



NATURE'S SCULPTURES

In between storms, blue skies and sunshine illuminated nature's driftwood sculptures.

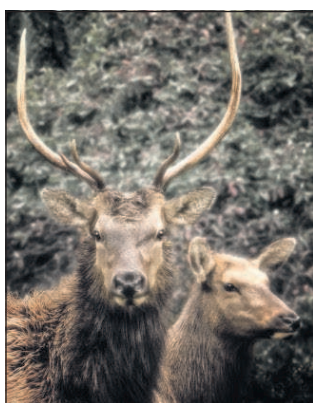


R.J. MARX

Elk culling an option for public safety

New pilot program offers a pathway

By R.J. Marx
Seaside Signal



JOHN DUDLEY

Gearhart and other cities are concerned about elk.

"In this case, it's designed to have the cities have their own agents kill the deer in their own way or manner to have the deer salvaged for charity so they don't go to waste," Cottam said.

"It's not specifically about elk," Doug Cottam, the state wildlife division administrator, said at a Gearhart City Council meeting Wednesday, April 4. "It lays out a very good pathway for a community like this when considering something as controversial as lethally removing animals from an urban area."

The state has to adopt rules for how deer would be taken, but the law that created the pilot program specifies that darts or lethal injection are prohibited. Any deer harvested would be shared to the extent feasible with local food banks or other charities.

Cities that declare deer a public nuisance can petition the state Department of Fish and Wildlife for help to reduce population levels starting next January.

City Attorney Peter Watts said the pilot program could be an "advocacy opportunity" for opponents or proponents of culling elk.

Department of Fish and Wildlife officials came to Gearhart last week at the city's request amid growing concerns about elk.

"We want to get as much specific information as possible to continue to educate and mitigate some of these safety

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Bond likely for new rec center

Plan holds at least \$15 million price tag

By R.J. Marx
Seaside Signal

The Sunset Empire Park and Recreation District is readying a \$15 million to \$18 million bond proposal to go before voters.

"Our timeline is for a November election," Skyler Archibald, executive director of the district, said Monday at a board workshop. "We still have several months — but we do ourselves a disservice if we wait too long to gather community input, answer questions that might come,



SEPRD

Sunset Pool facility on Broadway in Seaside.

and also hopefully develop a group that can generate a lot of support."

The district's board of directors met to determine whether to bring an expansion plan to the ballot, and if so, how to finance it.

If placed on the ballot, the bond would be voted on by residents of the independent taxing district, who include most residents in the Seaside School District, excluding Cannon Beach and Gearhart.

Last May, district board

members discussed the possibility of expansion, either funded through a bond or system development charges — the fees paid by builders to the city for essential infrastructure. Over the past three years, the district has invested about \$60,000 to consultants for building expansion.

The district's base expansion plan would add a second level to the aquatic facility on Broadway in Seaside. The plan would create a new entrance, more efficient office layout and a gym.

Two preschool rooms, an administrative office, lobby expansion, party room and storage would also be included.

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Jon Rahl named assistant city manager

Rahl to report to Mark Winstanley

By R.J. Marx
Seaside Signal

The city of Seaside named Jon Rahl as the city's assistant city manager, anticipated to begin in July. The announcement came Friday, April 6, and was officially presented to the City Council at Monday's meeting.

Rahl will work with City Manager Mark Winstanley.

"I'm extremely excited about the new opportunity and challenge this position



Jon Rahl

offers," Rahl said Monday. "It's been a privilege and pleasure to serve in the tourism capacity for nearly eight years. I'm grateful for the trust the city and community

has placed in me and I look forward to getting started."

The job contains elements of human resources, finance and "everything that has to take place," Winstanley said. "Jon now is responsible for all those things, but reports to me."

Rahl was named director of tourism and marketing for the Seaside Visitors Bureau in 2010. He moved to the position of assistant general manager of the visitors bureau and the Civic and Convention Center in 2013. He has served as the city's public information officer since that time.

He will continue to serve in that role, Winstanley said.

Once a replacement is named as tourist director, Rahl will assume his new post at City Hall. The job was posted this week and Winstanley said he hoped the position would be filled by June.

Prior to joining the city, Rahl worked for the Deseret News in Salt Lake City, Utah.

He is a graduate of the University of Utah with a bachelor of science degree.

Rahl is married with two children and enjoys coaching youth baseball, playing golf, softball and traveling.

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From Sedona to Seaside, acupuncturist offers services



EVE MARX

Acupuncturist Katharine Stewart.

Acupuncturist opens clinic in downtown Seaside

By Eve Marx
For Seaside Signal

Suffering from allergy, migraines, eczema, PMS, sciatica, carpal tunnel, fibromyalgia? These common complaints, among others, can be effectively and painlessly treated by the ancient Chinese medicine technique known as acupuncture.

Katharine Stewart is a graduate from the Santa Barbara College of Oriental Medicine and Acupuncture. A founding faculty member at the Phoenix Institute of Herbal Medicine and Acupuncture, the first accredited acupuncture college in Arizona, and a professor of Chi-

nese medicine, Stewart served as clinic dean, acupuncture chair, and clinical supervisor. After years of private practice in Sedona, Stewart recently relocated to Seaside to open her new business, Ancient Health And Healing on North Holladay Drive.

"I missed the coast and wanted to come back to it," Stewart said. A California native, she said that after being so long in Arizona, she had tired of the desert.

Acupuncture is a modality of Eastern medicine. Although individual practitioners may use a variety of styles and techniques, acupuncture mostly consists of inserting fine needles into the body at specific points. These points, called acupoints — and there are over 1,000 of them — have been mapped by the Chinese for 2,000 years.

How acupuncture works is actually a bit mysterious.

"Traditional acupuncture is based on ancient Chinese theories," Stewart said. "It's based on the flow of qi, a fine, essential substance which nourishes and constructs the body through distinct channels, somewhat like nerves and blood vessels." According to these theories, acupuncture adjusts the flow of qi, leading it to areas where it is insufficient, and draining it from areas where it's stuck or superabundant. "Acupuncture restores the harmonious balance of the body and its parts," Stewart said. "In Chinese, there is a saying, 'If there is pain, there is no free flow; if there free flow there is no pain.' Acupuncture promotes and reestablishes qi's free flow."

Although Stewart offers clients private sessions, one of the goals for her clinic is group acupuncture.

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