

Local News

Oregon legislature awards \$1M to Tillamook County to form a coordinated homeless response system

Ashley Tike
Staff Writer

Oregon Legislature passed House Bill 4123, which awards \$1M to Tillamook County and seven other counties in Oregon, for a coordinated homeless response system; declaring an emergency. The other counties are Polk, Benton, Coos, Deschutes, Lincoln, Mid-Colombia and Umatilla.

The bill states that the lack of available housing, high rents and high home prices are driving rapid increases in housing instability and homelessness in Oregon. It adds that Oregon has experienced a significant increase in the number of people experiencing homelessness. Adding that funding, resources and services to address the issue are not scaled to meet this need.

Tillamook County will take a lead in project this alongside Peter Starky with CARE and Tillamook Housing Coordinator Thomas John “TJ” Fiorelli.

“We’re excited to be selected as one of the rural counties to help the state of Oregon understand how to address homelessness issues in rural areas,” Fiorelli said. “There’s no

how-to manual on exactly how to do this, we’re helping them build it.”

The bill goes on to add that the lack of housing affordability and availability in Oregon cannot be addressed without a collaborative effort; and communities require coordinated leadership to identify local needs to end homelessness.

The Oregon Department of Administrative Services will provide the \$1M grant funding given that Tillamook County creates a coordinated homeless response system that consists of; an established coordinated homeless response office, an advisory board, plans for coordination with any local continuum of care, and establishment of a centralized point of contact for the office.

In the County Commissioner meeting Commissioner Erin Skaar said, “I’m glad we have a path forward; Lieutenant Troxel actually planted this seed and it has grown into what we are seeing today so thank you to him and everyone else who worked on this.”

Lieutenant Nick Troxel has been working closely on the homelessness issue in Tillamook County for



A homeless camp on the Hoquarton Interpretive Trail in Tillamook. Photo by Ashley Tike

years now.

“I’ve seen young kids sleeping on couches and in cars and I’ve seen people living on the streets, at the end of the day it’s all about taking an empathetic approach to finding a solution without pointing fingers,” Troxel said.

Troxel is hopeful that this plan and this funding for the county can open the door to even more housing solutions in the future.

Comments: headlightreporter@countrymedia.net

Barbara Trout honored with 2022 Oregon Heritage Excellence Award

Ashley Tike
Staff Writer

The Oregon Parks and Recreation Department announced the 2022 Oregon Heritage Excellence Awards given to individuals, organizations, and projects that have made outstanding contributions to preserving Oregon’s heritage will receive Oregon Heritage Excellence Awards.

Awards recognize action taken to preserve and share Oregon’s heritage over and above the call of duty. “This year’s award recipients represent projects that serve as inspiration and models for preserving Oregon’s stories,

especially the lesser told and untold stories,” said Katie Henry, coordinator for the Oregon Heritage Commission.

This year there is a new award category for stand-out heritage volunteers and recognizing their critical contributions to heritage preservation efforts in Oregon. The 2022 Standout Heritage Volunteers being recognized included Barbara Trout for her fantastic work at the Tillamook County Pioneer Museum and Kilchis Point Reserve.

Trout said that she is honored to be part of a team of hard-working staff, dedicated volunteers and

generous supporters who work to preserve, promote and enhance Tillamook county’s natural and cultural heritage.

She is currently the Museum Board President, and has served on the Board since December 2002.

“This past summer due to staffing shortages I volunteered to open and close Kilchis Point reserve daily, cleaning restrooms, collecting garbage, and offering tours of the reserve,” said Trout.

Comments: headlightreporter@countrymedia.net

TCSO begins new communication efforts

Joshua Brown
Tillamook County Sheriff

TCSO is beginning a new series of messaging to help keep the public informed and educated about the happenings at their Sheriff’s Office. The “Community Roll Call” series comes straight from Sheriff Joshua Brown and will be appearing regularly on our social media. We hope you find it helpful and informative.

Tillamook County Jail All Sheriffs are required to provide and maintain a jail per Oregon Revised Statute. The Tillamook County Sheriff’s Office operates a 96-bed facility. Recently there has been a lot of questions about our jail and whether or not it is open. Our jail is open, but we are currently limiting the number of intakes coming into our facility.

When I was sworn into office on January 4, 2021, our jail was already operating under pandemic restrictions and rules and the census count was very low. Today, our census count remains low due to following guidelines and recommendations from the Oregon State Sheriff’s Association (OSSA), Centers for Disease Control (CDC) and Oregon Health Authority (OHA).

Jails and prisons are considered congregate living and as such they have their own unique set of guidelines that must be followed. Guidelines that offer direction for cleaning, sanitizing, laundry

service, meal preparation, and most importantly, quarantine. Until recently the CDC was recommending the full 14-day quarantine for all intakes regardless of symptoms, known exposure, or test result.

In a very best-case scenario, our facility has 8 to 10 cells available for quarantine. Just as part of normal day-to-day operations, we must separate our female population and male population and maintain cell space for unique situations such as disciplinary segregation, self-isolation, or medical isolation. These factors all reduce the number of cells available to use for quarantine.

That 14-day quarantine has now been reduced to 10 days and in the coming days, will be reduced to 5 days with no quarantine for some asymptomatic individuals that meet specific criteria. The Tillamook County Jail was never built to be a facility that could easily quarantine many people for multiple days.

Additionally, like with many businesses, we are also approaching critical staffing numbers. Although we’re actively recruiting new corrections deputies, our low staffing level puts a strain on our ability to safely manage a high number of adults in custody.

Because of this, we were forced to narrow down the criminal charges we would be able to house people for - focusing on the more serious and person-to-person crimes. We have been able to make

exceptions in certain situations when the need for public safety was overwhelming.

The reason why I and most all Oregon Sheriffs are still honoring the quarantine guidelines is to protect our staff and adults in custody health and to reduce the possibility of costly lawsuits. Our actions throughout this pandemic have been successful. Unlike several other correctional facilities, I am proud to say that we have not had a single inmate test positive for COVID in our jail and have avoided an outbreak so far. It is our goal to continue this.

Although it can be frustrating to the public when it appears that criminals are simply being cited and released after committing crimes, I can assure you it is even more frustrating for law enforcement officers. However, we must remember that pre-trial custody is only a small piece of the entire judicial process, and that except in cases of very serious crimes, all suspects must be offered a bail option per Oregon law.

Even if a person is not immediately brought to jail, or bails out, they are still held accountable as the judicial process continues with charges, indictments, hearings and trials. I hope this helps explain some of what we are dealing with, as well as answers some of your questions. I will continue to update as the situation evolves.

-Sheriff Joshua Brown

Close to \$900K in TLT funds supports Tillamook County projects

Using the transient lodging tax (TLT) to benefit the community has been the primary goal of the county commissioners since the TLT was first collected in 2014. One of the ways that is accomplished is through a tourism facilities grant process. From 2015 through 2022, nearly \$4 million has been distributed through grants to help with local projects. In this year’s grant round, 16 organizations from throughout Tillamook County were approved for tourism-related facilities grant awards, totaling \$890,048.

TLT funds will support the following projects:

- City of Bay City for a hiker/biker campground at Al Griffin Park
- City of Tillamook for lighting of gateway signs
- Hoffman Center for the Arts for an expansion plan
- Oceanside Community Club for a roof replacement
- Oregon Department of Aviation for repairs at the Pacific City Airport
- Pine Grove Community House for Phase II construction improvements

- Port of Garibaldi for restroom renovations
- Rockaway Beach Chamber of Commerce for decking on the visitor center caboose
- Shorepine Village HOA for repairs on the public beach dune ramp
- Sitka Center for Art and Ecology for electric and wall repair
- South Tillamook County Emergency Volunteer Corps supply shed project
- Tillamook Chamber of Commerce for development of a public meeting and workspace
- Tillamook County Pioneer Museum to create a host site at Kilchis Point Reserve
- Tillamook County Transportation District to remodel the downtown Transit Center
- Tillamook Estuaries Partnership for a design of the Estuary Exploration Center
- Tillamook School District for a parking lot at the Port of Tillamook Bay for the new Disc Golf course

“Visitors invest in our county by spending their vacation dollars at our

hotels, house rentals and campgrounds, and paying the lodging tax,” said Nan Devlin, executive director of Tillamook Coast Visitors Association (TCVA). “The county reinvests those dollars into projects that benefit our local communities. Tillamook County has been a state leader in reinvestment programs since the TLT was implemented.”

TCVA managed the tourism facilities grant process this year, working with the Tourism Advisory Council (TAC), a group of community volunteers from throughout the county who are charged with reviewing and scoring applications. Their recommendations were presented to the Tillamook Board of County Commissioners for approval on April 13 at the weekly commissioners meeting.

Questions about the grant can be directed to Amy Blackburn, TCVA Deputy Director and Grants Administrator at amy@tillamook-coast.com



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Tax-Aide program helps lots of people in our county

So, of course, I'm voting for the Library levy and hope you do, too.

Comments: headlightreporter@countrymedia.net

Comments: headlightreporter@countrymedia.net

Charlotte Forster
Nehalem

MEETING A VITAL NEED

- Addresses healthcare workforce shortages
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H20279

Obituary

Weston Johnson Sept. 15, 1940 - March 23, 2022



Weston (Tony) Johnson II was a good man, a kind, generous and thoughtful man who cared deeply for his family and friends, his country and his community. He left us on March 23, 2022, at the age of 81. Weston MacLeod Johnson II, known since childhood as Tony, was born in San Francisco on September 15, 1940 to Weston MacLeod Johnson and Doris Corum Johnson. His father was a civil engineer in the US Navy, and his mother was a homemaker. His early life followed the course of his father’s postings across the country, and he attended schools in San

Francisco, Lake Oswego, Seattle, San Diego, Honolulu (Punahou), and Charleston, SC. He graduated from high school in Long Beach, CA, and then from the University of Oregon in 1963. Certainly it was his father’s influence that steered Tony into his own 30-year history with the US Navy, first through two tours aboard the USS Rowan (DD-782) in Vietnam and then through 26 years of reserve service with two command tours, including one aboard the USS Rogers (DD-876) based in Portland. He retired as a Captain in 1994. He carried the discipline and the commitment of those days throughout his life. Tony knew that there was a right way to treat people, and it centered on kindness, respect, generosity, and in always trying to do the right thing. Definitely it was that belief as well as his paternal grandparents’ missionary hearts that led him into volunteer work throughout his professional life. During his 33-year career with US Bank, he found his

service during the day as a lender and advisor to small businesses. Outside the office, he focused on his family and his volunteer work. Especially close to his heart was Outside In, an organization in Portland that helps homeless youth find a path towards health and independence. He served for more than 20 years as a mentor and Board member. Tony kept a steady bearing on what was right and what was wrong. He did the right thing in 1988 when he helped an off-duty police officer to detain an assailant on a Portland light rail train. He did the right thing in 1961 when he drove straight to the Eugene police station in a truck that he had ‘borrowed’ from a remote logging road when he was the subject of a University of Oregon fraternity prank. And, he did the right thing for many summers when he signed summer camp medical forms as “Dr. Johnson” for more than a few forgetful parents (and upset children). He definitely did the right thing

in 1963 when he proposed to Sarah E. Avery, the woman he had fallen for at the University of Oregon. They were married a year later in San Diego, and began their 57-year journey together. Tony and Sarah raised their two sons, Chris and Michael, in Lake Oswego and then later relocated to SW Portland for another two decades. During these years, they renovated the family home at Neakahnne Beach, which became their year-round home in 2016. They loved the winter storms, the long summers and the friendships that flourish among those who share a commitment to and a respect for life in a rural community. Tony involved himself in the nearby village of Manzanita, where he appropriately found a niche with the North Tillamook County Library Friends, the organization that owns and maintains the community-financed library. He served as Treasurer of the Board more than once, spare hand for the annual

book sale, advisor on flag protocol and all-around helper and listener. Tony cherished the people and landscape of the north coast and especially his home at Neahkahnie Beach. He loved filling it with the work of Northwest artists, good food and warm conversation. There was nothing better than sitting at the table during a long meal with family and friends, watching the sun near the horizon. He is survived by his wife Sarah, sons Chris of Medford and Michael of Portland, and his beloved Scottish Terrier Willy. The family suggests that his friends remember him with a few glasses of wine and perhaps a donation to the North Coast Land Conservancy or the Lower Nehalem Community Trust; two organizations dedicated to preserving the region that he loved so much. A service is planned for May 21 at 1 p.m. at St. Catherine’s of Alexandria Episcopal Church in Nhalem.

North Coast
CITIZEN

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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 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.

Celebrating 50-year Anniversary

Dayle and Juanita Gardner May 7, 1972 - May 7, 2022

Dayle and Juanita (Doty) Gardner of Tillamook are celebrating their 50th Wedding Anniversary. The couple was married on May 7, 1972. Dayle was a meat cutter until his retirement. Juanita was mostly able to stay home and raise their five children: Sons; Adrian Gardner of Tehachapi, Calif. and Chadrick Gardner of Colorado. Daughters; Coral Villarreals, Milwaukie OR, Clover Casey, Gaston OR, Chelsie Gallagher, Cedar City, Utah. Doyle and Juanita have

11 beautiful Grand Children: Shana Capri Gardner, Inara Villarreals from Coral Villarreals, Savanna Gonzales, Denim Gonzales, Kara Casey from Clover Casey, Cyrus Gallagher, Alexander Gallagher from Chelsie Gallagher, Hannah Gardner and Elijah Gardner from Adrian Gardner, Sawyer Gardner and Lily Gardner from Chadrick Gardner. Family and friends may join them for an anniversary celebration at 1:30 p.m. Sat. may 7, at Bay City Community Hall.



Letters and Columns

Look at Bell and Hallock’s record when deciding who should be our commissioner seat 3

While national elections often receive the most attention, local officials have more impact on our daily lives—it’s important to pay close attention to local races. I am impressed with County Com-

missioner Mary Faith Bell’s performance, and I believe she deserves re-election. However, it’s important to look at all the candidates, so I went to learn more about Graydon Hallock. While Mr. Hallock’s concerns about affordable housing are admirable, his support of the badly written ballot measure preventing enforcement of gun laws is not. I share his desire for cost-effective spending, but he offers no specifics. He also objects to public health measures. It’s Mr. Hallock’s criminal record that concerns me most. At a recent forum, Mr. Hallock acknowledged a plea deal eight years ago. There’s more to the story. Publicly available information turned up a troubling list of interactions with the courts. He has two convictions, including for harassment in 2011 and two counts of recklessly endangering a person in 2015 (Tillamook Headlight Herald: <https://tinyurl.com/2p8fanyw>). He has been subject to restraining orders and required to complete domestic violence and nurturing parent classes. Documents show that he was charged with, but not convicted of, other crimes in connection with the 2011 and 2015 incidents, including assault, harassment, and failure to perform the duties of a driver. He was also charged, but not convicted, of menacing and harassment in 2018. Taken together, these incidents form a troubling pattern. I wonder about his abilities to communicate and compromise, both important when dealing with the public and the complex issues facing our county. Most recently, Mr. Hallock was cited in January and convicted in March 2022 in Umatilla County for passing in a no-passing zone. According to the complaint, he passed the complainant on a corner marked no passing while driving a double-trailer commercial truck. While it is understandable that a truck driver might get a speeding

ticket here and there, this is a troubling information for anyone who drives our local highways and regularly reads of fatal accidents caused by passing in a no-passing zone. Many of us have committed a “youthful indiscretion” or two, and it’s hard to know what goes on in people’s personal relationships. However, Mr. Hallock not has demonstrated the level-headedness and maturity that we expect from our county commissioners. I believe in redemption though, and I think Mr. Hallock is sincere. I encourage him to try again in a few years. Fortunately, it is easy to endorse Ms. Bell for a second term. She has proved herself a quick study, a good listener, and a hard worker willing to engage in learning about and managing the many departments and agencies that make up Tillamook County government. She exudes a quiet competence, is humble, and displays a sincere empathy for her constituents. Please join me in voting to re-elect Ms. Bell.

Jenny Greenleaf
Manzanita

The Ol’ Bait and Switch

Imagine the scene: You’re at the Fair. It’s the first big event you’ve been to in over a year. Maybe you’re holding the hand of someone you care about. Maybe you got the elephant ear that you’d been craving. You’re happy and doing something normal feels good. Then someone shouts out “Hey, do you want to sign a petition to protect the Second Amendment?” It’s an obvious yes for a lot of people. Maybe even me. But then I would ask what were they doing with the petition. I’m always wary of the ol’ bait and switch. Good people take things at face value and sometimes not-

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H20325



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H20313



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H20144

Public Notice

NOTICE OF BUDGET COMMITTEE MEETING:

A public meeting of the Budget Committee of the City of Nehalem, Tillamook County, State of Oregon, to discuss the budget for the fiscal year July 1, 2022 to June 30, 2023, will be held at Nehalem City Hall at 35900 8th Street, Nehalem, Oregon, and online through Zoom. The meeting will take place on May 24, 2022 at 6:00 p.m.
To access the meeting on Zoom:
Join online: <https://us02web.zoom>.

us/j/81563277181 , or Call Toll-Free: (888) 788-0099, Meeting ID: 815 6327 7181.

The purpose of the meeting is to receive the budget message and to receive comment from the public on the budget. This is a public meeting where deliberation of the Budget Committee will take place. Any person may appear at the meeting and discuss the proposed programs with the Budget Committee. A copy of the budget document may be inspected or obtained on or after May 17, 2022 online at nehalem.gov/budget or at City Hall between the

hours of 10:00 a.m. and 12:00 p.m.; and 1:00 p.m. and 4:00 p.m. Contact us to request a paper copy of the budget or to submit questions or comments in advance. Subsequent meetings of the Budget Committee may be held if necessary.
If you need accommodations for disabilities to access the meeting, please contact us at least 48 hours prior to the meeting.
Contact: Melissa Thompson-Kiefer,
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H20144

Letters

Continued from Page 3

so-good people take advantage of that.
I can believe that folks signed the petition to get Measure 29-161 on the ballot based on a false promise that it protects the Second Amendment. It doesn't and there is every chance that signers weren't given the opportunity to read the ordinance before signing.
If they had they would see that it had no power to affect the Second Amendment and that the real question should've been "Hey, do you want to sign a petition that limits local law enforcement on basically all firearm regulations?"
That question is not as

obvious of a yes. They wanted the signatures so they didn't ask that way.
With transparency Measure 29-161 would've never made it on the ballot.
It's up to voters to right this wrong. Vote NO! on the false promises of Measure 29-161.

Yvette Clark
Nehalem

Thank you for the news!
There is such great need for support in Ukraine, and children are uniquely impacted by the war there. The sunflower is the national flower of Ukraine, and Mindy Claffin of Nehalem was inspired to start a group fundraiser. At the Home and Garden show this weekend the booth "Sunflowers for Ukraine" will offer more than 5 types of sunflower

seedlings at \$2 each. The seedlings include the American Giant Hybrid, which can grow to 14-16 feet high, as well as smaller types such as Dwarf Teddy Bear and Dwarf Sunspot, which are container varieties. A 3-dimensional sunflower wall quilt, created and donated by Michelle Vinciguerra of Neahkahnie will be offered as a silent auction. The quilt is valued at \$750. Bids start at \$300, with increments of \$25. The booth will also feature T-shirts, stickers, buttons, bracelets and other small items. All proceeds from the booth will go directly to the Ukraine campaign of the nonprofit Save the Children. The team ID# is TRT-4128, "Sunflowers for Ukraine." With that ID on the memo line, checks can also be sent directly to Save the Children, PO Box 97132, Washington DC 20090. This

is a highly rated charity which has been operating in Ukraine since 2014. Donations support survivors of this crisis, protecting children from harm and helping families rebuild their lives. Photo shows l to r Terri Maragos, Jann Claffin and Mindy Claffin.

Terri Maragos
Nehalem

I support the Library
The North Tillamook Library in Manzanita is one of the beauties of the area that first attracted us to Manzanita. Years later when I retired, I made my first volunteer commitment to the library. Libraries are the heart and soul of communities and are reflective of the community they serve.

Our Library serves the three villages and the surrounding rural area in north County. It makes available books, movies, free wifi, computer and printer access, assistance in finding resources, the next great read and the use of free community space and programs. With your free library card, you have access to digital books, movies, magazines, outreach programs and the Bookmobile. It continued to safely provide these services during COVID restrictions.
The library system in Tillamook County receives 95% of its operating support from a 5-year levy which expires June 2022. Measure 29-164, on the May Ballot, will renew the operating levy for another 5 years. The current rate of 65 cents per \$1,000 assessed value will be the same for the next 5 years. The libraries are a widely recognized asset by

the people who live here.
Failure of the levy will mean the loss of libraries and the programs they provide. Programs such as literacy for preschoolers, summer reading activities designed to sustain readers between school years and online homework and tutoring services. The bookmobile brings books to residents of nursing homes and rural families. Libraries provide resources for job-seekers including access to computers, assistance and instruction for seeking employment.
I urge you to join me in voting Yes for Libraries by voting yes for Measure 29-164, keep open our library in Manzanita, as well as those in Rockaway Beach, Garibaldi, Bay City, Pacific City and Tillamook.
Thank you.

Madeline Olson
Manzanita

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Mental Health Awareness Month: Building connections

Janeane Krongos
Tillamook Family Counseling Center

Each year, people across the nation recognize the month of May as Mental Health Awareness Month. This month-long health observance is a great time for community members to focus on mental health. A few ways community members can observe Mental Health Awareness Month are by learning about mental health topics, identifying local mental health resources, supporting local prevention and treatment efforts, and highlighting behaviors that may help to keep yourself mentally healthy. Connections can help a person stay mentally healthy. These connections have benefits including increased self-esteem, increased happiness, reduced anxiety, increased empathy, improved relationships, and a greater life purpose. Connections can take place both internally within yourself and externally by interacting with those around you. Three types of connections that are important

are connections to yourself, connection with friends and family, and connections to local resources.

Connect with Yourself: Self-care is the act of taking intentional steps to provide yourself with care. Self-care is accessible to anyone, can cost as much or as little as you would like, and does not have to be time consuming. Health screenings, health checkups, eating a balanced diet, staying hydrated, getting quality sleep, grooming, exercising, writing in a journal, breathing exercises, meditation, time management, spending time in nature, and practicing mindfulness are all forms of self-care that you may consider.

Connect with Friends and Family: Connecting with friends and family is a great way to get emotional support, learn from others’ experiences, and to have fun. Community members can maintain their current relationships by keeping in touch, whether that’s by sending a text or email, setting up a video conference meeting, making



a phone call, sending a direct message on social media, or

meeting up to spend time together. Community members can develop new connections to expand their social circle by volunteering, attending a class or training, joining a club, going to a community event, going to a health center, joining a committee at work, or by joining one of the Tillamook County Wellness walking groups.

Connect to local resources: Four resources to consider are the Tillamook County Wellness’s This Way to Well-Being, Tillamook County Wellness’s website, 2022 Best of Health and Wellness Guide, and prevention programs presented by the Tillamook Family Counseling Center.

- This Way to Well-Being: Tillamook County Wellness’s “This Way to Well-Being” map activity is an activity for both individuals and families. The points of interest on this map are health-focused and divided into categories that represent different aspects of well-being, including activities centered on connecting with yourself and others. These include attending a training, getting an annual check-up, checking in on a loved one, starting a daily

gratitude routine, volunteering, and attending a community event. To view the map and learn about how you can win a prize for participating in one of these activities, visit www.tillamookcountywellness.org.

- Tillamook County Wellness Website: The Tillamook County Wellness (TCW) website is reliable place to get health and wellness information. The website features blogs, a community calendar, and information about local resources. Community members can find resources in the connect-well section of the website. This section includes resources for mental health services, chronic disease management, child development, childcare, community education, financial assistance, access to food, and so much more. The TCW website address is www.tillamook-countywellness.org.
- The 2022 Best of Health and Wellness Guide: This guide has a health and wellness directory, short bios of select local health providers, articles, and other resources. The guide can be downloaded at www.tillamookheadlight-herald.com.
- Tillamook Family Counseling Prevention Programs: Throughout the year, the Tillamook Family Counsel-

ing Center offers a variety of programs including underage substance use prevention, problem gambling prevention, suicide prevention, and parent supports. Two programs that will be offered in May are “Introduction to Underage Substance Use and Gambling Prevention” and Question, Persuade, and Refer Gatekeeper training (suicide prevention training). The “Introduction to Underage Substance Use and Gambling Prevention” presentation will be offered virtually May 9th from 10:00-11:00AM. The Question, Persuade, and Refer Gatekeeper training will be offered virtually May 11th from 10:00-11:30AM. For more information about these trainings email janeanek@tfcc.org.

To stay up to date on the latest wellness news be sure to sign up for the TCW newsletter and follow TCW on Facebook and Instagram.

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



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8900 Mill Creek Road, Tillamook OR 97141

Favorite Pancakes

Prep Time: 10 minutes
Cook Time: 5 minutes

Ingredients

- 1 ¼ cups all-purpose flour
- 1 Tablespoon baking powder
- 1 Tablespoon sugar
- ¼ teaspoon salt
- ¼ teaspoon spice such as cinnamon, nutmeg, or pumpkin spice (optional)
- 1 egg
- 1 cup non-fat or 1% milk (add 2 Tablespoons for thinner pancakes)
- 2 Tablespoons vegetable oil
- 1 teaspoon vanilla (optional)

Directions

1. Wash hands with soap and water.
2. Mix together flour, baking powder, sugar and salt in a medium bowl. Add the spice, if desired.
3. In a separate bowl, beat egg until well blended. Add milk and oil. Add the vanilla, if desired.
4. Add liquids to dry ingredients and stir just until lumps disappear.
5. Lightly spray a large skillet or griddle with non-stick cooking spray or lightly wipe with oil. Heat skillet or griddle over medium-high heat (350 degrees F in an electric skillet). The skillet is hot enough when a few drops of water sprinkled on it skitter and bounce around.
6. Pour about ¼ cup of batter per pancake onto the hot skillet or griddle. Cook until bubbles come to the surface of the pancake and the edges start to look dry. Turn over. Cook until cooked through and the bottom is golden brown.
7. Refrigerate leftover pancakes and enjoy them reheated for up to 2 days.

Notes

- Combine wet ingredients ahead of time. Store in the refrigerator up to 2 days.
- Mix the dry ingredients ahead of time and store in a sealed container.
- No eggs? Replace them with 2 Tablespoons water.
- Replace the milk with buttermilk.
- Variations:
 - Whole wheat – use whole wheat pastry flour or replace about half the all-purpose flour with whole wheat flour. Add 1-2 Tablespoons of water or milk if batter is too thick.
 - Oatmeal – replace about half the flour with rolled oats. Soak the rolled oats in the milk for 5 minutes before mixing the batter.
 - Corn Cakes - Omit the sugar, replace up to half the flour with cornmeal and add 1/2-1 cup of cooked corn.
 - Buttermilk – replace the milk with buttermilk; reduce the baking powder to 2 teaspoons and add ½ teaspoon baking soda.
 - Apple – Add ½ cup apple shredded or cut into small pieces to the liquid ingredients.
 - Berry – Try blueberries, raspberries, blackberries or a mix. After batter is poured on the skillet or griddle, sprinkle the tops with berries, before turning to cook the other side. No need to thaw frozen berries.
 - Pumpkin - Add 1/2 cup canned pumpkin.
 - Zucchini - Try 1/2 cup grated, squeezed, zucchini.
 - Waffles - This batter also works great in waffle makers!

Recipe Source: <https://www.foodhero.org/recipes/favorite-pancakes-eggs>