

Growth, Hood to Coast among top news in 2015

Year from Page 1A

How will Seaside grow?

Seaside will expand its urban boundaries, but planning commissioners are still wrestling as to what areas might see growth. They will be undertaking a 14-year land-needs analysis to bring 141 acres into the Urban Growth Boundary expansion. Typically a 20-year forecast, the city is responding to state guidelines which recommended the relatively short-term outlook.

Since the commission started considering the expansion, members focused on the Southeast Hills site, to the south and east of Spruce Drive and Wahanna Road. They determined that area alone could provide enough developable land to meet the city's land supply needs.

The city started looking at a potential Urban Growth Boundary expansion in order to address state guidelines regarding long-term planning for population growth and urbanization. Those guidelines currently ask municipalities to demonstrate a 20-year supply of developable land. The state is revamping and updating those guidelines to suggest a 14-year time frame instead to help streamline the process and make it simpler for smaller municipalities.

Landowners in that area, which currently is part of unincorporated Clatsop County, have questioned the expansion and how it would impact property tax evaluations, traffic patterns, infrastructure and lifestyles.

Hood to Coast gets a reprieve

The city of Seaside and Hood to Coast reached an agreement in October to continue their 25-year relationship. Seaside is the final leg of the 197-mile relay, which originates in Mount Hood and draws up to 20,000 visitors to Seaside each year. The council unanimously voted to grant Hood to Coast permission to be held the weekend before Labor Day for two more years.

The rapprochement occurred only a few weeks after 87 business owners present-



Councilor Randy Frank shares his thoughts on the Hood to Coast relay's return to Seaside.

ed a petition seeking a date change for the event. During the first Hood to Coast workshop, audience members complained about rude behavior by runners, "arrogant" organizers and vendors who tapped into private power supplies. With the beach closed off at this year's race because of high winds and stormy weather, runners filled the streets and blocked store entrances, business owners said.

Only a week later, councilors were unanimous in their support of granting a permit for the race for two more years.

Before adding his affirmative vote, councilors asked for ways to involve more businesses and retailers on the beach, with the addition of local food vendors.

Helping the homeless

Helping Hands Reentry Outreach Centers and the city of Seaside will collaborate on a federal grant application to help the nonprofit organization build or purchase a new facility for the homeless in Seaside.

On Oct. 12, Seaside City Council voted unanimously to be the sponsoring agency for Helping Hands on a Community Development Block Grant, a program run by the United States Department of Housing and



R.J. MARX PHOTO/SEASIDE SIGNAL

Helping Hands and the city of Seaside are teaming to seek a grant for a new facility.

Urban Development.

The Community Development Block Grant program provides annual grants on a formula basis to more than 1,000 local government and states. Nonprofit agencies cannot host the grants themselves and must be backed by a government entity, which is why Helping Hands asked for the city's support, the organization's executive director Alan Evans said.

Helping Hands is seeking to either purchase or build a new facility to use for housing individuals in the organization's reentry program.

In the first three quarters of 2015, the organization served more than 400 individual cli-

ents in Clatsop, Yamhill and Lincoln counties, with a majority of service taking place in Seaside because of the emergency shelter.

Seaside tables panhandler fees

An amendment to a Seaside city ordinance designed to regulate panhandlers, musicians and itinerant merchants got no further Monday night than it had this summer.

The ordinance, in place since 1984, requires a license to solicit and applies to "a person occupying a temporary fixed location, who promotes, solicits or sells from stock or inventory on hand or displays samples and solicits orders for merchandise in stock."

The amendment seeks to expand the definition to include any person who provides a service "or solicits for any form of compensation or remuneration."

License fees would start at \$50 per day, with a maximum of \$1,000 in a calendar year. Fines would also be increased, from \$500 to \$700.

Mayor Don Larson said that panhandlers with signs in dusk can provide a traffic hazard for drivers.

Members of the audience vigorously opposed the ordinance and the proposed amendment, citing First

Amendment rights and its impact on those in need.

Marijuana sales move forward

The Seaside City Council decided they can't fight the state when it comes to recreational marijuana.

In late September, Planning Director Kevin Cupples approved the sale of recreational cannabis from licensed medical dispensaries, including Highway 420 and Cannabis Nation.

In granting the licenses, Cupples asked for "any direction from the council" in the city's regulatory policy.

Councilors, several of whom had recently returned from the League of Oregon Cities in Bend, showed little appetite for revisiting the issue.

Currently, Seaside prohibits the sale of medical marijuana in the city's downtown core. Cannabis dispensaries are subject to state rules.

City Councilor Dana Phillips, who also attended the League of Cities event, said she was concerned that the city needed to take action to prohibit dispensary zoning restrictions.

While councilors acknowledged they "didn't like the process," they agreed that the law had passed overwhelmingly at the city and state level.

Detox program advocates healthful eating habits

Detox from Page 1A

The detox will start with a kick-off community dinner from 6:30 to 7:30 p.m. at the Bob Chisholm Community Center. The cost is \$10 per person and it is open to all participants. Sharing the first dinner is a fun way to create camaraderie and solidarity, Visser said.

"It's really inspiring to see the community striving to get healthier together," she said.

She has personally done several detoxes, and led them for others accompanied by cooking and nutrition classes through The Healthy Hub. She sees a sugar detox as a chance for people to reset their taste buds and readjust their conceptions of what is sweet. Those who have grown accustomed to consuming lots of processed sugars, overstimulating their taste buds, might not recognize the natural and more subtle sweetness of carrots or snap peas.

Besides stabilizing blood sugar levels, the detox also will help people pay more attention to what they're consuming, to read labels and to learn different terms for sugar.

"Becoming a conscious eater can last a lifetime and cause a cascade of health benefits," Visser said.

She has produced a list of what foods and in what amounts fall within the guidelines of the sugar detox.

The "Yes Foods" include proteins, such as meat and eggs, and vegetables, except starchy vegetables, in unlimited amounts; limited fruits, such as green apples, grapefruit, lemons and limes; beverages such as water, herbal teas and limited amounts of black coffee and espresso; and fats and oils from "clean sources," such as olives, coconuts, nuts and avocados.

The "No Foods" include refined carbohydrates, such as bagels, bread, granola, oatmeal, pasta and popcorn; starchy vegetables, such as potatoes, yams, beets and corn; fruits such as bananas, mangoes, pineapples and dried fruits; sweeteners, such as honey, agave, juice, sugar and artificial sweeteners; dairy products, such as yogurt, milk and cheese; grains and legumes; certain fats and oils, such as margarine,

peanuts and peanut butter and canola, corn, safflower and vegetable oils; and alcohol.

The closer the participants follow the detox guide, the sooner their bodies will respond. Throughout the 10-day challenge, Visser will send daily emails with encouragement, recipes, tips and links to studies and online information.

"I think everyone gets something from the detox," Visser said.

After the challenge is over, she hopes people stick to the guidelines for about 80 percent of their diet, allowing for roughly 20 percent of indulgence. However, it depends on the individual and what their personal level of health and sugar addiction is.

Visser started changing her eating habits about four years ago as a response to chronic back pain. She considered herself a healthy eater, but she based it on the average American diet, and "when you're talking about the American diet, going with the flow gets you in trouble," she said. She started sticking to a diet based on a Paleo format — which consists mainly of fresh, unprocessed meat, fish, vegetables and certain fruit, or items presumed to have been eaten by humans in earlier centuries.

Within a few days, she felt a different physically and cognitively.

"I was hooked right then and there," she said. "The more I learned, the more I felt a responsibility to share this information."

Not everyone may experience results so swiftly, but Visser believes many are accustomed to their current level of "feeling well," accepting that as the pinnacle and not knowing what their next level could be if they made changes to their diet or other aspects of wellness.

"There are so many other layers of feeling better," she said.

Visser selected 10 days as the length of the challenge because she believes that "is enough time for (people) to understand who they are and how they function." Participants can personally decide what to do with the information from there.

For more information or to sign up, visit healthyhubwellness.com or call 503-717-3645.

Rotary spearheads Wishing Tree

Gifts from Page 1A

Community members picked up about 140 paper bells and returned them with gifts for the designated children.

Additionally, Seaside's Les Schwab Tire Center did a toy collection in conjunction with Dutch Bros. Coffee and donated the items to the Wishing Tree program. Finally, the regional Toys For Tots detachment contributed more than 900 toys to the program this year. Toys For Tots, sponsored by the U.S. Marine Corps Reserve, is coordinated by Lou Neubecker, a retired Marine from Seaside.

"With everyone's help, we were able to assist 194 families in our area alone," McDowall said.

Spearheading the project

For a long time, the Rotary Club of Seaside worked with the Clatsop County Department of Human Services to run the program. A few years ago, the campaign became solely affiliated with the local club, as the government agency no longer could release names and addresses for recipients, McDowall said.

Most cities in the area have some type of food or gift donation program run by a local nonprofit agency or organization, but only the Astoria and Knappa group still includes Wishing Tree in its title. Cannon Beach has a Community Christmas Basket program run through the American Legion Post 168. The Warrenton Fire Department distributes donated food and some anonymous toy donations.

After the Rotary Club of Seaside took full control of its Wishing Tree program, McDowall tried to make sure the community knew the program was alive. Using mailing lists from previous years, she mailed new applications. It was a good place to start, she said, because it gave her an idea of who had moved and who still needed assistance.

Each year, she also puts applications at the Seaside School District 10 administration building "because they have the best touch on who might need help who hasn't been in the area before," she said. Applications also are sent home with students in the Seaside Head Start program and those who are recipients of the Food 4 Kids backpack program near the beginning of November.

The club tries to give each child an article of clothing or outerwear and a gift, such as a toy, art or school supplies



SUBMITTED PHOTO/SEASIDE SIGNAL

Rotarians donated to the annual Rotary Wishing Tree Project preparing and distributing the various gifts to the families for the Christmas season.

or a book. They only put a portion of the children's requests on the Wishing Trees, and sometimes not all of them are taken or returned.

However, McDowall said, "every child is taken care, even if their bell isn't picked up." For the items it has to purchase, the Rotary Club uses funds raised through the paddle bid at its annual dinner and auction.

Santa's Workshop

The club used to deliver the presents wrapped, but then they realized parents opened the gifts when they were appropriate for their

children," McDowall said. Now they distribute the presents in big family bags that also contain wrapping paper and supplies, so guardians and parents can wrap the presents themselves, making them a part of the project, as well, McDowall said.

The week before Christmas, the club sets up "Santa's Workshop" at the Seaside Civic and Convention Center where they organize the presents and get them ready to be picked up.

McDowall said it is hard to pinpoint her favorite aspect of the Wishing Tree, but "every once in a while, something happens, and I realize that

Rotary has taken on a really important program."

One year, a young girl was with her grandmother looking at the Christmas tree in the lobby. McDowall remembers the little girl asking, "Grandma, is Christmas coming to our house this year?"

"I don't think my kids would have thought to ask that question," McDowall said, adding many people take for granted giving and getting presents for the holiday season. They forget that aspect of Christmas is not a guarantee for everyone. "It's stuff like that, it's those little moments that make the program worth with," she said.

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