which allocates \$6.7 million for contingency, is it the right amount to ensure adequate cash flow, manage expenses and set aside a cautious reserve? Could a portion of that be spent on Parks or another department/project while still leading adequate contingency monies? Elaine understands this.

Managing complex projects in healthcare and technology requires strong people skills, excellent analytical skills, and a commitment to turning a plan into a reality. Elaine has those skills.

And finally, if it feels like the pendulum has swung too far towards the tourism industry (e.g. aggressively pursuing funding for the "D" River Wayside while ignoring Taft Park), then Elaine has your back.

> David Jamieson Lincoln City

Oregon to be nearer to family members after the death of both her husband Robert and her sister Irene Dolbey. Marian really loved life on the coast and was an active member of the DBE (Daughters of the British Empire) chapter. Marian attended mass at her husband Roberts' parish as well as the Lutheran church with her sister Irene and Eric. She was a volunteer with the local historical society and shared good times with a rescued kitty. Marian was born in Derbyshire, UK, and immigrated to the Union of South Africa after the war where she met her husband, Robert. They immigrated to the USA in 1962 and embraced their

new life in this country. She leaves behind her brother-in-law Eric, niece and nephew Pamela and Paul, as well as their children and grandchildren. She was dearly loved by all and our prayers are offered for her repose. A private memorial service is planned for the near future at Lincoln City.

John Joseph Carver

John Joseph Carver, 89, of Lincoln City, Oregon passed away on Aug. 31, 2021. No services will be held at this time.



Sunday Worship 11 AM and 6 PM Tuesday Ladies Bible Study 10 AM Thursday Night Support Group 6 PM 2160 NE Quay Pl, Lincoln City, Or 97367 • 541-996-3320 www.lincolncitychurchofchrist.org L52238

Darcy Ann Garrett

Darcy Ann Garrett, 63, of Lincoln City, passed away on Sept. 1, 2021. No service is scheduled at this time.

St. Peter the Fisherman Lutheran Church S.W. 14th & Highway 101 541-994-8793 stpeterlc@yahoo.com www.stpeterthefishermanlcms.org Sunday Schedule Adult Bible Study 9:00 am Worship & Sunday School 10:30 am Broadcast on 104.1 FM Available in some areas! **Need Transportation?** We have a bus. Please call the church at 541-994-8793 for information

Everyone is welcome!

Chessman to exhibit Jordan Schnitzer Printmaking Residency

20th Anniversary Folio exhibit, Sept. 10 – Oct. 4

Sitka Center is pleased to announce an exhibit at Chessman Gallery in Lincoln City celebrating the 20th Anniversary of our Jordan Schnitzer Printmaking Residency. The exhibit builds on an exhibit held at Waterstone Gallery in Portland earlier this year.

The Jordan Schnitzer Printmaking Residency (JSPR) was established in 2002 to provide working artists with little or no printmaking experience the opportunity to explore a new creative medium with guidance, instruction and technical assistance from an expert etching printer.

This exhibit will showcase prints created by nine Schnitzer Residency alumni brought back to create a 20th Anniversary Folio. Master printmaker Julia D'Amario created the 10th image. Julia D'Amario was involved in the conception of the printmaking residency program, and has taught every artist in the program. Her expertise and extraordinary passion to share her printmaking knowledge has elevated and expanded the creative conceptions of those she works with. The exhibit will also include work in the 'traditional' medium of the 10 Folio artists.

Folio artists are as follows: Baba Wagué Diakite, Sabina Haque, Linda Hutchins, Dana Lynn Louis, Ryan Pierce, Larry Thomas, Patti Warashina, Heather Watkins, Marie Watt, and Julia D'Amario. In addition to the folio, the



Work by Marie Watt, Untitled 2020, etching

exhibit will feature prints from other JSPR alumni including Chris Antemann, Ellen George, Claire Rojas, and Samantha Wall.

The Chessman Gallery is located inside the Lincoln City Cultural Center (540 NE Hwy 101 in Lincoln City). Gallery hours are Thursday - Sunday from 10 a.m. to 4 p.m. The exhibit will be on view from September 10 - October 4. There will be an opening reception on September 10 from 5 to 7 p.m. in the Gallery. Masks and social distancing required in the building.

Through workshops, residencies and

events the Sitka Center provides time and space for place-based reflection, inquiry and creation at the intersection of art and ecology. A 501(c)(3) nonprofit located on Cascade Head in the Salmon River estuary north of Lincoln City, Sitka offers a place where visual artists, writers, natural scientists, musicians and interdisciplinary creatives of all abilities and backgrounds come to nourish their curiosity and creativity. 2020 marks Sitka's 50th year of offering art- and nature-inspired workshops, residencies and public events on the Oregon Coast. For more details visit sitkacenter.org

County seeking more COVID-19 response workers

Work will be predominantly on equitable COVID-19 vaccination efforts

Lincoln County is in need of more COVID-19 response workers. They especially need response workers who can facilitate mobile vaccination events, which includes coordinating with a variety of colleagues and partners on short time lines, driving the county mobile vaccination van, setting up the clinic space, including tents, tables, paperwork, vaccination, vaccine prep, and observation areas; directing staff and volunteers, and ensuring protocols are followed to ensuring client and staff safety. This position does not follow traditional work hours and the employee should be available to work some weekends and evenings. This person would work with the county vaccination coordinator who plans the events, other on-site facilitators, and volunteers who have months of experience facilitating these types of events. Knowledge of health care policies and protocols would be highly desirable.

They are also looking for someone who can provide outreach and targeted promotion for our COVID-19 mobile events, to assure equitable access to the COVID-19 vaccine and to work with trusted messengers to get vaccination info to vulnerable and marginalized communities. Health Communications knowledge and skills would be an asset. Spanish/English bilingual is preferred.

Both of these positions provide highly rewarding work: primary prevention for COVID-19 for vulnerable populations. They will have the opportunity to collaborate with community-based organizations serving vulnerable populations, staff from a range of entities including Samaritan Health System, and work on a team that is using collaborative and datadriven decision-making. Link to open positions and application submission can be found on the county website at ww.co.lincoln.or.us.

Classes and groups at the Center for Health Education

From Samaritan Health Services

Online: Cancer Support Group. Wed., Sept. 15, 3 to 4:30 p.m. Open to all individuals who are living with cancer, cancer survivors, or caring for a loved one with cancer. Meets the first and third Wednesday of each month. For more information, contact Amy Coppa at 541-574-4684. (FREE) - SHS sponsored

To learn about other cancer support groups, such as the Man to Man Cancer Support Group, contact the Samaritan Cancer Resource Center at 541-768-2171

by a trained medical social worker. For more information and to register, please call Samaritan Evergreen Hospice in Newport at 541-574-1811. (FREE) - SHS sponsored

Online: Childbirth Preparation. Tues., Sept. 7,

6 to 7:30 p.m. Three-week series to help expectant women and their partners prepare for upcoming labor and birth. To register, call 541-917-4884 or enroll at www.pollywogfamily.org (FREE) - SHS sponsored

Al-Anon - Serenity by the Sea. Tues., Sept. 14

a.m. and Monday, September 27, 11:30 a.m. to 12:25 p.m. For more information and to register, visit https:// lu.ma/EFT-Tapping (FREE) -Not affiliated with SHS

Parkinson's Support Group. Tues., Sept. 14,

3 to 4 p.m. Peer-led support group. Get information and support from others living with Parkinson's. Meets the second Tuesday of each month. For more information, call 541-336-3224. (FREE) - Not affiliated with SHS

Family Caregiver Support Group. Wed., Sept. 15, on to 1 p.n

Discuss common

feelings and learn about

resources that offer help.

Meets the third Wednesday

of each month. If you are in-

terested in attending or you

would like more informa-

tion, please email Dixie at

firstaid2015@icloud.com or

call 541-270-7020. (FREE) -

Not affiliated with SHS

Online: EFT Tapping: Stepping into Greatness Wed., Sept. 15, 5 to 5:55 p.m.

Join Karen Aquinas for a group tapping session in a relaxed and supportive online setting. In this session, you will tap on issues that keep you from shining so that you can stand tall and courageously share what you have to offer. For more information and to register, visit https://lu.ma/EFT-Tapping (FREE) – Not affiliated with SHS

Online: Breastfeeding Basics Class, Mon., Sei

family.org (FREE) - SHS sponsored

American Red Cross Blood Drive. Thurs., Sept. 23, noon to 5 p.m.

Schedule your appointment online at www. redcrossblood.org (sponsor code: SamaritanPacificCH) or call 800-RED-CROSS. If you are an eligible type O, A negative or B negative, consider making a Power Red donation. A Power Red donation allows you to safely donate two units of red blood cells during one donation. Donating blood makes a big difference in the lives of others. (FREE) -Not affiliated with SHS

external defibrillator (AED) and how to help someone who is choking. This course is designed for people with little or no medical training. All required COVID-19 health and safety precautions will be followed, including physical distancing, and wearing appropriate face masks. If you are interested, contact Amy at 541-574-4952. Cost includes a student workbook and a 2-year certification. Space is limited. Cost: \$45 - SHS sponsored

Online: Community Health Education Workshops

Living Well with Chronic onditions and Freedom

Online: Essential Oils 101. Wed., Sept. 8, 15, 22, 9 to 10 a.m.

Discover the benefits of essential oils. For more information, free samples or to register, email Dana at dana@essentiallygolden. com or call 541-951-6189. (FREE) - Not affiliated with SHS

Serene Sisters. Thurs., Sept. 9, 16, 23, 30, 6:30 to 7:30 p.m. Women's Alcoholics Anonymous meeting. Meets weekly. For questions or more information, call 503-750-3670. (FREE) - Not affiliated with SHS

Online: Grief Support Group. Every Thursday 3:30 to 5 p.m. Education and support for adults who have experienced the death of a loved one. The loss does not have to be recent. Meets every Thursday and is led

City of Lincoln City seeks volunteer board members

The City of Lincoln City needs volunteers for the following committees:

- **Budget Committee:** 1 City Resident
- Library Board: 1 Student Spot
- 1 City Resident Planning Commission:
- 1 City Resident
- 1 UGB/City Resident Arts Committee:
- 1 City Resident

Please call 541-996-1203 for an application or go online to lincolncity.org.

7 to 8 p.m.

Weekly support program for people whose lives have been affected by someone else's drinking. For more information call Wendy at 971-219-2167 or email hhhill@cablespeed.com The meeting will be simultaneously online using Zoom. Meeting ID: 332 066 359, Passcode: 4673. (FREE) Not affiliated with SHS

Online: EFT Tapping: Energy Wellness. Wed., Sept. 8, 5:30 to 6:25 p.m.

Whether you are new to tapping or a pro, you'll benefit from taking this hour to relax your body and move into a better feeling and healthier place. Additional dates and times: Sunday,

September 19, 10 to 10:55

6 to 7:30 p.m.

Single class focused on breastfeeding. Learn about establishing a good milk supply, preventing common problems, pumping, normal infant feeding behavior, milk storage and more. To register, call 541-917-4884 or enroll at www.pollywog-

Community Heartsaver CPR AED Class - Adult, Child, and Infant CPR. Tues., Sept. 28,

9 a.m. to 12:30 p.m. In this American Heart Association class, you will learn how to perform CPR, how to use an automated

Jacob and Heidi Holzgrafe

Email: info@gagecontractors.com CCB# 22226

from Smoking are scheduled to start early October. For upcoming dates and online registration, visit www.samhealth.org/HealthEdHub. For questions or more information email SHSHealthEd@samhealth. org (FREE) - SHS sponsored



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OCCC Foundation launches raffle featuring 'Ella Salmonella'

Oregon Coast Community College is the home of the OCCC Sharks, but on campus this fall, everyone seems focused on salmon.

This isn't simply because of the upcoming fall Chinook run – instead, it's the buzz surrounding Ella Salmonella, a 40inch fish sculpture on a wood and rock base. Ella was created by world-renowned artist Michael Gibbons, and was donated to the College this spring by his widow, Judy Gibbons.

The Oregon Coast Community College Foundation is currently selling raffle tickets for Ella. Only 250 tickets will be sold, at \$100 each – and all proceeds will support the Foundation.

The mission of the OCCC Foundation is to advance educational opportunities by raising funds for college needs while increasing public awareness of the College and its many benefits. Proceeds from the raffle will be used for student scholarships, grants to faculty for continuing education particularly in the areas of equity and inclusion, and program development as exemplified by the new bariatric suits purchased by the Nursing Department thanks to a gift from the Foundation.

"Ella may currently be viewed in person in the Commons at OCCC's Central County Campus in Newport," said Andrea Spirtos, Executive Director of the Foundation. "Dressed to be the head of her class and ready to impress her school mates, Ella dons a pair of earrings and lipstick. Quite the fashionista!"

Tickets are available from the OCCC Foundation website. The winner of the Ella raffle will be announced on Oct. 28, 2021, during the annual OCCC Donor/ Scholar Reception. Need not be present to win.

"Judy, the opportunity to own one of Michael's pieces is truly an act of beneficence for which I am personally exceedingly grateful," Spirtos said. "Michael was a much-loved artist. His memory will live on wherever Ella lands."

Spirtos added that any potential Foundation supporters who may be considering purchasing a chance to own Ella, but who are concerned about where she may sit in their home or business, may consider donating the sculpture back to OCCC in their name as a donation to the Foundation. "We hope Ella will grace our winner's home or office but, rest assured, she will always have a home at OCCC, where she may be admired for generations to come," she said.

View more of Michael Gibbons' work at the Michael Gibbons Signature Gallery, at 140 NE Alder Street in Toledo. Reach the gallery at 541-336-2797.

Purchase your raffle tickets online, any time, at oregoncoast.edu/ella. Or, to purchase by phone or to learn more about the Foundation and how you can support local community college students and programs, call Andrea Spirtos at 541-867-8531, or email her at <u>andrea.</u> <u>spirtos@oregoncoast.edu</u>.



COURTESY PHOTO

Ella Salmonella, a 40-inch fish sculpture on a wood and rock base, was created by world-renowned artist Michael Gibbons, and donated to OCCC by his widow, Judy Gibbons. The OCCC Foundation is currently selling raffle tickets for Ella. Only 250 tickets will be sold, at \$100 each.

"Preparing for a Changing Coastal Ocean" webinar September 8

The Oregon Shores Conservation Coalition is celebrating its 50th anniversary year with a series of online talks from far-flung experts, addressing the coming challenges of the next 50 years.

On Wednesday Sept. 8, at 8 p.m., Oregon Shores is hosting a webinar by leading marine ecologist Mark Carr of the Long Marine Lab at the University of California at Santa Cruz. Dr. Carr's topic is "Preparing for a Changing Coastal Ocean." The talk is free and open to all.

To register for this event,

go to https://us06web. zoom.us/webinar/register/ WN_hs6gTtF_RcyJ_XWu0K-L1eg

Mark Carr is a professor in and chair of UCSC's Department of Ecology and Evolutionary Biology, and an expert on coastal and marine ecosystems. His lab focuses on understanding the structure and dynamics of populations and communities of nearshore marine organisms and their ecosystems. The underlying themes of this research are two-fold; firstly, to further our conceptual understanding of marine populations and communities by conducting empirical studies motivated by the evolving theory for these systems, and secondly, to apply these concepts to fisheries and conservation problems in innovative ways.

More recently, Carr's lab has developed a broader ecosystem-wide interest in kelp forest ecosystems as part of its role in the Partnership for Interdisciplinary Studies of Coastal Oceans (PISCO, a branch of which is also based at Oregon State University). His lab has a growing interest in coastal salmonid ecology, and is exploring ways to apply such basic ecological information to the conservation of marine species and management of their fisheries.

Dr. Carr will explore the changes we are seeing in the nearshore ocean today, and consider how marine ecosystems may change in the future under the impacts of climate change, loss of kelp habitat, and other factors. His talk isn't so much about fisheries management as how climate change will impact species and ecosystems that support coastal communities and how we think about preparing for that.

For more information

about this event or about Oregon Shores, contact Phillip Johnson, executive director, at (503) 754-9303, phillip@oregonshores.org.







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