# Planning progresses on new City Hall project

Will Chappell Reporter

Manzanita residents met Monday evening to discuss the ongoing planning for a proposed, new City Hall.

The group heard updates from the project manager and architect about the proposed site at the corner of Manzanita Ave. and Division St. and the preliminary work being done, before breaking into groups to discuss the proposed layouts.

The meeting was part of the continuing process aimed at developing a proposal, complete with budget, to present to the City Council next spring for final approval.

"I think it's the most prudent use of public resources. We have to get down the trail far enough to really understand what the costs are," said Manzanita City Manager Leila

Members of the team leading the project have been holding a series of public meetings to solicit community feedback and elicit buy-in. Aman said that the keys in the early stages of the project are, "transparency, trust and understanding."

The team has yet to develop any type of budget for the project, as they have just finished meeting with applicants for construction manager and general contractor. Project manager Jessie Steiger told

the group that the team hopes to have a hire made within the next few weeks and to begin developing a preliminary budget shortly thereafter.

Steiger presented the group with general outlines of construction costs for any project, detailing the various hard and soft costs, as well as the different types of contingency costs that arise in projects of

Architect Chris Keane then presented three different potential layouts for the project site. Currently, the site is home to a disused school and Quonset hut. The first two proposals for the site involved repurposing either the school or Quonset hut as part of the new City Hall, while the third would entail a complete demolition of both and new construction for City Hall.

Keane explained that the facility would be home to the city's administration, council chambers and police department. Currently, the city's administration is housed across two buildings at City Hall, while the police department is located in the old fire station.

Keane said that the new facility would need to be just shy of 6,000 square feet to fulfill its roles. He noted that the police would need their portion of the building to be built to a risk category 4 standard to enable continued operations during emergencies.



Citizen file photo of Manzanita City Hall.

He suggested considering building the entire facility to that standard so it could serve as the emergency management center for the community.

He also shared the results of a community survey that had been conducted in September that found that many liked the buildings currently at the site and were in favor of their repurposing.

"There's a lot of interest in the community to reuse those

building, but there are also a lot of unknowns," Keane said.

Steiger had shared earlier in the night that inspections of the current buildings for mold, rot, asbestos, lead and other potential hazards as well as a geological survey will be conducted in the next month.

After Keane concluded his presentation on the site's potential configurations, meeting attendees broke into five groups to discuss the pros and

cons of Keane's proposals, before presenting their thoughts to the assembled group.

Meeting goers said that top priorities for them were accessibility of the new facility as well as efficiency. People were divided on whether they preferred keeping the old buildings or building a completely new facility, with most saying that they would need to have an idea of the cost to choose a preferred option.

Some expressed concern that repurposing the old buildings could lead to less longevity but Keane assured the meeting that would not be the case. "Whatever we build here, we're going to build for 50 years," Keane said.

Comments: Contact Will at, headlightreporter@countrymedia.net

## NKN School Dist hires 23 new staff over summer

#### New husband & wife team join administration

Will Chappell

he Neah-Kah-Nie School District filled all of its openings for teachers and administrators during a productive spring and summer hiring season.

The group of new hires moved to the coast from as far afield as Nebraska and Mexico City, and were lured by signing bonuses and moving stipends. The district hired 23 new staff this summer, both licensed and non-licensed.

Husband and wife, Ryan and Ericka Keefauver, both accepted administrative positions with the district and moved from Western Oregon. Ericka is the Special Student Services Director for the district based out of Garibaldi Elementary School. Ryan is the Associate Principal and Athletic Director at Neah-Kah-Nie

'The job of an administrator is removing barriers from teachers so they can do the important, important job of educating students," Ericka said. In her new position, she helps teachers connect students with appropriate, Federal, State and community resources to address their needs.

In his dual roles as Associate Principal and Athletic Director at the High School, Ryan oversees athletics and other student extracurricular activities, while sharing other administrative duties with Principal Heidi Buckmaster.

Mr. Keefauver said that his strengths include improving efficiency of communications and "adapting systems to fit our school's staff and students specific needs."



Ericka Keefauver



The Keefauvers bring more than four decades of combined experience in education to the district. Both began their careers as teachers before earning Masters Degrees and transitioning to administrative roles.

Ericka and Ryan were thrilled at the opportunity to move to the Neah-Kah-NIe School District when the

positions became available. "I moved to the most

Ryan Keefauver

Buffalo Bills.

beautiful place in the world,"



been vacationing on the coast for more than a decade and the couple had planned to retire to the area. The Keefauvers have two daughters

in the district, in the sixth and tenth grades. Ericka enjoys reading with an ocean view,

while Ryan is passionate about sports, spending much of his free time cheering on the Pirates and his beloved

In addition to the Keefauvers, the district was able to fill all of its teaching and administrative positions by retaining staff while making an aggressive hiring push.

"School administrators actively recruited new staff at recruitment fairs, through advertising and word of mouth," said Superintendent Paul Erlebach.

The district filled previously vacant positions at the High School in Spanish, math and business, and hired new teachers for other openings at the Middle and Elementary Schools.

"New hires, if permitted, will enhance the educational experience for students and staff with their infusion of successful ideas, expertise and positive energy," Erlebach said.

While enthusiastic about the District's new hires, he stressed the importance of keeping their current staff. With this in mind, the district gave 6% pay increases to all current staff.

"Our current staff is what makes the school district shine so new staff want to join the Neah-Kah-Nie School District team."



## AAUW, Herald to host forum

The American Association l of University Women – Tillamook, in partnership with the Tillamook Headlight Herald, is hosting a Candidates Forum for the State Senate District 16 and State Representative District 32 races.

All four candidates will be present: Representative Suzanne Weber and Melissa Busch (Senate race) and Logan Laity and Cyrus Javadi (Representative race).

The forum will be held on Thursday, October 20, starting at 6 p.m.

The meeting will be held via Zoom: https://us02web. zoom.us/j/9618460049?pwd=S-3FDT1IBdlhFcHdvVlNNQW-

VWSGVMQT09 Questions can be submitted via email (in advance) to lisaphipps08@gmail.com or can be submitted during the forum in the chat box.

Questions will be read by the moderator.

This is an exciting opportunity to meet the candidates who may play a valuable role in ensuring the success of our

This is a chance to hear directly from the candidates about their vision, experience, and goals and how they will help Tillamook County.

# Commissioners tackle lengthy agenda

Will Chappell Reporter

The Tillamook County Board of Commissioners met this Wednesday morning and addressed a lengthy agenda in a long

After Nan Devlin, Executive Director of the Tillamook Coast Visitors Association, delivered the group's annual report, the Board's first order of business was naming October "Domestic Violence Awareness Month"



in Tillamook.

Tides of Change will be leading efforts during the month. They are encouraging local businesses and residents to install purple light bulbs on the exteriors of buildings in an initiative dubbed, "Shine a Light for Survivors." The group will also be hosting a public educational and fundraising event on Thursday, October

The rest of the agenda dealt with various matters, all of which were passed by unanimous consent.

Four items required fiscal outlays, with the largest coming in the approval of \$1.5 million in funding for the first phase of the parking and facilities redevelopment project at Cape Kiwanda in Pacific City. The project had already been approved with a total budget of \$4.2

million, with funding from a combination of the transient lodging tax and parking fees. \$875,000 of the project's budget has already been secured.

Rachel Hagerty, the Board's Chief of Staff, said there is a chance the new parking lot can be completed by the beginning of next summer with the release of funds. If that does not prove possible a new vault toilet will be installed, with the parking lot project being postponed until next fall.

The Board approved a contract for just under \$67,000, which will use funds from the American Rescue Plan Act to purchase new equipment to enhance data security for the county.

The Board also approved \$45,000 for the County's Health and Human Services department to extend their

Health and Well Being, LLC for another year. Health and Human

contract with the Center for

Services Director Marlene Putnam told the board that her department had been working with the contractor for eighteen months and that they help to facilitate patient referrals and with other bureaucratic and administrative tasks.

Commissioners also approved a request by County Counsel, Bill Sargent, to hire attorney Daniel H. Kearns for consultation on potential regulations for short term and vacation rentals. The attorney will be paid \$250 an hour for his work.

In non-financial decisions, the board approved the Housing Commission's request to apply for a private grant to address the lack of affordable housing

in the county. The grant, issued by the Weyerhauser Giving Fund, is targeted at rural timberland counties in Oregon, with its first priority being affordable housing. The Housing Commission is applying for a grant of \$750,000. Commissioners also gave

approval to Community Development Director Sarah Absher to begin investigating potential regulations for Psilocybin production, processing and distribution in the county, pending voter approval of the industry in November's elections. The Commissioners expressed concern at the Oregon Health Authority's lack of guidelines for the industry with the looming legalization on January 1, 2023, quickly approving Absher's request.

## NCRD Celebrates 25th Anniversary with events



Big and little kids enjoyed birthday cake. Citizen photos by Katherine Mace



Photos of NCRD's Youth Programs on display.



Fun games and activities were a highlight during the celebration.



Kids enjoyed creating art during the day's activities.



These beautiful centerpieces on the table were provided by the Friends of NCRD.

Citizen photos by **Katherine Mace** 



People in attendance were treated to a free BBQ lunch.



Help protect your community by getting your flu shot at our walk-in flu vaccination clinics for those 18 years or older. The bivalent COVID booster is also available. No need to make an appointment. Bring your medical insurance card and a valid ID.

#### Medical Office - Manzanita

10445 Neahkahnie Creek Road, Manzanita 503-368-6244

Tuesday, October 11 10 a.m. - 4 p.m. Thursday, October 27 10 a.m. – 4 p.m.

Learn more about the 2022-2023 flu season and COVID at cdc.qov/flu

This publication supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$396,232 with 0 percentage financed with nongovernmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government. For more information, please visit HRSA.gov.





The Stay Tuned band provided light jazz and beach music for all to enjoy.



#### for the State Senate District 16 and State Representative District 32 races

Hosted by The American Association of University Women - Tillamook, in partnership with the Tillamook Headlight Herald

All four candidates will be present: Representative Suzanne Weber and Melissa Busch (Senate race) and Logan Laity and Cyrus Javadi (Representative race).

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Headlight Herald

## Sticker Shock! Gasoline prices jump over \$5 in Oregon, again

JEREMY C. RUARK

jruark@countrymedia.net

You may have noticed prices at local gasoline stations increased significantly over the past several days. In some areas, the prices rose between 25 cents to 50 cents

This is occurring at a time when the price of gasoline usually declines because of less summer travel.

After 14 weeks of declines, gas prices are on the rise, soaring on the West Coast and in the Midwest with more moderate increases in other parts of the country, according to the latest American Automobile Association (AAA) Price survey.

For the week, the average price per gallon in Oregon rockets up 50 cents to \$5.14. The national average for regular adds seven cents to \$3.75 a gallon. The Oregon

average is the largest weekly jump in the nation.

"Multiple refineries in the Los Angeles area and a refinery in Washington State are experiencing either planned or unplanned refinery work which could last several more days," Oregon/Idaho AAA Public Affairs Director Marie Dodds said. This has put a significant crimp in supplies and sent pump prices soaring in this region. In addition, the Olympic pipeline in Washington is due for maintenance, perhaps as early as this

Hurricane Ian also has the potential to cause problems, Dodds said, depending on the storm's track, by disrupting oil production, refining and transportation in the Gulf of Mexico.

Until this week, the national and Oregon averages had been declining for 14 consecutive weeks, backing away from record highs set in mid-June. The national average reached its record high of \$5.016 on June 14 while the Oregon average reached its record high of \$5.548 on June 15.

"Lackluster demand for gas and lower crude oil prices should take some pressure off of rising pump prices," Dodds said. "But drivers can expect a very volatile couple of weeks due to the refinery issues as well as Hurricane Ian slamming the Gulf Coast."

Crude oil prices have tumbled from recent highs due to fears of economic slowdowns elsewhere around the globe. Crude reached a recent high of \$122.11 per barrel on June 8, and ranged from about \$94 to \$110 per barrel in July. In August, crude prices ranged between about \$86 and \$97. In September, crude prices have been between about \$76 and \$89 per barrel. Last



week, West Texas Intermediate fell below \$80 per barrel for the first time since January, according to the AAA report.

Crude prices rose dramatically leading up to and in the first few months of Russia's invasion of Ukraine. Russia is one of the world's top oil producers and its involvement in a war causes market volatility, and sanctions imposed on Russia by the U.S. and other western nations resulted in

tighter global oil supplies. Oil supplies were already tight around the world as demand for oil increased as pandemic restrictions eased. A year ago crude was around \$75 per barrel compared to \$77 today the AAA report states.

## ODFW recommends to have game checked for CWD this season

The Oregon Department of Fish and Wildlife has recommended that deer and elk hunters have their game checked for chronic wasting disease (CWD) this season.

The recommendation came after CWD was detected in deer and elk in Idaho, near the Oregon border. Hunters transporting deer or elk carcasses during the first

weekends of the respective hunting seasons for those animals will be required to stop at check stations in Prineville, Celilo and Elgin.

Chronic wasting disease is not known to affect humans but threatens deer and elk populations.

"There is no cure, no treatment or vaccine for the disease and it is fatal to all animals that become

infected," said Dr. Colin Gillin, ODFW state Wildlife Veterinarian. Affected animals will appear healthy for several years following infection before symptoms appear.

ODFW has tested more than 24,000 elk and deer for the disease over the past two decades and has yet to detect the disease in the state.

However, with the disease

approaching Oregon's borders after spreading from Colorado and Wyoming in the past twenty years the department is redoubling its efforts.

In addition to the mandatory check points during the first weekend of deer and elk seasons, ODFW is asking hunters to have their deer and elk checked by their local ODFW field office. The testing process is quick and non-destructive.

ODFW will contact hunters directly if an animal they submit is affected and will post negative

results on their website. The local ODFW office for Tillamook County is located in Tillamook at 4907 3rd Street.

# Oregon to receive nearly \$23M to combat opioid crisis

STAFF REPORT

Oregon will receive \$22,972,499 in federal financial help in combating the opioid crisis.

The grant funding is from the U.S. Department of Health and Human Services to combat the opioid crisis, according to Oregon's U.S. Senators Jeff Merkley and Ron Wyden.

In 2021, Oregon overdose deaths increased 41%, compared to a 16% increase nationwide. In 2020 non-Hispanic American Indian and Alaska Native, non-Hispanic Black, male and people

experiencing houselessness were among the highest risk for unintentional drug overdose death, according to the National Center for Health Statistics,

"I've heard heart-wrenching stories from Oregonians who have lost loved ones after a prescription for an injury or treatment turned into an addiction," Merkley said. "The impact of this crisis across communities is immeasurable, but these funds will have a real impact on our continued fight to beat this epidemic. I won't



stop working to deliver resources, solutions, and support to address the needs of those suffering and their

communities.' "Every corner of Oregon has been slammed by the opioid crisis that's ripping apart lives, with the human devastation rippling out as well to victims' loved ones, employers and communities," Wyden said. "This scourge demands a comprehensive response and this federal investment in prevention, treatment and more will help. But there's obviously much more

to be done, and I'll keep

battling to provide all the

resources needed to attack this crisis with the urgency it requires."

Oregon and Tribes in the state will receive:

- \$498,228 to the Confederated Tribes of the Grand Ronde Community of Oregon
- \$15,474,271 to Oregon Health Authority Directors Office of Financial Services
- \$6,750,000 to Northwest Portland Area Indian Health Board
- \$250,000 to the Confederated Tribes of Siletz Indians

What the money will be used for

The awards are intended to address the opioid overdose crisis by providing resources to states, territories, and Tribes for increasing access to FDA-approved medications for the treatment of opioid use disorder (OUD), and for supporting the continuum of prevention, harm reduction, treatment, and recovery support services for opioid use disorder (OUD) and other concurrent substance use disorders

"Every day opioid addiction takes lives and destroys families," the Confederated Tribes of Grand Ronde Chairwoman Cheryle A. Kennedy said. "With this funding from Health and Human Services we will be able to provide critical services through our clinic, Great Circle Recovery, and support patients on their path through recovery."

"Our tribe is so thankful for the funds we will receive," the Confederated Tribes of Siletz Indians Chair Delores Piglsey said. "The opioid crisis has affected our community. The funds will be used for wellness programs, mental health treatment, and every preventative measure that we have been unable to perform without the funding. Recovery efforts are severely needed in rural communities. We thank our Senator for his active participation in recognizing our unique needs."





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**Community Open House** 

Tuesday, October 11th at 6:30pm **NCRD** Building 36155 9th Street, Nehalem

Join the Port of Nehalem Commissioners for a presentation of the Port's Draft Strategic Business Plan Update outlining goals and strategies for the next five years.

There will be opportunity for public comment during the presentation.

The mission of the Port of Nehalem is to build and support an economically and environmentally sustainable Nehalem River, provide residents with an efficient and wellrun port district, and enhance the health and navigability of the Nehalem River for the benefit of the port district, residents and visitors.

The 2022 Strategic Business Plan is designed to align the Port's special district role with their longstanding mission and forward-looking business planning.



PORT OF NEHALEM



Funding for this plan was provided by Business Oregon Infrastructure Finance Authority,

Port Planning and Marketing Fund.

### **Letters and Columns**

# Why I am supporting Betsy Johnson as our next Governor

I've known Betsy Johnson for over 25 years as a State Representative, a County Commissioner and now a Bay City Counselor. Betsy has been my State Senator for well over 20 years. Like many in her legislative district, I know her very well. Many Democrats, Republicans and Independents, including me, considered her to be the best State Senator in Oregon.

Now we get to share her with the rest of Oregon as our next Governor. Betsy doesn't care what your party affiliation is. She cares about serving you. She is Brilliant, witty and your best friend if you have a problem with the state government.

I know from personal experience that our two political parties have gone too far on

Riverbend Players Presents

Saturday, October 8th - 1pm to 4pm

NCRD Performing Arts Center (B Street entrance)

both sides of the political spectrum. If anybody can bring us back together and fix the huge problems facing us Betsy can.

Please join me in voting for Betsy Johnson as our next governor.

Tim Josi, Former State Legislator and Tillamook County Commissioner – and now a Bay City Counselor

#### We need Betsy for Governor

The November election is fast approaching and the race for Governor has really intensified. For me, there's one person who has already convinced me: Betsy Johnson.

Betsy was Tillamook County's Senator and was always responsive to our issues and critical needs.

As founding president of the Emergency Volunteer Corps of Nehalem Bay, we

STAGE ACTING WORKSHOP

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⋆Theater Basics

\*Acting Fundamentals

\*Audition Techniques

believed a critical resource needed during an Emergency was a well-organized Medical Reserve Corps (MRC). The MRC is made up retired doctors, nurses and other registered health professionals. The purpose of the MRC was to train and coordinate these key professionals so when an emergency occurred, they would be ready to help and support our medical professionals.

At the time we organized the MRC, there were numerous roadblocks preventing the State and County from supporting the MRC! We went to Betsy and she went into action. She moved changes through the legislature and in the end, she was amazingly success. Ultimately, the legislators were thanking us for providing the service and appreciative of our commitment.

Fast forward to today, if you got a vaccination from Tillamook County, the vaccine was provided by the



County and administered by our MRC. The County could not have provided the resource without the MRC and the MRC would not be able to provide that service without Betsy.

This is why I support
Betsy – she is a responsive
leader with vast experience
who knows how to get things
done!! Betsy will actually
stand up for us, not special
interests or partisan extremes.
Betsy will bring the best ideas
from both parties together and
work tirelessly to help fix our
state and move us forward.

Please join me in voting for Betsy Johnson as our next governor.

Linda Kozlowski Manzanita

As an Oregonian, born and raised, I share the angst of many others as we watch our great state inch ever closer to an unrecognizable disaster.

On November 8th we have an opportunity to elect a governor who is our best hope to "right the ship."

Betsy Johnson is a fair-minded, hard working politician who is dedicated to finding a way out of the mess this state is in. Political party affiliation is one of the polarizing aspects of our government's inability to move forward on many avenues of reform. Betsy Johnson has chosen to run as an Independent beholden to no one and free to work on both sides of the aisle for fair and intelligent solutions.

As a former business owner, I respect Betsy's understanding of the role that small businesses play in the local and state economy. No one will ever agree to every aspect of a politician's campaign. Overall, Betsy's agenda presents greater opportunity to provide a more mainstream and equitable outcome for the future of this great state.

"Keep doing what you've always done, Keep getting what you've always got." We can no longer afford to kick the can down the Democrats' road.

Please, for the Love of Oregon....Vote for Betsy Johnson for Governor!

Janice Laviolette Nehalem

#### Logan Laity is an Opportunity for HD 32

Logan Laity is an opportunity for all of the citizens living in State House District 32.

Logan is knowledgeable: He has taken the time to meet a broad range of District 32 voters and ask them, "What are the issues most important to you?" He has the curiosity to attend meetings with a wide variety of community groups where he learns about their focus, their challenges, and their opinions for solutions. He is well versed in the ways of the Oregon Legislature through formal education, local and state political affiliations, and direct lobbying of the Oregon

Legislature.
Logan is energetic: He brings the enthusiasm and passion needed to spend the time required for issue research, issue debate, outreach to constituents, and policy formulation.

Logan is all about community: He will be a representative for everyone in District 32. He will include everyone in issue definition and problem solution building.

Logan is the opportunity for District 32 to be represented by someone with broad views, out-of-the-box thinking skills, and a focus on how best to serve the entire

District 32 community.

Logan is the opportunity
District 32 needs to meet
the future. Please join me
in voting for opportunity —
Vote for Logan Laity House
District 32 Representative.

Ruth LaFrance



# TILLAMOOK COUNTY WELLNESS Why I'm in: An interview with Neal Lemery, writer & community volunteer

What drew you to partner with Tillamook County Wellness?

I worked in the legal profession where I saw so



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Member Tillamook Chamber of Commerce



Neal Lemery

many situations that called for vibrant and accessible community health services. After I retired, I volunteered a lot in the community, focusing on improving connections and services with under-served populations. I've mentored a number of young people in prison and others in need of emotional support. Our community is in great need of services that connect people with each other on a personal heart-to-heart level and with essential resources. One day I volunteered at the Homeless Connect event, and saw firsthand the stark disparity of basic health services and human connection, and the need to inform the community on our many social and health needs. I'm a writer, so I have tried to increase that awareness through the telling and sharing of personal stories and available resources. The Wellness program is "boots on the ground" and focuses on actions that are evidence-based and effective.

What, if any, changes have you seen come about as a

result of this work?

There's an increased awareness of individual education and responsibility, of taking small yet significant steps to change lifestyles, to be pro-active, and to work collectively for social change on a community level. I'm interested in not just physical health changes, but also mental health action steps and services, serving everyone.

"It takes a village" has become an accepted attitude in

See **WELLNESS**, Page 5

# Church Services by the Sea Cannon Beach to Nehalem

# Nehalem Nehalem Bay United Methodist Church

36050 10th Street • PO Box 156 Nehalem 97131-0156 503-368-5612

nehalembayumc@gmail.com
The Reverend Steve Wolff
Worship Service: Sunday 11:00

Adult Sunday School:

9:30 A.M. Sunday

Nehalem Senior Lunches: Noon Tuesday & Thursday Nursery Available ADA Accessible

To feature your spiritual organization on this panel:

Contact Katherine at

(503) 842-7535,

headlightads@countrymedia.net.



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Manzanita

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#### **LETTER POLICY**

The Citizen welcomes letters that express readers' opinions on current topics. Letters may be submitted by email only, no longer than 300 words, and must be signed and include the writer's full name, address (including city) and telephone number for verification of the writer's identity. We will print the writer's name and town of residence only. Letters without the requisite identifying information will not be published. Letters are published in the order received and may be edited for length, grammar, spelling, punctuation or clarity. We do not publish group emails, open letters, form letters, third-party letters, letters attacking private individuals or businesses, or letters containing advertising.

#### **Deadline for letters is noon Thursdays.**

The date of publication will depend on space.

#### **Obituaries**

The North Coast Citizen has several options for submitting

- 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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# Public

#### Wellness

Continued from Page 4

the community. The Wellness project has brought about an effective gathering of likeminded people who know how to get things accomplished.

What have you learned from

being involved in this work? As Margaret Mead said, "Never underestimate the power of a small group of committed people to change the world. In fact, it is the only thing that ever has."

What are your hopes for this work as it relates to you?

I need to understand more about the role of trauma in our lives and in our work. Our individual and collective response to emotional and physical trauma is an overarching force in our lives, and we all need healthy tools to respond and heal. We need more trauma-informed care. Our schools are working on that, and we need to follow their lead.

What are your hopes for this work as it relates to changing community health in Tillamook

I've been empowered and I realize that a small group of impassioned, committed people can change community attitudes and provide a collective and effective response to long term problems. Most solutions are found in small communities, and we can effectively work together to make a difference. The Wellness group doesn't take "no" for an answer, and keeps exploring and implementing innovative, creative solutions. This work gives me hope and is an empowering positive force in our community.

Is there anything else you'd like to share?

Each member of the community matters. We each have something to offer. There is an enormous need for mentorship, and we underestimate the power of empathic, one-on-one relationships to change and heal lives.

*Other wellness questions?* Email us at info@tillamookcountywellness.org. For more local health and wellness information, visit www.tillamookcountywellness.org or follow Tillamook County Wellness on Facebook and Instagram.

# northcoastcitizen.com

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# YOU'RE INVITED TO THE

Mildred Davy Memorial Scholarship and Recognition Luncheon

OCTOBER 21, 2022 12:00 NOON

Tillamook Church of the Nazarene 2611 Third Street

Tickets are \$20 each. RSVP required by October 14 to brittalawrence@tillamookbaycc.edu

"Knowledge finds the path. Wisdom lights it." -Mildred Davy, Radio Personality and Beloved Tillamook Citizen

This event celebrates students who received Foundation scholarships and recognizes the generosity of those who make these scholarships possible.

> For more information about the event, contact:

> > 503-842-8222 x1026



## **Obituary**

## Margaret Glenn



fter living alone into Aher 90's, Margaret ("Margo") Archibald Glenn died at age 91, in peace, free of pain, and with a nurse ministering to her needs. She is survived by her daughter Kathleen (Kate) Esther Johnson Menlove, her son Knut Sveinbjorn Johnson, and grandsons Rajh Kirch, Nathaniel Johnson, and Patrick Johnson. She was a friend to many, the last of her siblings to die, and her nieces and nephews gave her much love, returned in full, throughout her life.

Born and raised in Champaign, Illinois, she graduated from University High at age 16 and later from the University of Illinois, after which she moved to Chicago. In Chicago she worked for Encyclopedia Britannica and later for the Francis Parker School. While at Encyclopedia Britannica she corresponded with Albert Einstein and others and at Parker she helped teach many 8th grade students.

A single working mother in the 1960's, she grew to believe moving her children from Chicago would increase their chances of a healthy life. So she enrolled in graduate school at the University of New Mexico, packed up the car, and drove her children across America to a place in the desert she had never seen. She graduated with a master's degree in English and by the time her children were in high school she was teaching for the Albuquerque Public Schools, first at Taylor Middle School and then at

Highland High School. She taught legions of students, and showed them how to be better people, better thinkers, and better citizens. And her commitment to helping others and her community led her to become a union organizer who walked the line for worker's rights.

After her retirement, she moved to Manzanita, Oregon where she contributed to The Elixir, a local arts guide, in 1989. She was very active in the Manzanita community, including volunteering at the library and food bank, and might have been proud to have been known as a rabble rouser for her participation in local government meetings. Manzanita recognized her devoted citizenship by naming her Citizen of the Year in 2006. She also entertained her neighbors with daily conversations and loved to walk her beloved little dog, Mack. Mack, 22-years old, predeceased her when Margo's declining health meant they could no longer walk together each day.

She was the toughest, most loving person you could know. She hated mean spirited people and behavior and always made her children work for what they wanted. She treated her children's friends with respect and honesty - and they loved her in return for valuing them as peers. Her advice was always spot on and to this day many do not make it a big decision without thinking of her. Her youngest grandchild, Patrick, said, "she taught us to stand up for ourselves."

She taught all of us to stand up for the person not in the room, for the underdog, and for others mistreated by the majority. She asked us, with her words and actions, to see others as always being our equals. When her son told her fifteen years ago that she was his hero, she laughed. But she was and is.

And she was always ready to laugh at herself or politicians who disappointed her. With her declining memory at the end of her life she had difficulty with names, and so she took to calling certain politicians "the idiot," and "that fool." And politicians she supported could also be the subject of her withering comments when their words did not match their conduct. But she always loved her family, gardening, her friends, and her community.

Over the past year she diminished in size, strength, and intellect as she began the final part of her journey and seeing her take that journey was increasingly painful to all who loved her. As painful as her loss is, her family and friends know she is thrilled to no longer be shackled by a body and mind that betrayed her fierce independence and intellect. If there is an afterlife, hers is the soul that others turn to for clear and honest thought, for love, and for compassion.

All our hearts are broken for her leaving. But as her days ran out, Kate played music for her, spoke to her, sang to her, sat with her, and made her transition peaceful and loving. Her last room was full of windows and light and she often watched the beautiful Oregon nature from her seat or bed.

She laughed often and much and won the respect of intelligent people and the affection of children. She appreciated beauty, found it in others, and left the world a much better place. Many, many lives breathed easier because she lived. By Ralph Waldo Emerson's definition of success, she was extraordinary. We all miss her so.

Rather than flowers, her family and friends ask that you raise a little hell, stand up for the underdog, and make the world a little better.

There will be a private memorial.



# **Fillamook County Solid Waste**

For more information about recycling or hazardous waste disposal:

Call (503) 815-3975 or email us at recycle@co.tillamook.or.us or visit our website at www.co.tillamook.or.us/solid-waste

## October Focus: Drugs and Sharps

As the rains arrive, it's easy to realize how closely we interact with water. This time of year, and for the next several months, it will seem as though we have an abundance of water - as the grass again turns green and we walk through puddles on a daily basis.

As a community that deals with a lot of water each year, we place a special value on the cleanliness of that water. We admire the hues of blue and green as fresh rainwater interacts with saltwater in the bay, each day presenting us with different portraits of coastal living.

It may be for that reason

that Tillamook County residents drop off unused prescription and overthe-counter drugs through proper channels, rather than flushing them down the toilet, which they eventually make it into

salmon

swim. Fortunately, those "proper channels" are becoming more and more convenient. In addition to secure drop off sites at the Sheriff's Office and several police stations, you can now find secure drug drop off kiosks at most local pharmacies, where you can drop off unused drugs while waiting for your prescription to be filled. Several city halls and fire stations also have mailback envelopes available for the public to obtain and use.

On the last Saturday in October we will again be hosting a collection event at the Fairgrounds, where you will be able to drop off unused drugs, as well as sharps (needles,







SAFELY DISPOSE

syringes). The sharps must be in a hard, red plastic sharps container, but you can drop off one or more containers with our staff on that day – at no charge.

Thank you for doing the right thing, and disposing of your unused drugs and sharps in a safe, secure, proper manner!

**David McCall** Solid Waste Program Manager



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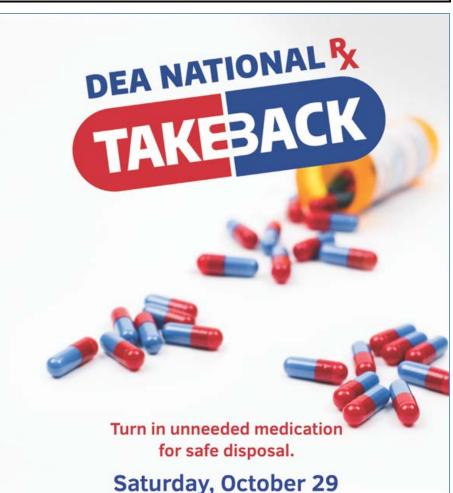
Manzanita Transfer Station 34995 Necarney City Rd (503) 368-7764

on this date: Saturday, October 1, 2022 https://w

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