

# Cuba: Cuban community remains split

Continued from Page 1A

left three men with machine guns living in our garage.”

Suarez said his father and sisters, marked as counterrevolutionaries, were among the many jailed before the failed CIA-sponsored Bay of Pigs invasion in 1961. Later given a 24-hour pass by the government to attend to his wife after a miscarriage, Suarez said, his father instead boarded a meatpacking boat and fled to Miami.

Suarez and his siblings followed shortly thereafter, given passes on a ferry boat to Ft. Lauderdale, Florida, by a friend of his mother's in the Brazilian Embassy.

“For me, it just seemed like

we were going on a vacation,” Suarez said of his naivety at the time.

His father got a teaching position at Catholic University of America in Washington, D.C. Suarez spent 35 years in Florida before moving to the West Coast. His older brother, Xavier, became the first Cuban-born mayor of Miami.

Castro, who died Friday at 90, ceded power to his younger brother, Raul, in 2006. In 2010, Suarez visited Cuba, stopping by what he said locals still refer to as the Dolores Sugar Mill, previously his family's before the revolution.

“The government took over our two sugar mills,” he said. “We also had a farm, and

they took our house away in Havana.”

The sugar mill had been dismantled, he said, but the farm, owned by the government, was still raising pigs and cows on his last visit. He said the manager has offered to give the farm back to his family, which has also sent money to fix up a church and playground around the former sugar mill.

Germany's reunification in 1990 was followed by millions of claims by people who had fled west of the Iron Curtain and wanted their old property back. Suarez said he hopes that doesn't happen in Cuba. “It's not really fair to go back and try to reclaim it from the people who live there,” he said.

In 2014, Suarez again visited Cuba, and said he could see the country further opening up. Along with Castro's departure from politics, he also credited President Barack Obama's restoring diplomatic relations, Cubans' increased access to the internet and Pope Francis' visit last year with helping to lessen Cuba's isolation. But he said the Cuban community remains split in the aftermath of Castro's death.

“I would say, in general, our extended family is glad that Fidel has finally died,” he said. “But we also realize that now we have to contend with Raul. Our hope is that one day — hopefully in our time — is that Cuba will go back to being a true democracy.”

# Timber: Projected revenue down from last year

Continued from Page 1A

percent of Clatsop County's total acreage is state or federal forestland. Compared to other counties listed in the lawsuit, Clatsop County is a big piece of pie, with thousands of acres of timber worth millions of dollars.

The county expects to receive a projected \$3.5 million in general fund revenue from state forest trust land timber sales, according to this year's budget. This is down from last year's projections, but more than what the county received in recent years.

“I have serious concerns,” said Board of Commissioners Chairman Scott Lee about the lawsuit. “Particularly the fact

that it is completely funded by the timber industry.”

He hasn't made up his mind yet. The more he looks into the lawsuit and the issues and topics around it, and the more he talks to people more knowledgeable about state forestlands than he is, the more options he sees.

“I'm still finding out options,” Lee said.

Whatever the board's decision, the discussion of the county's concerns and options will occur in an open, public meeting, Lee promised.

While “the outcome (of the lawsuit) certainly has the potential to change how the state manages state forestland ... that's really not part of the lawsuit,” Moore said.

At least not yet, environmental groups argue. Some, like the Wild Salmon Center, have filed motions in court to dismiss the case, arguing that the state must take into consideration other factors beyond timber sales and include values like the health of the forest, clean water, recreational options and habitat.

Questions of forest management — or mismanagement — should not be dismissed lightly, Moore agrees.

“You've got a unique asset in the state forest that you can never replace,” he said.

Former Cannon Beach Mayor Mike Morgan wants the Cannon Beach City Council to encourage the county to opt out of the lawsuit. He also plans to

approach Seaside and Gearhart with resolutions against county involvement.

Morgan's draft resolution states that the lawsuit, if successful, “could undo the existing forest management plan, with the intent of permitting more intensive timber harvesting to generate additional revenue for taxing districts.”

Lianne Thompson, who represents South County on the Board of Commissioners and serves on the Forest Trust Land Advisory Committee, is in favor of the county's inclusion.

Thompson said opting out would deny the county an opportunity to “negotiate to protect our resources.”

Lyra Fontaine contributed to this report.

# Foster care: Beds for foster care children are scarce

Continued from Page 1A

The Department of Human Services has agreed to not house children in its care for more than two nights in a DHS office prior to Dec. 31.

The agreement also says that foster children will be placed in hotels only in “emergency circumstances” where no “safe or appropriate” licensed residential placement or certified foster home is available.

Further, a foster child who is housed temporarily in DHS offices or hotels must continue to attend the school or day care in which he or she is enrolled, according to the agreement.

Settlement talks continue in the case, according to Youth Rights and Justice, a Portland group that is providing legal representation to the two young plaintiffs.

The parties have agreed to stay all action in the lawsuit while confidential settlement discussions continue.

The lawsuit was filed on behalf of the two Multnomah County children, who are represented by guardian ad litem Richard Vangelisti.

The plaintiffs, in essence, wanted the court to require the state to stop housing kids in hotels or offices.

Neither party is waiving argument, but the interim settlement agreement means that the plaintiffs have agreed that putting a child up in a hotel temporarily, for the time period in the agreement, is an acceptable exception to what they argue is a generally “non-permissible” practice.

The Department of Human Services has said that beds for children in foster care are increasingly scarce. Since this summer, the department has been under scrutiny both for persistent safety problems and for putting children up temporarily in hotels and field offices.

Some foster children have also been held in juvenile detention or in hospitals when they no longer needed a high level of medical care.

The state, under the agreement, must not seek to place kids in detention centers temporarily. At least one foster child in Deschutes County has been held in the local juvenile detention facility.

The agency must not also keep children in hospitals in the absence of a medical purpose, unless the child faces a safety risk.

The state has also agreed to

provide the number of children and other information about children it houses temporarily in emergency lodging to the plaintiffs every week.

The lawsuit claimed that the data the Department of Human Services had released about the number of children in its care who had been housed in hotels or offices

was incomplete.

The department, through a spokesman, had no additional comment on the interim settlement agreement Tuesday.

Child welfare issues will likely continue to be the subject of discussion going into the legislative session, which is scheduled to get underway in February.

In late August, a consulting firm, Public Knowledge, LLC, found the state had a number of gaps when it comes to how safety issues are reported and addressed in the foster care system.

The Capital Bureau is a collaboration between EO Media Group and Pamplin Media Group.



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## Q: Chronic pain

**A:** Painkillers and anti-inflammatories can get us through a tough time with back, neck, head or leg pain, but they weren't designed for long-term use. Yearly deaths from pain medication are climbing. Other side effects can include constipation, liver and kidney damage; addition from them is real and a growing problem. Pain is a signal that something is wrong. Pain medication does not fix the problem — it changes the brain. Reducing pain can be as simple as identifying its source and providing a different approach — chiropractic is an important part of that. “Maybe you don't have to live with it.” Call 503-325-3311.



**Stefanie Cao**  
Medicare  
Market Manager

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## Q: How much is the 2017 Part B premium?

**A:** The standard monthly premium for 2017 is \$134. But Medicare protects current recipients from premium increases that are bigger than their Social Security cost-of-living adjustment (COLA). The 2017 COLA is 0.3 percent, which means most beneficiaries will pay \$109 per month for Part B. In addition, if you have limited income and resources, you may qualify for help with your monthly premium. Questions? Call Social Security at 1-800-772-1213.



Angela Sidlo  
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## Q: I can't get a good night's sleep. What's wrong with me?

**A:** There are several factors that dictate whether or not we get good sleep. Hormones play a vital role in determining our quality of sleep. A health coach can help you get to the root of your sleepless nights and assist you in developing a plan that will have you sawing logs in no time! Call Angela to set up a health history consultation at 503-338-9921.



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## Q: What is the secret ingredient in your clam chowder?

**A:** There is no secret ingredient. We use the basic ingredients found in most clam chowder recipes. The key is that we use a lot more of them... especially the clams. We use no starters or base. Our chowder is made from scratch daily, using 100% natural ingredients. Not only is our chowder rich and flavorful, but it is also gluten free. If you're craving some gluten, we offer fresh hot bread bowls baked by Home Baking Co. You can also add crab and shrimp to your chowder, which upgrades it to a hearty meal.



Arden Bryce, LPC  
Program Manager  
Child & Family Program

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## Q: What kinds of issues are worked on in therapy for children?

**A:** CBH serves children dealing with a variety of issues including; depression, anxiety, trauma, abuse/neglect, ADHD, attachment issues, DHS involvement, trouble in school, behavioral problems, Autism Spectrum Disorders, anger management, difficulties transitioning/adjusting, developmental disabilities, grief/loss, self esteem, learning disabilities, and academic issues.

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## Q: How do I let someone else use my Mac, but keep my information secure?

**A:** On a Mac computer, click the Apple in the top left hand corner of your screen, then click System Preferences. Next click “Users and Groups” Click on the lock and enter your password if it is locked. Click on the “+” sign and choose the type of user account you want to create. Enter the user name and password and then click on the lock again to secure your computer.