

# Downtown trash collection goes artistic in Seaside

New garbage receptacles to include decorated doors

By KATHERINE LACAZE  
EO Media Group

SEASIDE — These trash cans almost look too good for trash.

Artistically decorated receptacles are the newest effort by the Seaside Public Works Department to make downtown cleaner and more attractive.

The project should wind up in the spring, when 43 new receptacles are installed on Broadway and those currently on the street get rotated elsewhere downtown, bringing the total to about 250 receptacles, Public Works Director Dale McDowell said.

McDowell is gathering ideas for how to make the garbage receptacles more visually appealing. At the weekly Seaside Downtown Development Association meeting last week, Executive Director Tita Montero shared photos of examples for the style of art that could be used.

The downtown associ-

ation is partnering on the project and donated \$1,500 to purchase additional collection cans for the inside of the receptacles so the cans can be removed and washed more frequently, Montero said.

Each new receptacle will cost about \$650 apiece, or closer to \$800 apiece including shipping and handling, McDowell said. Adjacent ash urns, under consideration, would cost an additional \$129.

The downtown association has discussed the need for more garbage receptacles on several occasions during the past few years.

“We all know that regular trash removal and keeping the containers as clean as possible are also major factors influencing the opinion that residents and visitors have about our downtown,” Montero said.

McDowell said City Manager Mark Winstanley, who personally picks up trash downtown, also recognized the need and approved the project.

Especially on busy days during the summer, the downtown trash cans tend to fill — and overflow — quicker than they are emptied by the Public Works Department.

“We get so busy in the



Katherine Lacaze/EO Media Group

The Seaside Public Works Department provided the Seaside Downtown Development Association with a few samples of potential artwork styles to be used for the new garbage receptacles to be placed on Broadway in the spring.

summertime,” McDowell said. “The crew has a hard time keeping up because there are so many people.”

It has been several years since the downtown area got more trash cans. McDowell hopes, by adding more receptacles, they will not fill as quickly and people will be more inclined to throw away their garbage rather than littering.

While researching a good model, McDowell consid-

ered a few important aspects of the receptacles: they need to have side doors for removing trash, to prevent injuries from city employees pulling full, heavy trash bags out vertically; the doors must be lockable and have a finish for a long life; and the external parts of the receptacles must be made of cement so they can be power-washed.

The model selected, manufactured by Gilmore-Kramer, has a life expectancy of

about 10 years and the finish should last about three years.

The artwork could be painted on the doors by students or other community members or it could be vinyl decals, which are easy to clean and can be replaced.

“No two have to be the same,” McDowell said.

He still is taking input on the art aspect, but the department will not use advertisements. The new receptacles

**‘For a garbage can, they look really doggone good.’**

Dale McDowell  
Seaside Public Works director

will be put along Broadway, “because we want the artwork there,” McDowell said, and the others will be moved to different locations downtown.

“We’ll kind of rotate our stock a little bit,” he said.

Once the department gauges the public response to the new look, McDowell can decide if they will continue the trend of using artwork to spruce up downtown.

“We’re just trying to step it up a little bit,” he said. He likes the samples he has researched so far. “For a garbage can, they look really doggone good.”

He wants everyone on the same page before ordering the receptacles, but he plans to get them installed before spring break.

Montero said the association looks forward “to the culmination of this goal.”

# The Healthy Hub to lead community in Sugar Detox Challenge

Business owner spurs wellness effort

By KATHERINE LACAZE  
EO Media Group

SEASIDE — Jenn Visser, owner of The Healthy Hub, is inviting the community to join her in the second annual 10-day Sugar Detox Challenge to kick off the year by stabilizing blood sugar levels and augmenting health consciousness.

The 10-day challenge will start Monday, and it is not too late to sign up to take part in the free community event.

The Healthy Hub, a wellness and massage center, opened last January and Visser organized the first community detox that month. More than 250 people participated.

“Sugar is a hot topic right now, and our community is reaching and yearning for more information on the subject,” Visser said.

The detox will start with a kick-off community dinner from 6:30 to 7:30 p.m. at the Bob Chisholm Community Center. The cost is \$10 per person and it is open to all participants. Sharing the first dinner is a fun way to create camaraderie and solidarity, Visser said.

“It’s really inspiring to see the community striving to get healthier together,” she said.



Katherine Lacaze/EO Media Group

Jennifer Visser, owner and founder of The Healthy Hub in Seaside, is leading the second annual 10-day Community Sugar Detox Challenge.

## Reset taste buds

She has personally done several detoxes, and led them for others accompanied by cooking and nutrition classes through The Healthy Hub. She sees a sugar detox as a chance for people to reset their taste buds and readjust their conceptions of what is sweet. Those who have grown accustomed to consuming lots of processed sugars, overstimulating their taste buds, might not recognize the natural and more subtle sweetness of carrots or snap peas.

Besides stabilizing blood sugar levels, the detox also will help people pay more attention to what they’re consuming, to read labels and to learn different terms for sugar.

“Becoming a conscious eater can last a lifetime and cause a cascade of health benefits,” Visser said.

She has produced a list of what foods and in what amounts fall within the guidelines of the sugar detox.

## ‘Yes Foods’

The “Yes Foods” include proteins, such as meat and eggs, and vegetables, except starchy vegetables, in unlimited amounts; limited fruits, such as green apples, grapefruit, lemons and limes; beverages such as water, herbal teas and limited amounts of black coffee and espresso; and fats and oils from “clean sources,” such as olives, coconuts, nuts and avocados.

The “No Foods” include

refined carbohydrates, such as bagels, bread, granola, oatmeal, pasta and popcorn; starchy vegetables, such as potatoes, yams, beets and corn; fruits such as bananas, mangoes, pineapples and dried fruits; sweeteners, such as honey, agave, juice, sugar and artificial sweeteners; dairy products, such as yogurt, milk and cheese; grains and legumes; certain fats and oils, such as margarine, peanuts and peanut butter and canola, corn, safflower and vegetable oils; and alcohol.

## Daily encouragement

The closer the participants follow the detox guide, the sooner their bodies will respond. Throughout the 10-day challenge, Visser will send daily emails with encouragement, recipes, tips and links to studies and online information.

“I think everyone gets something from the detox,” Visser said.

After the challenge is over, she hopes people stick to the guidelines for about 80 percent of their diet, allowing for roughly 20 percent of indulgence. However, it depends on the individual and what their personal level of health and sugar addiction is.

Visser started changing her eating habits about four years ago as a response to chronic back pain. She considered herself a healthy eater, but she based it on the average American diet, and “when you’re talking about the American diet, going with the flow gets you in trouble,” she said. She started sticking to a diet based on a Paleo format — which consists mainly of fresh, unprocessed meat, fish, vegetables and certain fruit, or items presumed to have been eaten by humans in earlier centuries.

Within a few days, she felt a different physically

and cognitively.

“I was hooked right then and there,” she said. “The more I learned, the more I felt a responsibility to share this information.”

## Next level

Not everyone may experience results so swiftly, but Visser believes many are accustomed to their current level of “feeling well,” accepting that as the pinnacle and not knowing what their next level could be if they made changes to their diet or other aspects of wellness.

“There are so many other layers of feeling better,” she said.

Visser selected 10 days as the length of the challenge because she believes that “is enough time for (people) to understand who they are and how they function.” Participants can personally decide what to do with the information from there.

**Spaghetti Dinner**

Friday Jan. 8<sup>th</sup>  
4 pm ‘til gone

**\$7.00**

6PM “Karaoke Dave”

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Old school chums, past co-workers, Gerry’s former math students, neighbors and friends are invited to come share food, drink, and reminisce.

No gifts please.

