

Pop-up lunch helps Job Corps chefs

By EDWARD STRATTON
The Daily Astorian

Drop in for lunch at Baked Alaska, and pay whatever you can.

Throughout the week, Chef Christopher Holen of Baked Alaska is holding a Pay What You Can pop-up lunch. Holen said the lunch was an idea he had for years but recently popped up in his mind.

"Why did I do it?" he asked. "I guess I'm crazy. I want to see what happens."

Customers can choose from shrimp melts, grilled cheese and tomato soup, curried chicken wraps, smoked salmon chowder in a bread bowl, chicken and vegan salads and mushroom spaghetti. Making the meals are culinary students from Tongue Point

Job Corps Center, from which Holen's restaurant has long hosted interns.

The students change each week, except for lead sous chef Martien Chisholm, who came to Tongue Point from Longview, Washington. Chisholm said Job Corps has about 25 students, of which about 15 will be cycling through the pop-up lunch at Baked Alaska.

Interact with community

For the students, the lunch is an opportunity to interact with the community.

Anna Le, from Oak Harbor, Washington, cooks in the cafeteria at Job Corps but said it was fun getting out into the community. During a visit from a local U.S. Coast Guardsman, Le said, she became interested



Edward Stratton/The Daily Astorian

From left, Anaise Holen bussed tables Monday for her father Christopher Holen, chef and co-owner of Baked Alaska, at a pop-up lunch Monday in the restaurant's annex. Holen is running the event with the help of a rotating cast of Tongue Point Job Corps Center culinary students, including Martien Chisholm, Anna Le, Alycia Williams and Costner Johnson.

in joining the service. Costner Johnson, who traveled from Guam and has been at Tongue Point about one year, said he's

getting ready to interview as a cook with American Queen Steamboat Co., which makes trips up and down the Colum-

bia River, including stops in Astoria.

The lunch is running 11 a.m. to 2 p.m. daily through Friday in Baked Alaska's annex, across 12th Street from the main restaurant.

Chef Outta Water

Holen said he has his main business, Baked Alaska, and a more philanthropic and creative arm, Chef Outta Water, a global membership program of events that celebrate food and travel through chef exchanges.

The program brought in an Icelandic chef Snorri Sigfusson of Restaurant KOL in Reykjavik in September for a \$150-a-plate dinner. The same effort organized the pay-your-own-price lunches, which Holen said he might hold about twice a year.

"Chef Outta Water" is also the name of an international cooking show Holen is hoping a network such as Discovery or Travel Channel might pick up. The show features Holen traveling the world — Townsville, Australia, and Reykjavik, Iceland over the summer — to meet with other chefs, explore their local cuisine and bring it back to Astoria, where Chef Outta Water offered an Icelandic-themed dinner in September.

"That's what Chef Outta Water is, is being uncomfortable and getting outside your comfort zone," Holen said. That same ethos guides the pop-up lunches, he said. He hopes people of different cross-sections will come together over a bite, no matter their price range.

Divide: Clatsop County has one family planning clinic

Continued from Page 1A

Unprecedented decline

The federal Centers for Disease Control and Prevention tracked the unprecedented decline in the teen birth rate nationally to 22.3 per 1,000 women 15 to 19 in 2015, down from 41.5 in 2007.

A report released by the CDC in November outlined the urban-rural divide. In larger urban counties, the teen birth rate declined by a stunning 50 percent between 2007 and 2015, while the rate in rural counties dropped by 37 percent.

In Oregon, the teen birth rate was 17.2 in urban counties in 2015, compared to 32.2 in 2007, a 46.6 percent fall. In rural counties, the rate was 29.3 in 2015, compared to 42.8 in 2007, a 31.5 percent drop.

The pattern was evident in Clatsop County, where the Oregon Health Authority put the teen birth rate at 30 in 2015, higher than the statewide rate — 25.1 — and the rates of metropolitan counties such as Multnomah — 27.7 — Washington — 19.5 — and Clackamas — 15.6.

Researchers have tied the steep decline nationally to more effective use of contraceptives and higher-quality sex education.

The urban-rural divide is more difficult to explain, but is likely driven by limited access to reproductive health care and by social and cultural behavior.

"It's really just a matter of being able to have access, and it's limited," said Dr. Tracy Erling, Clatsop County's family planning clinician.

One clinic

Clatsop County has one family planning clinic — at the county building in Astoria — a barrier for teenagers who live outside the city or who lack transportation. Opening smaller clinics around the county could reduce the barrier, but the county does not have the money.

The family planning clinic provides contraceptives and other reproductive health services. Options counseling is available for teenagers who

are pregnant, with referrals to health care providers.

Messages about abstinence, safe sex and intimacy without intercourse are getting through to teenagers, Erling said, while cultural and family traditions also have a role.

"I do think that in rural communities people tend to kind of go for creating a family unit a little faster than in urban, because there are more choices in an urban environment. As far as education choices and job choices and partner choices," she said. "In a more rural community, you're often following suit with family tradition, which is not a negative."

Positive trend

Oregon Health Authority statistics show that the teen birth rate in Clatsop County rises as teenagers get older. The pregnancy rate for teens 15 to 17 was 13.1 per 1,000 in 2015, but climbed to 52.7 for 18 and 19 year olds.

The trend is positive for educators, who want young women who do get pregnant to at least get their high school or GED diplomas.

Local public school principals and school counselors say teen pregnancy has been less of an issue at schools over the past decade or so.

State law requires public schools to provide age-appropriate, medically accurate instruction on human sexuality as part of health education.

"There's a large focus on healthy relationships," Astoria High School Principal Lynn Jackson said. "Not just about the sexuality element, but what truly does a healthy relationship look like with regards to feeling affirmed, feeling safe, feeling validated and consensual."

Warrenton High School Principal Rod Heyen said he plans to add a one-week unit on human sexuality for freshmen next school year after noticing some knowledge gaps. "We felt like that was a need that had come up a couple of different times in a couple of different ways," he said. "I felt like I was too late to the dance with some of my freshmen."

'Made me blush'

Heyen said the human sexuality curriculum is much more frank than many adults might remember from school. "That sex ed curriculum would have made me blush when I was in high school," he said. "But we also have to have those conversations because too many parents aren't having them."

Knappa High School Principal Laurel Smalley said she is not surprised by the urban-rural divide. "There is clearly a divide in resources between rural and urban students, and I think that's probably a big reason why that gap still exists," she said.

Local schools turn to individualized programs for teenagers who get pregnant that are tailored to their personal situations. Some stay at their high schools — with flexible schedules if necessary — or go to the alternative education program at Gray School in Astoria.

"I want the best shot for them to finish," Heyen said. "What I try to do is what is going to give them the most support and give them the clearest path to finish or complete high school."

Gray School

At the Gray School campus, pregnant students have access to child care through the city's Lil' Sprouts Academy. They can learn online from home and come in to take tests or receive support. The alternative school has also offered a parenting class that can involve both mother and father.

Clatsop Post 12
Spaghetti Dinner
with Salad and Garlic Bread

Friday
Feb. 24th
4 pm until gone

\$8.00

6PM
"Karaoke Dave"

ASTORIA
AMERICAN LEAGUE
Clatsop Post 12
1132 Exchange Street
325-5771

Alexa Knutsen, the alternative education lead teacher, is a new parent herself.

"I'm 30 and I'm learning how difficult this is," she said. "So I have this newfound respect for our teens that are in our program and doing this, because it is incredibly difficult."

Knutsen said some of her students have learned life's lessons the hard way, or have seen others struggle with the emotional, physical and financial demands of pregnancy.

"I don't think any parent, when you have your child, would ever say, 'I regret this,'" Knutsen said. "You know that when you look at your child, you're like, this is life-changing and I don't regret this. But, 'Man this was hard, and I don't know if I was ready for that at that moment.'"

"And I've had my students say as much."

'What am I supposed to do?'

When Bubar first found out

from her doctor that she was pregnant as a Warrenton High School junior, she was scared.

"What am I supposed to do?" she recalled thinking. "How do I tell my mom? How do I tell my dad? How do I tell my boyfriend?"

Sexually active women 15 to 19 have the highest rate of unintended pregnancy, according to the Guttmacher Institute, which studies reproductive health, and about 42 percent of all unintended pregnancies end in abortion.

Bubar, who wanted to keep her baby, eventually chose to leave Warrenton High School for Gray School. "I looked at this school as another opportunity, like maybe I can actually finish," she said. "I was scared that I'd be judged — there was just a lot of stuff going on in my mind — had I stayed at the other school."

Life, Bubar found, does not always follow an orderly path.

Her daughter, Isabel, was born 10 weeks early in 2013. She went into labor at Gray

School and later had to be taken to a Portland hospital, where her newborn spent several weeks in neonatal intensive care.

She became pregnant again, dropped out of school, married her boyfriend, and moved to Kansas, where Jesse was stationed in the military. She gave birth to Clara in 2014. She had her third daughter, Ema, by a different father in 2015.

Bubar came back to the North Coast with three children and moved in with her parents. She returned to Gray School to finally finish her senior year. She also reconciled with Jesse.

Last June, Bubar earned her diploma and walked with the senior class at the Astoria High School graduation. She works as a housekeeper in Seaside but hopes to one day be a nurse.

"That was important to me," Bubar, 21, said of walking with the other graduates. "I didn't think I'd ever see myself doing that."

A special request from the shelter pets!

We're a little low on supplies.

Would you please help us?

Animal Shelter Wish List:

- Dog Biscuits
- Nature's Domain Dog Food (Turkey & Sweet Potato) - (Costco)
- Canned Dog Food
- Nature's Domain Dry Cat Food (Costco)
- Feline Pine Kitty Litter
- Kitten Food
- High Efficiency Laundry Detergent
- Bleach
- Paper Towels
- Black Kongs (Dog Toy—black only, please)
- Cat Toys (No catnip, please)
- Tall Kitchen Trash Bags (13 gallon)
- Tennis Balls
- Outdoor Heavy Duty Trash Bags

Monetary Food Fund Donations are welcome!
Please make payable to CCAC (This money goes into a trust account for food only. Note "Food Fund" in memo section.)

We Thank You!

Clatsop Co. Animal Shelter
1315 SE 19th
Warrenton, Oregon
503-861-0737
www.dogsncats.org
Tuesday-Saturday:
Noon-4 pm



Leinassar Dental Excellence

Trusted, Caring and Affordable Dental Care

I've almost always been pleased with my experiences at Leinassar. Everyone treats me with respect and usually explains everything that's being done, especially "Dr. Jeff." The office uses the latest techniques and technology, making my dental care the most comfortable it's ever been. A big positive about this office is the view of the river that I enjoy during breaks in the work. I do recommend this dental practice.

Anonymous



JEFFREY M. LEINASSAR
DMD, FAGD

503.325.0310 1414 Marine Drive, Astoria
www.smileastoria.com