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# Hoffman Center features the 7th Annual Community Art Exhibit coming in January

Since 2017, the Hoffman Center for the Arts has hosted an annual winter art exhibit featuring artists from Clatsop and Tillamook counties. The 2023 exhibit posted an open call for artists to reflect their interpretation of the theme “Scarlet” through their mediums.

The 7th annual community art exhibit runs January 7-29 during regular gallery hours, Friday-Sunday, 1-4 pm. There will be a reception, open to the entire community, on January 7 from 2-4 pm.

Work is available for pur-

chase with 70% of the purchase price going to the artist and the remainder benefitting the not-for-profit Hoffman Center for the arts.

Our mission is to be “a welcoming place for north Oregon coast residents and visitors to create, explore and enjoy arts and culture.” We offer year-round events and workshops in Clay, Gallery, Horticulture, Visual Arts, and Writing.

To learn more, sign up for the twice-per-month Hoffman Newsletter at Hoffmanarts.org.



Barry Calvarese



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Dorota Haber Lehigh

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## Grant announced to help upgrade septic systems in county

Will Chappell  
Reporter

County commissioners paved the way for Tillamook County to be the lead recipient on a multi-million-dollar grant that will help to upgrade septic systems across the county as well as in Clatsop and Columbia counties.

Commissioners made the decision at their December 16 meeting and approved the sale of property by the sheriff at an auction, which will take place on January 31, 2023.

The grant to improve septic systems across the county will be coordinated by the Community Action Team, (CAT) which needed a county to partner with to apply for the funds from Oregon’s Department of Environmental Quality.

Casey Mitchell from CAT told commissioners that the application would request just shy of \$2 million, which would be used to repair and replace aging systems.

The funds would allow CAT to perform the work at no cost for low- and middle-income residents.

Upgrades would be financed through 30-year, zero-interest loans that have no payments. Those loans would be repaid only when the property sells and forgiven if the property does not sell during the loan’s term.

This arrangement would be accessible to homeowner making less than 120% of the area’s median income.

Mitchell said that CAT has had great success with this loan structure before, usually seeing funds reused five times before being exhausted.

The grant will allow CAT to upgrade systems in Tillamook, Clatsop and Columbia counties that threaten contamination of important watersheds should they fail.

Mitchell said that being able to offer the work to homeowners with no out of pocket cost made the sell much easier.

CAT will have two years to allocate the funds and an additional year to finish spending the money, allowing for flexibility in work schedules.

Mitchell told commissioners that the grant has a quarterly reporting requirement.

He said that CAT would prepare the reports, but that county staff would need to review and submit them to the Department of Environmental Quality.

He told commissioners CAT had already allocated funds in the grant proposal to reimburse the county for employee time, meaning the county would incur no cost.

Around 15% of homes in Tillamook County have septic systems according to county

# County’s Short-Term Rental Advisory Committee looks at new regulations

Will Chappell  
Reporter

Tillamook County’s Short-Term Rental Advisory Committee began discussing different regulatory frameworks at their meeting on December 13 at the Port of Tillamook Bay.

Committee members asked staff for more information on most of the options presented before moving forward in their decision making.

Each of the options has its pros and cons, although the biggest challenge with any regulation will be addressing already operating properties, according to Daniel Kearns, the lawyer advising the committee.

One option which would mitigate this challenge is limiting the number of nights a property can be rented during the year. Localities using this type of regulation tend to set

the limit between 90 and 120 nights.

Committee members expressed concern that this approach would further concentrate tourist activity in the summer months, leaving properties empty and businesses strapped even more in the winter.

It was suggested that the limit could be monthly or quarterly to encourage more distributed stays.

The second option Kearns detailed was limiting short-term rental licenses to properties that are a primary residence.

This option was dismissed quickly by the committee as too restrictive and removed from the list of options.

The two final ways to restrict the number of properties were distance and density limits, and a hard cap on the percentage of properties allowed to operate as short-term rentals.

Distance and density limits would impose a buffer zone around short-term rental properties to prevent clustering. This clustering has led certain neighborhoods in the county to become what many at the meeting referred to as, “party streets.”

Kearns said that density restrictions could be tailored for different communities but said that bringing existing licenses in line with the new regulations would be very difficult.

The committee expressed concerns about the approach limiting rental activity in developments designed with the practice in mind or in communities like Tierra Del Mar where rental properties outnumber full-time residents.

A cap on the percentage of properties across the counties permitted to hold licenses would be less complicated to implement.

Localities opting for this approach typically set the cap between 12% and 17%, although Bay City recently enacted a cap of 5%. Across the county, between 12 and 24% of properties are currently operating as short-term rentals.

The last two regulatory tools that Kearns described were mechanisms that could bring the number of short-term rentals in line with any new restrictions.

First would be placing a transferability limitation on licenses, leading to attrition of licenses as properties transfer hands going forward.

Someone pointed out that circumventing such a regulation would be as simple as placing the property into the ownership of a trust or LLC and selling that, which Kearns acknowledged was true.

The other option he mentioned was a limit on short-

term rental licenses issued to each property owner.

This would prevent consolidation of property ownership for short-term rentals and reduce the number of licenses.

Committee members asked staff for additional information about the impacts and feasibility of all the proposals, except the primary residence restriction that nobody had favored.

The committee then decided that it would hold its meetings in the Port of Tillamook Bay’s conference room going forward.

Meetings will be held on the second Tuesday of the month from 9:30 a.m. to noon and are open to the public.

Please send any comments to headlightreporter@countrymedia.net.

# Garibaldi Council can’t make quorum, Riggs resigns

Will Chappell  
Reporter

For the second month in a row, Garibaldi’s City Council meeting, scheduled for December 19, was canceled due to the absence of three council members.

In both months, Judy Riggs, Laurie Wandell and Gaylord Forsman were absent from and declined to participate remotely, leaving the body short of a quorum and forcing the meetings’ cancellations.

“I’m disappointed in the disrespect that was shown to the city staff,” Mayor Tim Hall said, “but also to the people who came to hear the

discussion of things that we were supposed to talk about.”

In November, all three of the councilors gave notice of their inability to attend the meeting but in December only Forsman did.

Riggs said that she was exposed to someone who tested positive for Covid on the day of the November meeting and had begun showing symptoms herself.

Wandell said that she was out of town for the meeting and had alerted city staff on the Thursday or Friday before the Monday meeting.

Forsman was also absent from November’s meeting with an illness.

In December, Forsman provided notice that he would be out of town and unable to attend the regularly scheduled meeting.

However, neither Riggs nor Wandell contacted city staff to communicate their absences from the meeting and did not answer repeated calls or texts at the meeting’s appointed start time.

The Herald reached out to both Wandell and Riggs who said that they had separately decided to boycott the meeting for different reasons and without knowledge of the other’s plan to do the same.

Riggs said that she had been “subjected to a hostile work environment and harassment at City Council meetings since May 2022,” in an email.

She pointed to the “bogus” lawsuit that former City Manager Juliet Hyams announced her intention to file in October, characterizing it part of a “smear campaign.”

She said that she had “physical proof to dispute every claim,” but did not elaborate further and had refused previous opportunity to comment on the matter.

The suit will claim that Riggs led a coordinated campaign of harassment against Hyams, leading to her resignation in July.

Riggs said that she had chosen not to attend the December meeting to avoid

further harassment.

Finally, she announced to the Herald that she will be submitting her resignation.

After boycotting what would have been her final council meeting Riggs said, “I can’t fulfill my obligation to the constituents of this town when I am not allowed a voice to bring up their concerns in a public meeting.”

For her part, Wandell said that she had decided not to go to the meeting after Hall and Interim City Manager Jay Marugg declined to add items to the agenda at her request.

Hall shared the email chain wherein Wandell requested the additions, which showed that Marugg had responded to each of Wandell’s concerns.

In a phone call, Marugg said that after answering Wandell’s questions in an email he had not added those items to the agenda as they had been previously addressed in council meetings and it is against the rules

of order to take up settled business again.

Wandell’s concerns included nearly \$10,000 in fines by the IRS against the city, the lack of a contract for Marugg and what she believed was a procedural error in the passage of a resolution earlier in the year.

Marugg and Hall both said that in addition to the emailed response, these items had been addressed numerous times in council meetings.

The fines had been enumerated by Marugg in financial reports and the oversights that led to them had been addressed.

As for Marugg’s contract status, he said that his contract as Fire Chief had been verbally renewed following its expiration at the end of 2021, and his proposal to serve as city manager, accepted unanimously by council, was the operating

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# Commissioners tackle lengthy year-end agenda

**Will Chappell**  
Reporter

The Tillamook County Board of Commissioners handled a lengthy agenda of mostly administrative and clerical items in their last meeting of 2022 on December 21.

Approval of a \$260,000 a contract to dredge the Memaloose Boat Ramp and another for just over \$40,000 in bridge materials for Illingsworth Creek were the only financial outlays decided upon by the commissioners.

The meeting was lengthened considerably by a public hearing on a solid waste violation in Cloverdale, which took nearly an hour.

The hearing concerned a property on East Beaver Creek Road that has well over 100 used truck tires on it.

The resident, whose mother owns the property, told commissioners that he had become enamored with the idea of reusing truck tires for various purposes around his property some years ago.

Tillamook Tire delivered used tires to the property free of charge and he used them to construct a wall along his property line, which he hoped to fill with dirt and berry bushes.

However, his neighbors were not fans of the aesthetic and repeatedly called county officials to the property, starting in 2019.

This began a long saga of removal of some of the tires, repeated visits to the property by county and Department of Environmental Quality officials, and correspondence but a general inertia according to Solid Waste Program Manager David McCall.

McCall told commissioners that this was why the violation was before them for a decision.

He said that beyond annoying neighbors, the tires posed an environmental threat to a creek on the property, as



they are known to leach toxic chemicals into the soil as they degrade.

McCall told commissioners that DEQ requires a permit to store more than 100 tires at a property and that this property had no such permit and was well above that limit.

It quickly became apparent that the commissioners were of the same mind as the other property owners on East Beaver Creek Road and regarded the tires as a nuisance.

They asked County Counsel Bill Sargent how far they could limit the man's tire collecting activities, and he assured them they had wide latitude and could impose

whatever limit they saw fit.

The man seemed to sense that his dream of truck tires as a one-size-fits-all solution to developing the property had come to naught and made it clear he would acquiesce to the commissioners' decision.

He said that as part of his business he had more than ten vehicles and trailers on his property, most of which had sets of spare tires.

He asked that the commissioners take these tires into account when limiting his ability to keep tires on his property and said that he would keep them stored inside.

He also said that he would remove all the tires but asked for a longer grace period than the standard ten days to achieve the costly and time-consuming undertaking.

The commissioners agreed and voted to give the man 30 days to remove all the excess tires from his property.

The rest of the meeting was consumed by preparatory work for 2023.

Commissioners approved new work schedules for sheriff's deputies and support staff at the jail as bargained for by their unions.

They approved the contracting of dental work for Medicaid patients with the smile studio and amended several contracts concerning ongoing work.

They reappointed justices of the peace pro tem and a member of the road advisory committee, and approved a letter of engagement for continuing legal services in labor negotiations with Peck, Rubanoff and Hatfield.

They also appointed County Treasurer Shawn Blanchard budget officer for the county, the solid waste service district and the 4-H and extension service.

Finally, they approved their own liaison duties for the coming year and appointed Commissioner Erin Skaar Chair of the Board for 2023, and Mary Faith Bell Vice Chair. Those appointments rotate amongst the commissioners.

*Please send any comments to [headlightreporter@countrymedia.net](mailto:headlightreporter@countrymedia.net).*



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## Be alert for landslides across Northwest Oregon

The National Weather Service has issued a Flood Watch for portions of Northwest Oregon, including the following areas: Coast Range of Northwest Oregon and the North Oregon Coast. The watches are in effect through late Tuesday night.

Heavy rain may result in landslides in areas of steep terrain, as well as debris flows in and near burned areas from recent wildfires.

Find the latest information here: <https://alerts.weather.gov/cap/or.php?x=1>

Debris flows are rapidly moving, extremely destructive landslides. They can contain boulders and logs transported in a fast-moving soil and water slurry down steep hillsides and through narrow canyons. They can easily travel a mile or more. A debris flow moves faster than a person can run. People, structures, and roads located below steep slopes in canyons and near the mouths of canyons may be at serious risk.

If your home, work, or travel route is in a watch area: Stay alert. Track the flood watch by radio, TV, weather radio, or online. If told to evacuate, do so immediately.

Listen. Unusual sounds might indicate moving debris, such as trees cracking or boulders knocking together. A trickle of falling mud or debris may precede larger landslides. If you think there is danger of a landslide, leave immediately.

Watch the water. If water in a stream or creek suddenly turns muddy or the amount of water flowing suddenly decreases or increases, this is a warning that the flow has been affected upstream. You should immediately leave the area because a debris flow may soon be coming downstream.

Travel with extreme caution. Assume roads are not safe. Be alert when driving, especially at night. Embankments along roadsides may fail, sending rock and debris onto the road.

*For more landslide and debris flow information: <https://www.oregongeology.org/Landslide/debrisflow.htm>*

## Rockaway's emergency preparedness committee sees increased interest in participation

**Will Chappell**  
Reporter

Rockaway Beach's emergency preparedness committee has attracted an uptick in participation recently after an ebb during the pandemic.

The group's December meeting, held on the seventh, attracted more than 15 citizens interested in lending their help during emergent events in the city.

At the meeting, Tillamook County Emergency Management Director Randy Thorpe said that aiding and promoting these local groups was a major focus of his job.

In an emergency, the various communities around Tillamook County will become islands, isolate from outside help, Thorpe told the group. This means that each community needs to be ready to sustain itself in those situations.

It is critical for residents to have a go bag for emergency situations, with experts now recommending bags be stocked for two months.

Also critical will be HAM radio communications, another major focus of Thorpe's job.

He said that the north county leads the way in HAM radio groups and a repeater was recently installed on Neah-Kah-Nie Mountain.

In Rockaway, local John Orloff has taken the lead on HAM radio.

He has been working to revitalize a disused radio shack near the reservoir and is offering a free class to teach the public to operate radios on January 4 from 11 a.m. to 1 p.m.

Thorpe said that radio communications would be vital in coordinating supply delivery in a disaster.

To achieve deliveries in a situation where Highway 101 and other roadways are impassable, Thorpe has been working with the Port of Tillamook Bay and Near Space Corporation to have Tillamook Airport designated a supply hub for the coast.

Their proposal is awaiting final approval from state authorities and would see the airport become the main distribution point for the entire Oregon Coast during a disaster.

The airport's runway is built to withstand seismic events, owing to its military history, and Thorpe expects the plan to move ahead.

Near Space is also helping to develop plans to distribute goods to communities up and down the coast using aerial drones that will be able to carry up to 500 pounds.

Thorpe said that members of the committee should identify zones for supply drops and helicopter landings.

He further advised that the committee should partner with Rockaway Beach Fire and Rescue to apply for emergency preparedness grants from state and federal agencies.

He noted that the Oregon Department of Human Services oversees stocking emergency sheds and

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## TILLAMOOK COUNTY CRIMINAL CONVICTIONS

On October 26, Ricky Dean Sutton, 58, pled no contest and was found guilty of identity theft, a class C felony, committed on or about May 9. Sutton was sentenced to two years’ probation.

On November 1, Joh Joseph Pickel, 22, pled no contest to a charge of unauthorized use of a vehicle, a class C felony, committed on or about November 1. Pickel was sentenced to ten days in jail, 18 months’ probation and a one-year drivers’ license suspension.

On November 3, John Lewis Briley, 35, pled guilty to a charge of theft in the second degree, a class A misdemeanor, committed on or about July 7, 2021, and a count of assault in the fourth degree, also a class A misdemeanor. Briley was given a sentence of 90 days in jail and ordered to serve 36 months on probation.

On November 10, Brock Gabriel Graff, 22, pled no contest and was found guilty of attempt to assault a public safety officer, a class A misdemeanor, committed on May 11. Graff was sentenced to 90 days in jail.

On November 14, Robert Lee Farnsworth, 43, pled no contest to a count of harassment, a class B misdemeanor committed on or about October 26. Farnsworth was sentenced to 20 days in jail.

On November 17, Kenneth Jeffry Hamilton Sheppard, 34, was convicted of assault in the fourth degree constituting domestic violence, a class A misdemeanor, committed on or about November 10. Sheppard was sentenced to ten days in jail and 18 months’ probation.

On November 17, Jacob Michael Morris, 30, pled no contest to a count of theft in the second degree, a class A misdemeanor, committed on or about January 28. Morris was sentenced to six months in jail

On November 17, Jonathan Ray Stevens, 37, pled no contest to attempt to commit criminal mischief, a class A misdemeanor, committed on or about August 20. Stevens was sentenced to 30 days in jail and ordered to pay \$2,226 to Nestucca Valley High School in restitution.

On November 18, Cory Jon Jylha, 37, pled guilty and was convicted of criminal mischief in the second degree, a class A misdemeanor, committed on or about August 28. Jylha was sentenced to two days in jail.

On November 28, Randi Lannette Garrett, 43, pled guilty and was convicted of theft in the second degree, a class A misdemeanor, committed on or about July 2. Garrett was sentenced to 20 days in jail.

On November 28, Leif Eric Cleverly, 27, was convicted of driving under the influence of intoxicants, a class A misdemeanor, committed on or about June 7, 2020. Cleverly was sentenced to a year on probation and a yearlong driver’s license suspension.

On November 28, Timothy Lewis Cushman, 23, was convicted of giving false information to a police officer in connection with a citation or warrant, a class A misdemeanor, committed on or about October 15. Cushman was sentenced to two days in jail.

On November 28, Daria Brandt, 23, pled guilty to a count of harassment, a class A misdemeanor, committed on or about August 7, 2021. Brandt was given a suspended sentence of 18 months’ probation and to pay a \$100 fine.

On November 29, Robert Laron Bristol, 26, pled guilty to one count of driving under the influence of intoxicants, a class A misdemeanor, committed on or about July 7. He was given a suspended sentence of 30 days in jail, three years on probation and a three-year drivers’ license suspension.

On November 29, Jonathan Paul Fender, 34, pled guilty to one count of failure to report as a sex offender, a class A misdemeanor, committed on or about August 10. Fender was sentenced to 20 days in jail and fined \$468.

On November 29, Matthew David Cox, 33, pled no contest to one count of driving under the influence of intoxicants, a class A misdemeanor, committed on or about June 9, 2019. Cox was sentenced to two days in prison, two years on probation and a yearlong driver’s license suspension.

On December 1, Benjamin Ross Hankins, 52, pled guilty to driving under the influence of intoxicants, a class A misdemeanor, committed on or about August 21. Hankins was sentenced to 30 days in jail, three years on probation and a one-year driver’s license suspension.

On December 5, Travis Jordan Bush, 38, pled guilty and was convicted of harassment, a class B misdemeanor, committed on or about October 29. Bush was given a suspended sentence of 24 months on probation.

On December 5, Jason Randolph Curvan, 52, was convicted of assault in the second degree, a class B felony, committed on or about October 29, following a no contest plea. Curvan was sentenced to 70 months in prison and three years on probation following his release.

On December 5, Noah

Lloyd Backstead pled guilty to taking, processing or dealing in food fish without a license, a class A violation, committed on or about July 1. Backstead was ordered to pay a \$440 in fines to the court and \$2,289.60 to the Oregon Department of Fish and Wildlife.

On December 5, Charles Albert Healy, 58, pled guilty to one count of failure to report as a sex offender, a class A violation, committed on or about April 18. Healy was ordered to pay a \$440 fine to the court.

On December 5, Noe Jesus Pascual, 45, pled no contest to driving under the influence of intoxicants, a class C felony, committed on or about June 21. Pascual was sentenced to 90 days in jail and three years’ probation, and his drivers’ license was revoked for life.

On December 5, Maria De Lourdes Angeles Cortez, 40, pled no contest to one count of theft in the second degree, a class A misdemeanor, committed on or about June 3. Cortez was given a suspended sentence of one year on probation.

On December 5, Tristan Wayne Bennett, 22, pled guilty to a count of menacing, a class A misdemeanor, committed on or about June 28. Bennett was sentenced to six days in jail and 18 months’ supervised probation

and ordered to pay a \$100 fine.

On December 9, Ethan Gunner Blayne Johnson, 22, pled guilty and was convicted of driving under the influence of intoxicants, a class A misdemeanor, and recklessly endangering another person, a class A misdemeanor, both committed on or about October 10. Johnson was sentenced to two days in jail, two years on probation and a yearlong driver’s license suspension.

On December 9, Benjamin Ryan Kelly, 46, pled no contest to driving under the influence of intoxicants, a class A misdemeanor committed on or about June 20, 2021. Kelly was sentenced to 90 days in jail and a one-year driver’s license suspension.

On December 12, Preston Michael Huddleston, 20, pled no contest and was convicted of disorderly conduct in the second degree, a class B misdemeanor committed on or about November 15. Huddleston was sentenced to time served.

On December 12, Skyler Trent Cruchelow, 23, was convicted of driving under the influence of intoxicants, a class A misdemeanor, committed on or about March 4, 2021. Cruchelow was sentenced to two years on probation and a one-year driver’s license suspension.

# Tillamook County Transportation District hires new General Manager after nationwide search for leader



**Will Chappell**  
Headlight Reporter

The Tillamook County Transportation District Board offered Brian Vitulli the district’s General Manager position on December 21, and he accepted.

Vitulli will replace Mike Reed who has been serving as the interim General Manager following the death of former General Manager Doug Pilant in early July.

Vitulli will assume leadership of the district on February 6, 2023, at an initial salary of \$115,000 and is receiving

\$10,000 to cover moving expenses.

Green will return to his position as operations superintendent for the district following Vitulli’s arrival.

Vitulli comes to Tillamook from Colorado Springs where he has been transit planning

supervisor since 2014.

He has worked in transportation districts in Philadelphia, Maryland and Colorado dating back to 1996 and has a bachelor’s degree in geography with a focus on planning and a master in public administration.

Board members expressed

optimism for Vitulli’s tenure with the district and thanked Reed for stepping in as interim general manager.

*Please send any comments to [headlightreporter@country-media.net](mailto:headlightreporter@country-media.net).*

## Council

Continued from Page 1

contract for that role.

He said that the city’s attorney had given the okay on both arrangements.

Wandell refused to accept these explanations and decided to skip the meeting without telling anybody because of her displeasure at not having the requested items added.

In her email, Riggs also brought up the unadded agenda items without prompting, while maintaining that she was unaware of Wandell’s planned-but-unannounced absence.

December would have been the last meeting for Wandell and Forsman, as both lost their seats to challengers in the November election.

Riggs also lost a bid to replace Hall as mayor by 20-percentages points, failing to regain the position she held before Hall’s 2020 election.

The meeting cancellations came at an inopportune time for the council, which had important items to address on both agendas.

The Oregon Department

of Transportation is awaiting council approval for a major project upgrading Highway 101 in Downtown Garibaldi and the council was set to consider continued auditing work to bring the city’s finances up to date.

The latter problem has proven especially vexing for the city, which fell behind in its financial reports under former City Manager Geoff Wullschlager, who served during Riggs’s tenure as mayor.

The city’s government did not perform audits after 2018, a shortcoming that is only now being remediated by Linda Bade.

The council was set to hear an update on the progress of 2019 and 2020’s audits at the December meeting and to review a contract for additional assistance for Bade from a licensed CPA.

That contract can be signed without council approval under city rules so the work will progress.

Hall said that he has been in touch with ODOT officials and has been keeping them updated on the delays and they are willing to work with the city to extend the deadline for approval.

But Hall repeatedly expressed his disappointment with the council majority, who he felt were obstructing the city’s functioning out of spite following results of the November election.

“The voters decided that they wanted cooperation on the city council,” Hall said.

Hall is setting up a special council meeting for the first week of January 2023, to swear in new councilors and address the ODOT contract to hopefully avoid construction delays.

He said that he was perplexed by the attitude of the three councilors who were impeding Garibaldi because of what he perceived to be personal animus.

Hall said that his only interest was working for Garibaldi; he held no grudges and was willing to work with anyone to improve the city.

“I want to gain their confidence in letting them know that I’m fair,” Hall said would be his message to Riggs’s voters.

*Please send any comments to [headlightreporter@country-media.net](mailto:headlightreporter@country-media.net).*

## Grant

Continued from Page 1

estimates, which also project that 5-10% of those systems are marginal or failing.

All three commissioners enthusiastically endorsed the plan and quickly voted to have Tillamook step up as the named recipient.

After approving the grant application, the board authorized an auction for real estate that has fallen into the

county’s possession through tax foreclosures and other proceedings.

The auction will be held on January 31, 2023, at 1 p.m. at the Tillamook Library.

Chief of Staff Rachel Hagerty told the board that 20 pieces of property will be auctioned, ranging in size from .02 to 40 acres with bids starting between \$1,000 and \$348,000.



Commissioner Erin Skaar noted that she, Hagerty and Director of Community Development Sarah Absher had checked to make sure the

parcels were not potential workforce housing sites and determined they were not.

Finally, the board held a second public hearing on amendments to the county’s workforce housing tax exemption.

The updates were mostly clerical and did not entail changes to the law’s intent or function and were passed unanimously by the board following the hearing.

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## TILLAMOOK COUNTY WELLNESS

# Gratitude is free – The impact is priceless

**Amanda Ferrat**  
Certified Wellness Counselor and Advanced  
EFT Practitioner Founder of Value Yourself  
Consulting

Gratitude is a word we hear often from November through the holiday season. But what does it really mean, how does it impact our health and well-being, and how do we show more gratitude?

Gratitude is defined by Merriam-Webster’s dictionary as “the state of being grateful, thankfulness”. This points to gratitude being more of a passing emotion or state. Yet there are those that view gratitude as something you develop as an attitude or practice. Researcher and vulnerability expert Brene Brown says practicing gratitude is the key to cultivating joy. Her research has shown that those who are living a joyful life have achieved that joy through having a gratitude practice.

There are health benefits to practicing gratitude as well. It can help you have better sleep and last month’s article taught us why sleep is so important when it comes to our health and diabetes. There

is research showing that if you focus on positive, grateful thoughts before going to bed, you will have deeper sleep and sleep longer. Start saying a few things you are grateful for before you go to bed and watch your sleep improve.

It can also improve your physical and mental health. Positive thinking and practicing gratitude have been shown through neuroscience research to reduce anxiety and depression. It also helps increase motivation to engage in physical activity and can reduce inflammation and fatigue. This can then decrease risks for heart failure and other illnesses. Gratitude also affects the part of the brain where we produce dopamine so gratitude literally will give you and your brain a dopamine hit.

Practicing gratitude can also improve your relationships and your self-esteem. In the research, they found that the parts of the brain that light up and are activated when practicing gratitude are the same parts of the brain associated with moral and social cognition, reward, empathy, and value judgment. Therefore, the emotion of gratitude supports a positive

and supportive attitude toward others.

And it can also help you develop greater self-care practices. By adopting a more positive and grateful attitude, you will begin to show yourself more care and prioritize doing things that continue to improve your health and well-being. These are all great reasons to develop a gratitude practice.

How does one develop a gratitude practice? Create a practice of journaling about what you are grateful for each day. This may be easiest to do either in the morning before your day gets busy or at night before you go to bed. Or if you are ambitious, you can do both! Another fun idea is to write down 1-3 things each day that you are grateful for on slips of paper and then put them into a jar. At the end of the year, or when you are needing some joy, you can pull the slips out and read them, reminding yourself of all the things you are grateful for. Tell people what you appreciate about them when you have the chance. You could write a letter to a friend, send them a voice memo or text, or compliment a stranger on what they are wearing.



Make it a point to tell at least one person each day something about them you like, appreciate or enjoy. Share the gratitude and watch them light up and also get your own dopamine hit. And most importantly, get in the habit of telling yourself what you are grateful for and appreciate about yourself. This one can be more difficult, especially if you are struggling with

your health. You may feel like you do not have much to be grateful for. Yet I encourage you to try, you can start small. You can do this while looking in the mirror, acknowledge something you like about yourself. Or when you’ve accomplished a task, celebrate yourself. The more positive thinking and gratitude you can show yourself and others, the better. The very best part

about practicing gratitude is that it is FREE, yet its impact is priceless!

*Other wellness questions? Email us at [info@tillamook-countywellness.org](mailto:info@tillamook-countywellness.org). For more local health and wellness information, visit [www.tillamookcountywellness.org](http://www.tillamookcountywellness.org) or follow Tillamook County Wellness on Facebook and Instagram.*



## LETTERS TO THE EDITOR

### Hear Ye Hear Ye Garibaldians

With another election behind us, citizens of Garibaldi have made their voices and votes heard. We have re-elected Mayor Tim Hall to another term and elected two new city councilors in Linda Bade and Norman ‘Bud’ Shattuck. Congratulations to them all.

On the other hand, the outgoing councilors Laurie Wandell and Whitey Forsman and along with councilor Judy Riggs who ran for mayor apparently decided they weren’t happy with the final vote count. At the November city council meeting after the election, the three councilors all called late in the day and had an excuse not to be able to attend, hence the city could not conduct important business as a quorum is required. This affected the city staff, Sheriff’s Dept., and citizens that wanted to attend the meeting. This was apparently by design, as the December council meeting was set to convene, councilor Forsman called earlier and said he was out of town and may not make it back in time for the meeting. While the city staff, Sheriff’s Dept., and the citizens waited for 20 min-

utes for the meeting to start NOTHING was heard from councilors Wandell or Riggs! The meeting could not be conducted due to the required quorum, the mayor cancelled to meeting. This is totally unprofessional. This was a slap in the face to the city and the citizens of Garibaldi. These two councilors were being vengeful and obviously did not care who they hurt. Now, Judy Riggs who lost her election to Tim Hall for mayor is still required to fulfill her duties as a councilor on the newly elected city council. I am calling for her immediate resignation for her remaining term as a city councilor for the city of Garibaldi. She has indicated she is not interested in the betterment of the city and told the citizens of Garibaldi they are not important.

*Rolland Sheldon  
Garibaldi*

### Tillamook Postal Service outage

I read Kari Anderson’s comments about sub-standard USPS service in Tillamook specifically Bay City. I live on Highway 6 and thought my USPS service delivery was unique to my loca-

tion. However, after reading Kari’s comments I realized that it is not.

I have been a long-time customer of the postal service and I have never experienced no mail delivery for over a week. Hey, I thought the USPS delivered in all conditions but apparently not in Tillamook. When I tried to understand the reasons for no mail delivery, I ran into the same service challenges cited by Kari. Don’t waste your time trying to reach someone on the phone. Your finger will get sore pushing the call button on Saturday even though the sign on the door says they are open. Don’t ask the counter mail clerks for answers because they only smile and say nothing can be done.

Sadly, I don’t have confidence that this will change in the near term. If you find yourself in this situation I encourage you to complete an online form to start an investigation. Hopefully, if we can get more investigations going we can get this problem resolved.

This site is: <https://www.uspsig.gov/forms/file-online-complaint>

*John Laurin (East County  
on Highway 6)*

## OSP offers \$5 off annual parking permit purchases in December

Give the gift of the outdoors and save this season with the Oregon State Parks 12-month parking permit sale through December.

The permit hangtag once again features whimsical designs from Portland artist El Tran. Holiday shoppers can buy the annual parking permits for only \$25, which is a \$5 savings starting Dec. 1 and running through Dec. 31. The pass is good for 12 months starting in the month of purchase.

Purchasing passes is easy. Buy them online at the Oregon State Parks store. Parking permits are also sold at some state park friends’ group stores and select local businesses throughout the state. For a complete list of vendors, visit [stateparks.oregon.gov](http://stateparks.oregon.gov).

Parking costs \$5 a day at 25 Oregon state parks unless you have a 12- or 24-month parking permit or a same-day camping receipt. The 24-month pass is \$50 and is also available at [store.oregonstateparks.org](http://store.oregonstateparks.org). The permits are transferable from vehicle to vehicle.



## Interest

Continued from Page 2

residents remarked that their local sheds need a resupply. Armed with this infor-

mation from Thorpe, the committee discussed its next steps.

In addition to the upcoming radio course, there will be a free CPR course offered to the public on December 18, from 11 a.m. to 5 p.m. at the

Rockaway Beach firehouse.

The committee is also putting together an emergency preparedness fair for the spring, with details to come.

*Please send any comments to [headlightreporter@countrymedia.net](mailto:headlightreporter@countrymedia.net).*



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[headlightads@countrymedia.net](mailto:headlightads@countrymedia.net).



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CITIZEN

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**Deadline for letters is noon Thursdays.**

The date of publication will depend on space.

**Obituaries**

The North Coast Citizen has several options for submitting obituaries.

- *Basic Obituary:* Includes the person's name, age, town of residency, and information about any funeral services. No cost.
- *Custom Obituary:* You choose the length and wording of the announcement. 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.

- Obituaries need to be submitted by Friday at 5 p.m. the week prior to publication.

All obituary announcements are placed on the North Coast Citizen website at no cost.

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Be seen in the Citizen Classifieds

**Weekly SUDOKU**

Answer

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

**Super Crossword**

Answers

S	A	F	A	R	I		O	F	F	R	A	M	P		A	P	L	O	M	B	
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Super Crossword

OBJECTS OF DEVOTION

ACROSS

1 Serengeti trek

7 Freeway exit

14 Calm assurance

20 Neighbor of Saturn

21 Sun porches

22 Deli machine

23 Aficionado of air ducts?

25 Capital of Cuba

26 Jean jacket material

27 Email chuckle

28 Soccer player Hamm

30 Citrus peels in recipes

31 "House" actor

34 Aficionado of wild, irrational talk?

37 Contributor

38 — spell over

40 State of fury

41 Fly with no co-pilot

42 Thus

43 Hail — (yell "Taxi!")

45 Las Vegas-to-Denver dir.

47 Ending for Japan

49 Aficionado of bellies?

52 Aficionado of sweet fillings?

58 Pet-rescuing org.

59 Walked very stealthily

62 San — (California county or city)

63 CIA missions, e.g.

66 Give the boot

68 River of Paris

69 Louisianans of French descent

70 Café au — (light brown)

72 Aficionado of confidential matters?

75 Shapes of parentheses

76 Member of a ruling family

78 Sank, as a putt

79 Writer Wiesel

81 Once

82 Cuban-born writer Calvino

83 Downgraded

85 Ward with Emmys

87 Aficionado of wickedness?

89 Aficionado of apartment managers?

94 "Taking Woodstock" director Lee

95 NFL stats

98 Loch —

99 Jethro — (rock group)

100 Do pool laps

104 Sir, to Brits

106 All mixed up

108 High-quality black tea

109 Aficionado of Mauna Loa snacks?

112 Set free

115 Fetus holders

116 Be mistaken

117 "— culpa"

119 "Going Rogue" author Sarah

120 Sends in

122 Aficionado of customs officials?

127 Painting on plaster

128 Made even

129 Rocky's last name in "Rocky"

130 Electronic keyboards, for short

131 Escape artists, say

132 Like finger paintings

DOWN

1 Chevy Equinox, e.g.

2 "Rules — rules!"

3 Spanish dance in triple time

4 Lobbies

5 That which destroys

6 Long Island airport town

7 Opposite of west, in Germany

8 Chocolate kiss wrapper

9 Elevator stops

10 Went longer than expected

11 Dog noise

12 Florida's "Magic City"

13 Grilled Italian sandwiches

14 Silvery-gray

15 Town square

16 Energizes

17 Congress' Alexandria — -Cortez

18 Cerebral

19 "Donnie —" (1997 Johnny Depp film)

24 Current unit

29 Assented

31 Laudatory poems

32 Funny Sahl

33 Wound cover

35 U-Haul rental

36 Tableland

39 Be up against

43 Confront

44 Rush after

46 Cut-rate, in brand names

48 "Easy A" star Stone

50 Likely

51 Model

53 Actor

54 Mexican peninsula

55 Road reversal

56 Trespassing deterrent

57 Dancer Bob

60 Flying Pan

61 Spanish squiggles

63 Vintage tune

64 Premium channels

65 Mideastern peninsula

67 "Danke —"

69 "Hear ye!" yellers

71 Like most NBA players

73 Boisterous

74 "That's somebody — problem"

77 Couch

80 Pixie

83 Pea or lentil

84 Sandy hill

86 Tiny blood vessel

88 Actress Swenson

90 Ring out

91 Big pet food brand

92 Mucho

93 Painter Paul

96 Aykroyd of "Soul Man"

97 Up a tree

100 Blue toons of the 1980s

101 Aqueous

102 Deliverers of frozen blocks

103 The Red Foxes' college

105 Macho

107 TV sleuth

108 "The Taking of — 123" (2009 thriller)

110 Last- — effort

111 Brand of cellulose fiber

113 NYSE debut

114 Fish piercers

118 Big PC brand

121 "Rescue us!"

123 "Law & Order: —"

124 NFL stats

125 Neither hide — hair

126 Week division

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As respiratory viruses, hospitalization surge precautions always urged

WILL LOHRE

Country Media, Inc.

The Oregon Health Authority (OHA) advises Oregonians to take precautions against respiratory illnesses in the wake of a flood of hospitalizations.

Oregon health officials said that hospitalization rates have skyrocketed due to the combined impacts of Respiratory syncytial virus (RSV), influenza, and COVID-19

cases is pushing hospitals past their current ICU bed capacity, which never happened during the darkest days of our COVID-19 Pandemic in Oregon,” Sidelinger said during a media briefing Dec. 8.

The panel included the state epidemiologist for OHA, Dr. Dean Sidelinger, and three clinicians who could speak to the severity of the crisis. According to Sidelinger, between Oct. 23 and Nov. 13, Oregon saw a “fivefold” increase in child hospitalizations. While that

number peaked during the week of Nov. 19, the current hospitalization rates remain higher than any previously recorded number.

Influenza in Oregon communities doubled weekly for five consecutive weeks from Oct. 18 to Nov. 28. Hospital visits due to the flu have increased rapidly since late October and affect people 65 and over the most.

“This year’s influenza season has begun earlier than it normally does, and we are seeing high levels of influenza nationwide,” Sidelinger said. “We will keep monitoring the influenza situation and its effect on hospitalization, but we do expect flu activity to maintain its upward trajectory into the winter, particularly as the holiday season and the gathering with loved ones continues.”

**COVID-19 pandemic**

The doctors also stressed that the pandemic is not over.

COVID test positivity rates ballooned from 1 percent to 30 percent. Not only have cases risen, but hospitalization because of COVID as well. Patients with COVID in hospitals have risen from 235 to 347 in the past month, a 48 percent increase. ICU hospitalizations have also increased from 27 to 35, a 30 percent raise.

While death rates have remained steady, the statewide forecast from OHSU published on Dec. 2 suggests that the surge in respiratory illnesses will keep pressure on Oregon’s hospitals. They project that RSV cases will decline while hospitalization from the flu will increase. The forecast projected COVID-19 hospitalizations to peak Monday, Dec. 12 with about 408 patients. However, this peak may extend if more subvariants are more transmissible, avoid previous immunity, or cause more severe illness.

Weekly SUDOKU

by Linda Thistle

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

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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MORE CELEBRATIONS

When you’re feeling your best, it’s easy to find more reasons to celebrate. The providers and staff at Adventist Health are dedicated to helping you enjoy the important moments this holiday season. Staying healthy this winter is as easy as catching up on your annual wellness exam to help keep you healthy and ready for more. To protect yourself against the flu, COVID-19 and variants, schedule an appointment with your provider, or visit [AdventistHealthTillamook.org](#) to see a schedule of flu clinics near you.

Did you know?

The CDC recommends that everyone stay up to date with COVID-19 vaccinations, including all primary series doses and boosters according to their age group. Learn more at [CDC.gov/coronavirus](#)

QR code

Scan this QR code and schedule an appointment with a primary care provider today

Adventist Health