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ONE DOLLAR

HEALING AT HOME

CANCER SURVIVORS RECRUITED FOR STUDY

Photos by Edward Stratton/The Daily Astorian

TOP: Rosetta Hurley, a breast cancer survivor, was one of nine participants in a cancer survivorship pilot study through Columbia Memorial Hospital. **ABOVE:** Hurley walks her dog, Chuchi, up and down the hills of Astoria as part of a daily exercise regimen to stay healthy after treatment.

By **EDWARD STRATTON**
The Daily Astorian

Breast cancer survivor Rosetta Hurley went through chemotherapy to shrink her tumors, a double mastectomy to remove them and six weeks of radiation in Longview, Washington.

After having lymph nodes removed to prevent the spread of cancer, she developed lymphedema in her right arm and had to learn massage and other exercises to help drain the excess fluids building up near her armpit.

All the treatments and complications left Hurley feeling exhausted and overwhelmed. She was contacted by Columbia Memorial Hospital and recruited into a pilot study with several other breast cancer survivors from Clatsop, Tillamook and Columbia counties. She was provided weekly visits with a dietitian and physical therapist, learning good eating habits

and exercises to improve her strength and range of motion. A lymphedema specialist helped her learn exercises to manage the condition.

“When you finish treatment, I think without a program like this, you can feel really at sea,” Hurley said.

The post-treatment support for Hurley and others is being expanded by the hospital this spring through Healing at Home, a program to provide rural cancer survivors with a comprehensive care plan. The program is supported by nearly \$50,000 in startup grant funding and technical expertise from Oregon Health & Science University’s Knight Cancer Center. OHSU partnered with the hospital to open the Knight Cancer Collaborative in Astoria last year, providing chemotherapy and radiation treatment.

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“I THINK THE PROGRAM IS VERY HELPFUL IN GIVING A SENSE OF CONTROL THAT YOU CAN HELP YOURSELF. I THINK FOR MANY OF US BREAST CANCER SURVIVORS, IT’S ALWAYS IN THE BACK OF OUR MINDS, THE POSSIBILITY OF RECURRENCE.”

Rosetta Hurley | a breast cancer survivor who was one of nine participants in the cancer survivorship pilot study

Astoria, Seaside graduation rates dip

Warrenton on the rise

By **EDWARD STRATTON**
The Daily Astorian

Graduation rates in Astoria and Seaside slumped by about 10 percent last year in figures released by the state Department of Education.

The state defines on-time graduation as finishing in four years. Statewide, 76.7 percent of seniors finished with a diploma in four years, a nearly 2 percent increase from 2016 but still among the worst graduation rates in the nation. The national graduation rate in 2016 was 84 percent, according to the National Center for Education Statistics.

Astoria and Seaside, Clatsop County’s two largest school districts, each averaged more than 74 percent in 2016. But Astoria slipped to 63.3 percent last year, and Seaside to 66.7 percent.

Astoria High School Principal Lynn Jackson disputes the accuracy of the state’s graduation rate for his district.

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MORE INSIDE

See a chart detailing graduation rates at five school districts across Clatsop County compared to the Oregon state average for the last five years.

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County adopts vacation rental regulations

New rules take effect in July

By **JACK HEFFERNAN**
The Daily Astorian

Clatsop County commissioners voted unanimously Wednesday night to impose new regulations on vacation rentals, the latest check on the North Coast’s burgeoning tourism industry.

The county ordinance includes a lodging tax, quiet hours between 10 p.m. and 7 a.m., rules for owners’ transparency with neighbors, requirements for safety such as fire extinguishers, smoke detectors and adequate septic systems, and occupancy limits of three people per sleeping area plus two more guests.

The regulations take effect in July, and vacation rental owners will have 90 days after to apply for a permit. Owners could lose their permit permanently if three violations are found or temporarily if a serious safety risk is discovered.

The state does not regulate vacation rentals to ensure health and safety as it does with hotels, motels and bed-and-breakfasts. The county ordinance passed despite concerns from commissioners about specific features and the impact it will have on the North Coast housing discussion.

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Astoria Co-op clears zoning hurdle

Grocery wants to expand in Mill Pond

By **KATIE FRANKOWICZ**
The Daily Astorian

The Astoria Co-op cleared a major hurdle Wednesday night when the Planning Commission approved a request to rezone a portion of the land in Mill Pond where the grocery hopes to relocate and expand.

But the organic and natural food store has several more jumps to land before it can break ground.

The commission voted 5-1 in favor of rezoning a slice of property off Marine Drive and 23rd Street, just over an acre in size, from mixed use — where retail is permitted as a conditional use — to local service, where retail is permitted outright and buildings can be larger. In addition

to changing the zoning, the commission also approved an amendment to remove certain uses from the local service zone that could be considered incompatible with a residential area, a nod to the Mill Pond development next door.

Commissioner Daryl Moore was the sole “no” vote, saying rezoning one part of the property and amending the code would complicate “the development code unnecessarily.”

He also was concerned that by allowing retail outright under the new zoning, the commission was taking away the ability of people who live nearby to choose what kind of businesses and what kind of impacts move in next.

Other commissioners pointed out that under the mixed-use zoning, three to four smaller businesses could have been built on the property already. They argued this could have been a negative and much bigger impact to the Mill



Astoria Co-op Grocery

Astoria Co-op Grocery hopes to relocate and expand in the Mill Pond neighborhood.

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