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“I would love to use my experience for people to know that mental illness isn’t a taboo thing that we can’t talk about anymore,” she said. “I want to make it something that can be a daily conversation.”

On Instagram, she will also discuss the Black Lives Matter movement and how a lack of awareness for mental health goes hand-in-hand with some of the concerns the movement addresses.

“Those things aren’t seen right away. It’s seen that someone is a threat opposed to being someone that needs help,” she said.

Pacheco hopes that an open conversation around mental health will lead to more accessible local resources. She hopes to help people reach a point where they can be happy with where they are.

“We’re working on the things within ourselves that are stopping us from getting to that point,” she said.

## Seaside Museum hosts fundraising raffle

SEASIDE — The Seaside Museum is selling raffle tickets for a fundraiser.

Funds will benefit the museum by helping cover lost earnings. In July, the museum canceled its major fundraiser, the silent auction at the annual Fourth of July Old Fashioned Social, because of the coronavirus.

The winning raffle ticket winner will receive an original quilt, titled “Secrets of the Siren,” by artist Tess Tappert. The quilted collage hangs 4 feet wide by 6 feet high. It depicts a mermaid under the sea looking into a dark crystal ball. Surrounding her are fanciful scenes of other under-sea life.

“Cutting out the design pieces, constructing the collage picture, and custom quilting the wall hanging took about 240 hours,” Tappert said. “There are more than 20 different fabrics and 25 different



Artist Tess Tappert.

threads in the quilting.”

Only 300 tickets are available. Tickets are being sold at \$20 per ticket and are available at [seasideoregonmuseum.square.site](http://seasideoregonmuseum.square.site) or by calling 503-738-7065.

The winner will be announced on Sept. 13 at the Lewis and Clark Salt Makers event.



The raffle tapestry, ‘Secrets of the Siren.’

## Fundraiser to benefit Cannon Beach museum



The Frederick Dwello piece up for auction.

CANNON BEACH — The Cannon Beach History Center & Museum is selling raffle tickets for a fundraiser.

Profits will go to the museum. Raffle tickets cost \$5 each and can be purchased at [cbhistory.org/shop/](http://cbhistory.org/shop/). A winner will be announced on Sept. 14.

The raffle will feature pieces by Cannon Beach artists, gift baskets and prizes donated

from local businesses.

The main prize is a print of an original piece by Frederick Dwello, who was a regional artist. The piece measures 35 by 22 inches.

Dwello and Donald Osborne, another local artist, were the inspiration of Showcase 195, a Cannon Beach gallery that closed in 1982. The gallery featured art from local artists.

## White Bird Gallery features regional artist

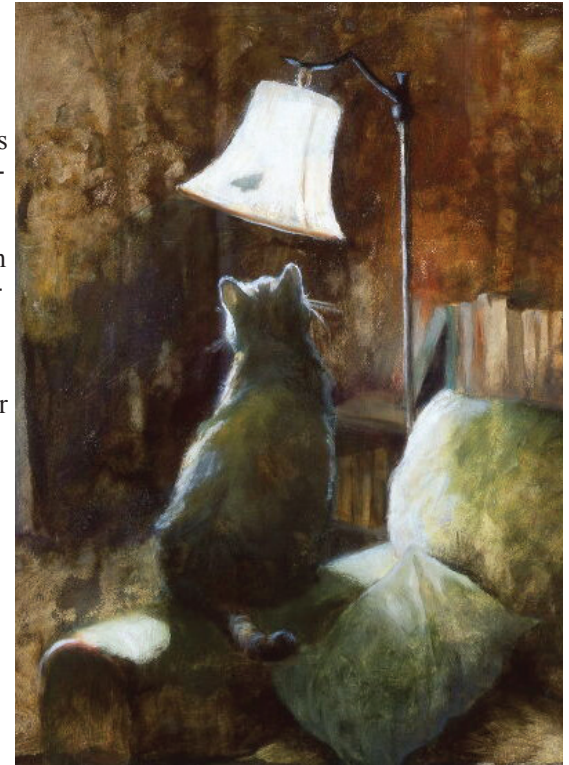
CANNON BEACH — White Bird Gallery will present a new exhibit for August and September in its gallery, 251 N. Hemlock St.

The exhibit, titled “The Choices We Make,” will feature new paintings by Deborah DeWit. In the collection, DeWit explores the human experience and moments in time through oil paintings of natural and figurative subjects.

DeWit is a regional artist who lives on the North Coast. She began her career as a photographer in the 1970s and has since published many books of her work, including photography, writing, oil paintings and pastel work.

The exhibit will be on display through Sept. 30.

The gallery is also hosting three online exhibits. Pastels by Alexandra Boyden, paintings by Brooke Borcharding and ceramics by Boni Deal and Dave Deal are featured online at [whitebirdgallery.com](http://whitebirdgallery.com).



‘Moth’ by Deborah DeWit.

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