

Gearhart City Councilor Lorain steps down



R.J. MARX/SEASIDE SIGNAL
Sue Lorain announced her departure from the Gearhart City Council.

Councilor known for humor, persistence

By R.J. Marx
Seaside Signal

With an emotional farewell speech, Gearhart City Councilor Sue Lorain announced her resignation at the Gearhart April 4 City Council meeting.

Lorain and her partner are relocating to Tigard. Her resignation is effective April 20.

Mayor Matt Brown and other city councilors praised Lorain for her contributions to the city.

"You took me aside and showed

me the ropes," Brown said. "I've loved what we've agreed on and what we've disagreed on. You've really acted like a mom to a lot of us here with all your support. I appreciate your service and friendship."

A retired teacher — "I taught everything at some point," she said in 2016 — Lorain spent much of her career educating fifth- and sixth-graders in Washington state's Highline School District.

Known for her quick wit and unpredictable style, Lorain and her partner moved to Gearhart in 2004.

Lorain served on the Columbia River Estuary Study Taskforce board and as vice president of Seaside Scholarships, a nonprofit providing

scholarships for local students.

She won election to the City Council in 2012, driven to succeed after someone said, "I don't think you'd be very good at that job."

She considered that a challenge. "I knew I could be a good steward of the community," she said.

Lorain won re-election in 2016. Among her accomplishments, Lorain mentioned the city's vacation rental ordinance, her service on the fire hall committee and enduring personal connections at the top of the list.

Finding a new home for the fire station out of the tsunami inundation zone remains a goal. "The wealth of knowledge I learned about geology, fire stations, firefighters is more than

a lifetime worth of good stuff," she said.

Councilors and staff at Wednesday's council meeting shared tributes.

"I'd like to thank Sue," City Attorney Peter Watts said. "No matter how tense a meeting's been, she's found a way to make us laugh. I hope you run in your new city."

Councilors Dan Jesse, Paulina Cockrum and Kerry Smith echoed the sentiments.

"I feel like I am in a halfway world between an ending a new beginning, where all my dreams, worries and plans can gather together," Lorain said. "I am going to be crossing the threshold between farewell and new experiences, and I just feel lucky."

Gearhart considers elk options

Elk from Page 1A

issues," Mayor Matt Brown said.

Herman Biederbeck, a state wildlife biologist who manages the elk herds within the Saddle Mountain Wildlife Management Unit, said about 5,500 elk populate Clatsop County.

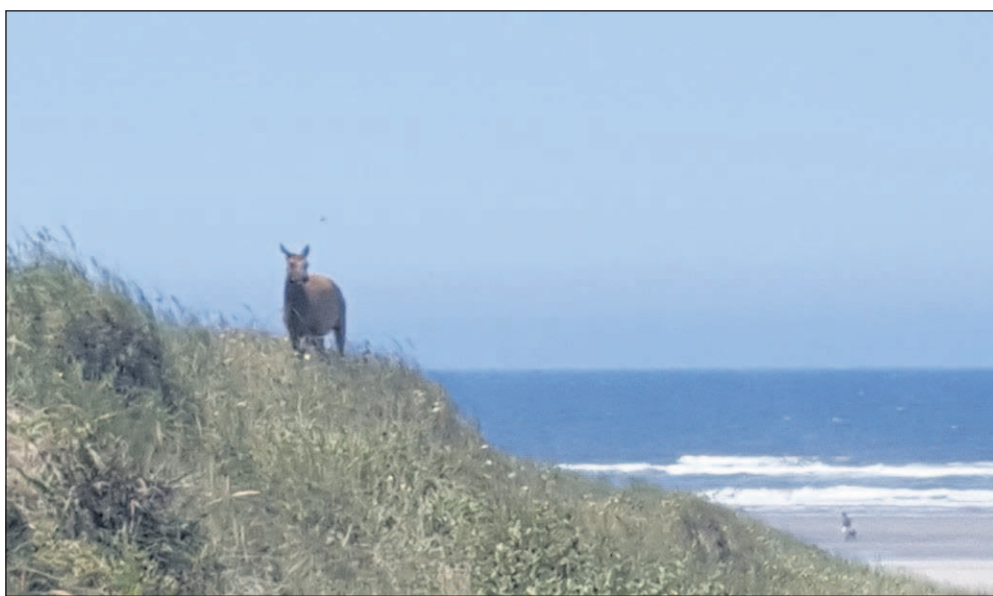
In Gearhart, there are about 75 animals, he added, a number that fluctuates as the herd ranges from the city limit with Seaside to Sunset Beach State Recreation Site.

Biederbeck urged a no-feeding policy for the elk and signs to alert residents and tourists of elk concerns. He suggested having law enforcement or city employees intervene when people are improperly interacting with elk.

"Even a dog on a leash — if you get too close with a dog — elk do not like dogs," he said. "Dogs are a lightning rod for elk."

Hazing elk is permissible within city limits, after a homeowner acquires a permit from the state. Using a leaf blower, pots and pans or a broom to shoo away animals does not require a permit.

"That's a totally different matter if you own a farm or golf course and you try to drive them off," Biederbeck



SUBMITTED PHOTO

Elk cow guarding territory near 10th Street in Gearhart.

said. "That's a classic situation where you would need a permit."

Relocation of the herd was generally rejected by wildlife officials at the meeting. "Tracking and relocating elk has several challenges," Biederbeck said.

Some of the challenges involve a lack of places to move the animals and the potential spread of disease. After trapping some elk, the remaining elk become "trap shy," he said. Trapping efforts are also often sabotaged by residents who oppose the idea.

A disease called elk hoof rot has emerged in northern Oregon, Cottam said. "We do not want to move and spread this disease," he said. "If there was any time to move elk, I believe that time is past."

With a town hall meeting scheduled for Warrenton on Thursday, concerns about elk are moving well beyond Gearhart.

"Maybe it's time to look at Clatsop Plains in general," Biederbeck said. "Do we take them on each individually? Or do we maybe look beyond those municipalities?"



FILE PHOTO

Caution urged during elk mating season.

Healing center offers Chinese therapies

Stewart from Page 1A

"People may be confused when I use the word 'group'" she said. "It's not like group therapy. There's no communicating between clients." What she described, which is a Chinese method, is more than one person being treated at the same time. "While the needles are in one person, which is usually for about 20 minutes, I can be taking a medical history or inquiring about what's bothering the person who just came in," Stewart said.

Her clinic, an inviting, peaceful, clean, and quiet space, is set up to handle up to three clients at one time.

"Every person gets a private consultation in a separate room, and a treatment personalized for them each time they come," Stewart said. "Appointments are staggered 15 minutes apart, so there can be up to three people in the treatment room, but coming and going at different times."

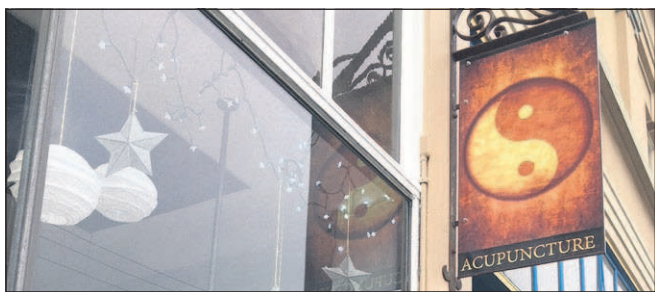
She said acupuncture in a group setting also enables clients to experience the healing power of collective energy, and receive acupuncture at an affordable rate.

"It was very important to me to make acupuncture affordable," Stewart said. "It's already a painless and accessible method for treating multiple conditions and ailments, suitable for adults, pregnant women, even kids."

Stewart discovered acupuncture when she was in her 20s and suffering from fibromyalgia and chronic fatigue syndrome. "It was my mother who suggested I try acupuncture since nothing else was working," she said.

It was a big leap for a person who was initially terrified of needles. She learned that acupuncture needles don't hurt.

After six weeks of a treatment combining acupuncture



EVE MARX

Katharine Stewart's new acupuncture location on Holladay Drive in Seaside.

with Chinese herbs, Stewart felt cured. Soon after, she enrolled in school to study acupuncture and make it her life work.

"Because my technique is so gentle, most children have a good experience getting a treatment," Stewart said. "Generally, the younger the child, the less needles and the less time the needles are left in, but I work with each child individually. Most childhood conditions respond favorably to treatments, including allergies, asthma, gastrointestinal problems and eczema."

The only requirement for receiving acupuncture is the ability to hold still for 15 or 20 minutes and to relax. Clients are advised to wear loose clothing and avoid treatment when they are excessively fatigued, hungry, or emotionally disturbed.

How many sessions does it take to get results?

"That depends on the duration, severity, and nature of your complaint," Stewart said. "Sometimes one treatment is all it takes if the condition is acute."

Chronic issues normally require 5 to 10 treatments to resolve. Some degenerative conditions may require multiple treatments and it's not unusual for the practitioner to suggest dietary modifications, self-massage, and Chinese herbs.

Stewart said she was drawn to the natural beauty of

a private consultation room away from the treatment area. She offers zero gravity lounge chairs, chairs, and massage tables so each person can receive the specialized care they need. Group Clinic hours and booking appointments are available on line. Go to her website, www.ancienthealthandhealing.com and click on the Seaside Acupuncture tab to check availability, cost, and secure an appointment.

Ancient Health and Healing Acupuncture is located at 10B Holladay Drive in Seaside; www.ancienthealthandhealing.com.

Car Show!

Entry Fee: \$15.
Show Opens at 8AM

PROCEEDS BENEFIT THE CLATSOP COMMUNITY COLLEGE "AUTOMOTIVE TECHNOLOGY" PROGRAM and other local Youth Automotive Educational Programs.

April 28, 2018
18th Annual Car Show
Camp Rilea - Warrenton, OR
REGISTRATION - \$15.
Active Military - FREE
(with current Military ID)

SHOW TIME FROM 8 AM - 3 PM
JUDGING FROM 10AM-NOON

PRESENTED BY

HOT RODS • ANTIQUES
SPECIAL INTEREST CARS

Spectator Parking:
\$2 per person in car
Children under 12 FREE
When accompanied by an adult

Kids Games & PRIZES
Loads of Raffles
40+ TROPHIES

For more information call
Burt Young (503) 338-8719

'Spring Into Fashion' with AAUW fundraiser

The third annual AAUW "Spring into Fashion" style show to raise funds for local scholarships will take place on Saturday, May 12, from 2 to 4 p.m. at the Astoria Golf and Country Club.

Twelve merchants from Cannon Beach and Seaside will select the latest fashions.

The "Breaking Barriers" award will be presented for the third year to a woman who has shown leadership and been recognized for promoting equity for girls and women through advocacy, education, philanthropy research.

This year's honoree will be the Honorable Judge Dawn McIntosh. McIntosh has worked in the juvenile and child abuse units in Multnomah and Clatsop Counties and was named the Oregon District Attorneys Association Child Abuse Prosecutor of the Year. She has taught at

Clatsop Community College and was a founding member of Clatsop County's Lighthouse for Kids, an assessment center for abused children. McIntosh brings a rich background of experience that makes her highly qualified to be the 2018 "Breaking Barriers" winner.

AAUW, with its nationwide network of approximately 170,000 members and supporters, 1,000 branches, and 800 college and university partners, has been a leading advocate for equity and education for women and girls since 1881.

Tickets are available from Seaside AAUW members and may be purchased at Beach Books in Seaside or by contacting Linda Schaeffer at sharlul@hotmail.com.

Tickets are \$30 for adults and \$20 for students. All proceeds go to local scholarships.

DINING

on the NORTH COAST

Great Restaurants in:
**GEARHART • SEASIDE
CANNON BEACH**

NATIONALLY FAMOUS CLAM CHOWDER • FRESH OREGON SEAFOOD

Mo's

RESTAURANTS

CANNON BEACH

503-436-1111

Ocean Front at Tolovana Park

www.moschowder.com

PIG 'N PANCAKE

Excellence in family dining found from a family that has been serving the North Coast for the past 52 years

Great Breakfast, but that's not all...
Great lunch and dinner menu, too!
Great pasta, steaks & seafood!
Homemade Clam Chowder, Salads!

Seaside • 323 Broadway • 738-7234 (Open 7 Days)
Cannon Beach • 223 S. Hemlock 436-2851 (7am-3pm Daily)
Astoria • 146 W. Bond • 325-3144

MAZATLAN

MEXICAN RESTAURANT

Phone 503-738-9678

1445 S. Roosevelt Drive • Seaside

WANNA KNOW WHERE THE LOCALS GO?

- Breakfast
- Lunch
- Dinner

Something for Everyone

- Lighter appetite menu
- Junior menu

BEST BREAKFAST IN TOWN!

Fish 'n Chips • Burgers • Seafood & Steak
Friday & Saturday - Prime Rib
Lounge Open Daily 9-Midnight
All Oregon Lottery products available

1104 S Holladay • 503-738-9701 • Open Daily at 8am