

# Naturopath Shannon Brown joins Dragonheart clinic

## Patient hours extended to evenings

By **NANCY MCCARTHY**  
For Cannon Beach Gazette

A new doctor has joined Dragonheart Herbs and Natural Medicine in Cannon Beach.

With the addition of Dr. Shannon Brown, a naturopathic physician and acupuncturist, patients can be treated on Wednesday and Thursday evenings at the clinic, 1355 S. Hemlock St.

Brown, who worked in Portland for several years and taught in Clark College's medical department in Vancouver, Washington, is working with the clinic's founders, Margaret Hammitt-McDonald, a naturopathic doctor and licensed acupuncturist, and Seth Goldstein, a chiropractic physician and licensed medical examiner.

Regular office hours for Hammitt-McDonald and Goldstein are from 9 a.m. to 4 p.m. Monday through



Thursday, but the schedule expanded with the addition of Brown, who works from 3 to 8 p.m. Wednesday and Thursday and from 9 a.m. to noon Friday.

"We're delighted to have Shannon working with us," Hammitt-McDonald said. "He brings a unique acupuncture style, Dr. Tan's Balance Method, which has already helped a number of patients with a variety of conditions, from musculoskeletal injuries to digestive difficulties."

"He also brings an in-depth, well-informed perspective on nutrition and nutritional supplements for various chronic problems.

His compassionate presence and integrity are a gift to us and to patients."

Brown, 53, took a circuitous route to becoming a naturopathic doctor. His bachelor's degree is in economics, and he earned a master's degree in business administration. But, he said, "I realized I wasn't interested in the corporate world."

Brown decided he wanted to become a doctor because his parents were affected by chronic diseases. But he decided to become a naturopathic doctor when he saw how conventional medicine "both helped and ravished them."

Naturopathic medicine focuses on a person's innate ability to heal after the underlying cause is removed. A naturopathic doctor helps a patient identify and treat those causes, rather than the symptoms. The underlying causes could involve a combination of physical, mental, emotional and spiritual roots.

The difference between conventional medicine and naturopathic medicine is this, Brown said: "Conventional medicine is focused on getting people back to where they can walk around. The focus of naturopathic medicine is getting the person to be the healthiest person they

can be — when they're in a state that's beyond just functioning, where they can do the things they want to do and make the most out of life."

He attended the National University of Naturopathic Medicine in Portland full time for four years. After passing a national exam, Brown was licensed as a primary care provider. He can perform minor surgery and prescribe conventional medication; however, the Cannon Beach clinic focuses on naturopathic and chiropractic care, using acupuncture and emphasizing Chinese herbal medicine.

## Coast HappeningsCalendar YOUR GUIDE TO MUSIC, ART, COMMUNITY AND CULTURAL EVENTS ON THE NORTH COAST

**Friday, Feb. 8**  
**Bill Hayes**  
5-7 p.m., Cheri's Cafe, guitar; 239 N. Hemlock, Cannon Beach, 503-436-1129.

**Wes Wahrmund**  
6-9 p.m., The Bistro, guitar, 263 N. Hemlock, Cannon Beach; 503-436-2661.

**Maggie & the Katz**  
6:30 p.m., Sweet Basil's Café, 271 Hemlock St., Cannon Beach, 503-436-1539, www.cafesweetbasils.com, no cover, 21+. Maggie & the Katz play blues, soul and rhythm-n-blues.

**Texas Hold 'em**  
7 p.m., American Legion, 1216 Hemlock St., Cannon Beach, 503-436-2973, 21+

**Vanya and Sonia and Masha and Spike**  
7:30 p.m., Coaster Theatre, written by Christopher Durang; 108 N. Hemlock St.; 503-436-1242.

**Nehalem Winterfest**  
7:30 p.m., featuring Kate & the Crocodiles, Pacifica Quartet, Mel Brown; North County Recreation District 36155 9th St., Nehalem; 855-444-6273.

**Saturday, Feb. 9**  
**WINGS Conference**  
All-day event presented by the American Association of University Women, Clatsop Community College, Astoria; contact clatsopcc.edu or call 503-717-1852.

**NW Author Series**  
2 p.m., Cannon Beach Library, Ellen Notbohm, 131 N. Hemlock St., Cannon Beach.

**Jackson Andrews**  
6:30-9:30, folk/Americana; Sweet Basil, 271 N. Hemlock, Cannon Beach; 503-436-1539

**Bec Pickrel**  
7 p.m., Public Coast Brewing, 264 E. Third St., Cannon Beach.

**"Vanya and Sonia and Masha and Spike"**  
7:30 p.m., Coaster Theatre, written by Christopher Durang; 108 N. Hemlock St.; 503-436-1242.

**Sunday, Feb. 10**  
**Nehalem Winterfest**  
2 p.m., featuring Kate & the Crocodiles, Pacifica Quartet, Mel Brown; North County Recreation District 36155 9th St., Nehalem; 855-444-6273.

**"Vanya and Sonia and Masha and Spike"**  
3 p.m., Coaster Theatre, written

by Christopher Durang; 108 N. Hemlock St.; 503-436-1242.

**Maggie & the Katz**  
5:30-8 p.m., soul blues and R&B; 263 N. Hemlock, Cannon Beach; 503-436-2661.

**Aubrie Williams**  
6-8 p.m., eclectic soulful presentation, Seasons Deli, 255 N. Hemlock, Cannon Beach; 503-436-1159.

**Monday, Feb. 11**  
**Burgers & Jam**  
6:30 p.m., American Legion, 1216 Hemlock St., Cannon Beach, 503-436-2973. The Legion offers burgers and music on Monday nights.

**Wednesday, Feb. 13**  
**Wednesday morning meeting**  
8 a.m., Hosted by the Cannon Beach Chamber of Commerce, Pizza A' Fetta, upstairs, 231 N. Hemlock.

**Thistle and Rose**  
5-7:30 p.m., folk/Americana; The Bistro, 263 N. Hemlock, Cannon Beach; 503-436-2661.

**The World of Haystack Rock**  
7 to 8:30 p.m., "Life and rehabilitation of the common murre," Cannon Beach Library; free; 131

N. Hemlock, Cannon Beach, 503-436-1391.

**Thursday, Feb. 14**  
**Sugar Thistles**  
5:30-7:30 p.m., folk/pop duo; The Bistro, 263 N. Hemlock, Cannon Beach; 503-436-2661.

**Thistle & Rose**  
6-8:30 p.m., Valentine's Day celebration; Mi Corazon, 140 S. Hemlock, 503-436-4074.

**Floating Glass Balls**  
7-9 p.m., Bill's Tavern, folk, blues and "beachgrass," 188 N. Hemlock, Cannon Beach; 503-436-2202.

**Friday, Feb. 15**  
**Bill Hayes**  
5-7 p.m., Cheri's Cafe, guitar; 239 N. Hemlock, Cannon Beach, 503-436-1129.

**Wes Wahrmund**  
6-9 p.m., The Bistro, guitar, 263 N. Hemlock, Cannon Beach; 503-436-2661.

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**Songs of Tony Smiley**  
9 p.m., San Dune Pub, 127 Laneda Ave., Manzanita. For more information, call 503-368-5080.



### Healthy heart, healthy you

Join us as we celebrate National Heart Month with these fun and free heart-healthy offerings.

- ♥ Women's Healthy Heart Tea**  
Join cardiology nurse practitioner, **Carly Haas** for a discussion on helping women understand heart disease risks, and actions you can take to protect your heart health. Enjoy refreshments and door prizes.  
**2 p.m., Thursday, Feb. 14**  
Providence Seaside Hospital, Education Room A, 725 S. Wahanna Road
- ♥ Eating for a Healthy Heart**  
Join Providence Seaside registered dietitian, **Beth Schwenk, RD, LD** to learn heart-smart eating habits. Enjoy food samples and door prizes.  
**3-4 p.m., Thursday, Feb. 21**  
Providence Seaside Hospital, Education Room A, 725 S. Wahanna Road
- ♥ Healthy Heart Doc Walk**  
Join Providence cardiologist, **Robert Morse, D.O.**, for a presentation on heart health followed by a walk on the prom. Door prizes and copies of Dr. Beckerman's book, "Heart to Start" will be available.  
**10 a.m., Saturday, Feb. 23**  
Best Western Plus Ocean View Resort, 414 N. Prom

[www.providence.org/northcoast](http://www.providence.org/northcoast)



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# MARKETPLACE

To place a classified ad call 503-325-3211, log onto [www.cannonbeachgazette.com](http://www.cannonbeachgazette.com) or stop in at 1555 N. Roosevelt in Seaside | Deadline is Monday at noon

### 107 Public Notices

Occasionally other companies make telemarketing calls off classified ads. These companies are not affiliated with The Daily Astorian and customers are under no obligation to participate. If you would like to contact the attorney general or be put on the do not call list, here are the links to both of them

Complaint form link: <http://www.doj.state.or.us/finfraud/>

### 154 Holiday Happenings

## LOOK!

Not sure what to get your loved one for Valentine's Day? Create a personalized poem your significant other will love and value. Acrostics, free verse, sonnets, and more!

[mymuseinseaside@gmail.com](mailto:mymuseinseaside@gmail.com)  
<https://my-muse.business.site>  
\$20. Seaside, OR.  
(503)717-2058

[www.CannonBeachGazette.com](http://www.CannonBeachGazette.com)

### 157 Events

**The Sharpening Doc** will be sharpening knives, scissors, some garden tools.  
Saturday 2/9/19 10-12  
10th&Duane, Astoria.

**Books, Brownies, and Browsing**  
Grace Church-1545 Franklin Astoria  
Friday&Saturday/  
February8&9/10-3

Art for your walls  
Books of all types  
and for all ages  
Puzzles & games

Donations accepted  
Monday-Thursday from 9-noon  
(NO encyclopedias, condensed books, VHS tapes, electronics)  
Benefits Outreach Projects

Call **503-325-3211** to place a classified ad in the Seaside Signal or Cannon Beach Gazette!

### 201 Antique & Classic Vehicles

27th Annual  
Astoria Automotive Swap Meet  
Vendors Wanted  
Clatsop Fairgrounds  
Saturday, March 9th 8am-2pm  
Contact Fred 503-440-9481  
Dorothy 503-468-0006

### 504 Homes for Sale



**PUBLISHER'S NOTICE**

All real estate advertising in this newspaper is subject to the Fair Housing Act which makes it illegal to advertise "Any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status, or national origin, or an intention to make any such preference, limitation or discrimination."

Familial status includes children under the age of 18 living with parents or legal custodians; pregnant women and people securing custody of children under 18. This newspaper will not knowingly accept any advertising for real estate which is in violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis.

To complain of discrimination call HUD at 1(800)669-9777. The toll free telephone number for the hearing impaired is 1(800)927-9275.

### 607 Plexes

3Bed/2.5Bath  
1,250 sqft  
Fireplace, garage, deck; new paint, floors, appliances.  
\$1,375  
No pets/smoking.  
Call 503-861-1133

### 616 Rooms & Roommates

HOMESHARE  
Emerald Heights  
Woman preferred.  
2 bedrooms.  
All utilities paid.  
\$450

503-440-1936

Sell your children's outgrown clothes and toys with a classified ad in the Cannon Beach Gazette. Call **503-325-3211** to place your ad today!

Reach the entire North Oregon and Southwest Washington coasts with our classified package options!  
**Call 503-325-3211** for more information.

Want to place a classified ad but unsure how?  
**Call 503-325-3211** and let us help you!

### 651 Help Wanted



**Contract Employment**  
Astor Street Opry Company is looking for piano players for upcoming productions. Stipend position. Email: [info@asocplay.com](mailto:info@asocplay.com) for more information.

**JEWELL SCHOOL DISTRICT**  
**Announcing Principal Vacancy**

For more information contact: [allycec@jewellk12.org](mailto:allycec@jewellk12.org) or visit our website <http://www.jewell.k12.or.us>.

### SHOP LOCAL!

Check the Business Directory daily to utilize the local professionals advertising in The Cannon Beach Gazette. To place an ad in our Business Directory, call **503-325-3211**.

The City of Cannon Beach is accepting qualified applicants for an exempt full-time Assistant Finance Director position. Salary range is \$5,190-6,308 per month plus excellent benefits. Full details at [ci.cannon-beach.or.us](http://ci.cannon-beach.or.us)

### 651 Help Wanted

Full-Time Employment  
Hotel Maintenance  
Year Round  
Hotel or Apt. Exp. Preferred  
Great pay and benefits  
Apply in person:  
Schooner's Cove Inn  
188 N Larch St  
Cannon Beach, OR.  
[503-436-2300\\_manager@schoonerscove.com](mailto:503-436-2300_manager@schoonerscove.com)

**Housekeeping positions available immediately.**  
Previous experience preferred.  
**\$14/hr**

Pick up application at The Tides on the corner of Avenue U and Beach Drive.  
**2316 Beach Drive Seaside, OR**

Peter Pan Market has FT positions open. Starting wage: \$12 per/hr.

Skills needed  
include cashiering, food prep, cooking. Ability to multi-task, good customer skills, and flexibility is a must.

Apply in person.

**Classified Ads work hard for you!**