



Elaine Bauer of Astoria checks out some blueberries in the organic produce section at Natural Grocers Tuesday. Edward Stratton/The Daily Astorian

Store: Chain now has more than 140 locations

Continued from Page 1A

health coach with a bachelor's in health promotion and education from the University of Utah. Larsen offers nutrition classes and free hourlong health-coaching sessions.

"I had first worked in a health food store in 1998,

so I've been doing this a long time" Larsen said. "I have celiac disease, so I really understand the dietary restrictions."

Vitamin Cottage Natural Food Markets was started in Golden, Colorado, in 1955 by Margaret and Philip Isely. The couple's children took the

business over in 1998 shortly after Margaret Isely's death and in 2008 changed the name to Natural Grocers by Vitamin Cottage. The company went public on the stock exchange in 2012 and now has more than 140 locations with at least 10 more planned to open this year in Colorado, Iowa, Oregon

and Texas.

Warrenton is the company's 10th location in Oregon, and comes as Astoria Co-op Grocery is planning a similar-sized location at 23rd Street and Marine Drive by the end of the year. Another Natural Grocers will open soon in Coos Bay.

Port: Several potential solutions have been presented

Continued from Page 1A

Over the years, contaminants have been pumped out, pipelines decommissioned, underground storage tanks removed and the Port's storm-water system rerouted to avoid the main areas of pollution. Booms were placed at the base of Pier 1 to catch hydrocarbons leaching into the river. The measures have led to a general decrease of petroleum in the groundwater.

Several potential solutions have been presented to address the main area of pollution.

The Department of Environmental Quality initially proposed venting contamination out of the ground, removing surface soils and capping the area of pollution with a permeable layer of sand, gravel and Organoclay to leach out contaminants in the slip. The project was estimated to cost nearly \$4 million.

The Port challenged the cleanup option and proposed an asphalt dock and sheet pile wall to better withstand winter weather in Astoria. The project was estimated at \$6.5 million.

The state hired Hart Crowser, an environmental consulting firm, to compare cleanup options.

Hart Crowser found the Port's proposal excessive and unsuitable for withstanding earthquakes. The consultant ultimately recommended a series of marine mattresses composed of fill material in a high-strength fabric to be laid along the slip. The mattresses would be covered with rock riprap to further protect against weather and waves. The entire project is estimated at nearly \$3.2 million.

The Port's dilemma is another reminder of the risk from Astoria's industrial past.

A recent oil spill from an underground tank used to fire the boilers of historical canneries soiled the river near the Cannery Pier Hotel. The owner of Astoria Marine Construction Co., meanwhile, has said a costly, state-mandated cleanup will likely close his shipyard.

Coates has overseen other cleanup projects along the Astoria waterfront from former fuel operations, including a former manufactured gas plant and bulk fuel facility between Second and Third streets near the Columbia House Condominiums, and a former Chevron bulk petroleum plant near the Wilcox & Flegel Oil Co. fuel dock.

"They have to be protective," Coates said of the cleanup projects. "They have to meet all the standards. There's an objective ranking."

The marine mattress was "the most sustainable alternative with minimal construction activity, no treated water disposal requirements and does not impact Port operations," Hart Crowser wrote.

Once the state makes a decision, the public can weigh in on the cleanup plan, Coates



Some of the most contaminated areas lie underneath the former offices of the Port of Astoria, pictured here in the background. Colin Murphey/The Daily Astorian

said. A record of decision is issued, followed by design and construction.

"It's up to them how they want to negotiate payment," Coates said of the Port and the oil companies.

WANTED

Alder and Maple Saw Logs & Standing Timber

Northwest Hardwoods • Longview, WA

Contact: John Anderson • 360-269-2500

MARCH 6TH Clatsop County District Attorney Josh Marquis

A Columbia Forum Presentation



Josh Marquis is about to start his 25th year as Clatsop County's District Attorney. First appointed by Gov. Barbara Roberts in 1994 after the recall and criminal conviction of his predecessor.

A graduate of the Honors College and Law School of the University of Oregon, he has spent most of his 37 years as a lawyer as a prosecutor, first in Eugene, then Newport, and as Chief Deputy DA in Bend before coming to Astoria. He also spent time as a newspaper reporter and speechwriter in Los Angeles and two years as a criminal defense lawyer. He

lectures and teaches to lawyers and others across the nation and overseas and has been asked to testify four times before Congress. Marquis served as President of the Oregon District Attorneys Association and Vice President of the National DA's Association, on whose board he still serves 21 years later. He is married to City Councilor Cindy Price. For more than 20 years he's been a jazz programmer at KMUN and appeared in SHANGHAIED IN ASTORIA every year since 1994.

TO ATTEND:

For Members: Dinner & Lecture: \$25 each; Lecture only: no charge

For Non-Members: Dinner & Lecture: \$35 each; Lecture only: \$15 ea.

Appetizers will be available at 6 p.m. • Dinner will be served at 6:30 p.m.

The speaker will begin after the dinner service is complete and non-dinner members and guests of the audience take their seats.

Forum to be held at the CMH Community Center at 2021 Exchange St., Astoria.



ColumbiaForum

FOR RESERVATIONS OR TO JOIN COLUMBIA FORUM CONTACT:
Holly Larkins at 503.325.3211 ext. 227 or hlarkins@dailyastorian.com by March 4, 2018

Columbia Forum is sponsored by:

The Daily Astorian • Craft3 • OSU Seafood Laboratory • KMUN-FM
Cannery Pier Hotel & Spa



Astoria may update its code to regulate emergency homeless shelters. Colin Murphey/The Daily Astorian

Shelters: New draft coming in April

Continued from Page 1A

Moore's proposal "would not allow (the Astoria Warming Center) to continue in its present location and would preclude any warming center to be located in any church in Astoria," he said. "Since only churches have an interest in donating the use of their basements or unused space ... his amendment would just about eliminate any chance of a warming center in Astoria."

Renting a commercial building is expensive and a difficult proposition for an organization that is only open to serve clients for 90 days in a four-month period, board members said.

The commissioners agreed to remove a requirement to report all guns to the police and changed language about "crime watch" to "neighborhood watch."

City staff plan to look over the document Moore created and return to the commission in April with a draft that incorporates Tuesday night's discussion.

Though the draft code was intended to address emergency homeless shelters generally, the discussion

often referenced the Astoria Warming Center operation specifically.

"Remember this isn't for a specific location or specific organization," Commissioner Kent Easom reminded the commission, a statement Sean Fitzpatrick, the commission's chairman, echoed at the end of the meeting.

Astoria Fire Chief Ted Ames gave his take on the proposed code language in a letter to city planners. He noted confusing or contradictory language that Moore corrected in a later version.

Ames also wrote that the fire department has been "very much involved" with the warming center since it began operations in 2014. While there were a number of problems before, this season has been very different, Ames said.

The fire chief now receives an email every day informing him if the shelter will be open or not. He knows exactly how many days the warming center has been opened, and how many days of operation remain. The fire department has not had to respond to any incidents at the shelter so far this season.

Consult a

PROFESSIONAL



ASTORIA CHIROPRACTIC

Barry Sears, D.C.

503-325-3311

2935 Marine Drive
Astoria, Oregon

Q: Should I use heat or cold?

A: If you hurt, especially in a joint, use ice; it reduces inflammation and pain and shortens healing time. You can get a burn from ice just like with heat, so don't leave it on for more than 20 minutes. Most problems get better more quickly with ice. Heat feels good, but may seriously make problems worse. As long as there is pain and/or swelling, continue ice; it can be done as often as once an hour. Would you heat a cut? No, because it would keep bleeding—that is what happens inside where you can't see it.



LEO FINZI

Astorias Best.com

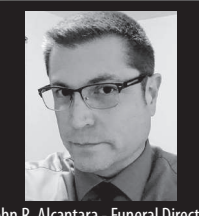
Microsoft REGISTERED Refurbisher

WE MATCH ALL ON-LINE PRICES!

M-F 10-6 Sat. 11-4
77 11th Street, Suite H
Astoria, OR
503-325-2300

Q: Where can I see the Oculus Rift virtual reality headset displayed?

A: Stop by our store. We have a gaming computer set up with the Oculus Rift virtual reality headset on display. Take a walk in outer space, shoot a bow and arrow in an arcade, drive your race car around the track, all without leaving the comfort of your chair. Complete system, including water-cooled Intel i7 CPU, 32 GB RAM, Nvidia GeForce GTX 1060 video card and Oculus Rift headset, all for only \$1,999.



John R. Alcantara - Funeral Director

Hughes-Ransom Mortuary

Astoria: 576 12th St.
503.325.2535

Seaside: 220 N. Holladay
503.738.6622

www.hughes-ransom.com

Q: I was recently appointed as Power of Attorney. Is it going to allow me to carry out my friend's final wishes after death?

A: No. A Power of Attorney (durable or otherwise) ceases at death. If a person dies in Oregon, without naming an executor in a will, the person(s) with the legal right of dispositions must be: at least 18 years old, blood relative in order of declination: 1. spouse, 2. adult children, 3. parent(s), 4. siblings, 5. legal guardian, 6. next degree kindred, 7. executor, 8. public health officer. If you need answers, call or email me at john@hughes-ransom.com.