

SignalViewpoints

For Tsunami Marijuana owner, cannabis is a family tradition

SEEN FROM SEASIDE

R.J. MARX



Tsunami Marijuana owners Craig Johnson and Tom Pruitt were best friends in college. Now they're partners in a new dispensary at 1555 N. Roosevelt — about half-a-block south of the former high school, in a building formerly occupied by the Seaside Signal.

The duo will close their store off of U.S. Highway 26 but may use it as a processing facility to make oils, tinctures, edibles and concentrates, Johnson said.

Johnson grew up in Shady Cove and settled in Olympia, Washington, where he has owned an electrical contracting company for 25 years.

It was Johnson's parents who suggested he get into the cannabis business.

"My family was very open in that way," Johnson said. "They grew marijuana when I was a kid. So it was just part of and always around my family. And then when it was about to go legal, my dad was really on me. 'Aren't you going to get a grow? A store? When are you going to get into it?'"

With legalization in Washington in 2012, Johnson started a grow facility and Pruitt,

an "ex-casino slot guy," at Emerald Queen Casino launched a dispensary.

"We happened to run into each other at dinner one night," Johnson said. "He said what he's doing and I said what I'm doing, and we said, 'Why aren't we doing this together?'"

They looked to Seaside, a middle point between Olympia and Johnson's family in southern Oregon.

"I was looking to build an actual grow facility," Johnson said. "When I was looking on (U.S. Highway) 26, it just happened to be one of those few properties in Clatsop County that you can grow on it, you can process on it, and then they said you can have a store on it. I really wasn't looking for a store when I started it. It just so happened the county said I could open a store there too. I decided to open there and get all licenses for that piece of property."

They started considering an in-town location about a year ago, Johnson said. "With so many restrictions kid-wise and spot-wise, there just wasn't a lot available," he said. "I looked at a lot of properties. When the old high school was closing this popped up as a viable property."

Johnson hopes to have six full-time employees at the new location. Along with cannabis products, they plan to sell clothing, surfboards and boogie boards.

"We're going to try and make it more of an ocean-like destination for tourists, but



Craig Johnson and Tom Pruitt of Tsunami Marijuana.

R.J. Marx

also make it the same comfortable location we've always had," Johnson said.

Johnson will be among those in-house. "You'll see me. I love being here. It's like a retirement job," he said.

"We are going to give our local Highway 26 people a discount," Johnson said. "Being original customers, we always want to make sure they get a discount for keeping us in business for all these years."

Train with kindness, and train before the training is needed

CANINE CORNER

RAIN JORDAN



Much has been made of the fact that, as a result of sheltering in place long-term, many have acquired a new puppy. That's because so many of us found ourselves suddenly with a lot of at-home time on our hands. Apparently, being home alone every day for months upon months in a row creates new homes for needy pups.

One challenge is that eventually, most of us will need to start leaving home again. What, then, will happen to our canine loved ones? Many of them, now accustomed to having us home all day every day, will naturally experience this constant companionship as normal. It will also be natural that when we eventually go back to work and social life, these pups may panic.

Is suffering inevitable? While no one escapes life without some degree of discomfort, we can reduce the likelihood that our pups will suffer after the pandemic if we start preparing them long before they have to be alone. We can do this by slowly, methodically desensitizing them to being alone. It's an incremental process that is best begun before there is any problem or risk of problem. Depending on your dog, you might begin with just stepping outside your door for a few seconds every day, or several times a day, then returning to your pup inside. Just before you step out, say "I'll be back."

Your saying these words and keeping your word every time will gradually teach the dog that the phrase "I'll be back" means that you are leaving but that she can count on you to return, that there's no need to panic. The phrase becomes a signal that lets the dog know your leaving is only temporary.

Once the pup shows absolutely zero distress or concern about your

leaving for that short duration of just a few seconds, begin adding seconds, then minutes, working your way very slowly up to the duration you will eventually need — but never adding duration before the pup is ready to handle it, and never too long a duration at once.

Any time the pup shows any sort of stress signs related to your leaving, go back at least one step in duration and redo until you are absolutely sure the pup is completely happy with that duration. Then, when you're ready to add more time, do so in only very tiny increments. Instead of adding 30 minutes to a 30-second duration, add just a few extra seconds. Repeat this process every time you add duration, in similarly small increments until you get to the desired duration with your dog still completely happy. Each increment is a baby step. Take many baby steps, and only baby steps.

Some people call the process "alone training," and some people do it right away, every time they bring home a new dog. It is wise

to do so, even if you don't work outside the home. That's because at some point, you will have to go out, and the last thing you want to find when you return is that your dog has broken a window trying to follow you and now is on the lam. Canine separation anxiety occurs sometimes even if the caregiver never leaves the dog for more than a moment or so at a time, so you might as well give the pup positive, comfortable experiences with being left alone even if the pandemic didn't much change your schedule.

Whatever you do, make sure to keep your training and preparations positive. Scolding, yelling, or any other negative emotions or behaviors, and any sort of corrections, can result in your dog developing more negative associations, which is where undesired behavior often is rooted. This is true even if you think the dog doesn't know you're upset because you haven't said anything to him.

But are you frowning? Stomping? Slamming a door? Stud-

ies have shown that dogs read our facial expressions and body language. "Smile when your heart is breaking" might be an annoying platitude in the context for which it was written, but for helping your dog feel safe and comfortable, it's a really good idea to emit happy, calm signals — auditory as well as visual.

A dog whose caregiver addresses her softly and kindly — even and especially when the dog's behavior upsets the caregiver—is much less likely to develop new problem behaviors and much less likely to escalate established problem behaviors.

The resolution is always this: Train with kindness, and train before the training is needed.

Rain Jordan is a certified canine behavior consultant and dog trainer, a fearful dog expert, and the author of several books, including "Such Small Hands: An Anti-Aversives Primer" and the children's book "The Dog Who Couldn't Be Petted." Visit her at www.Expert-Canine.com.

Small acts of kindness make difference in our lives

TUNNEL ECHOES

LIANNE THOMPSON



Did you watch the Super Bowl? Did you catch Bruce Springsteen's commercial? He spoke about the heartland, the middle of America, geographically, politically, and emotionally — and living from our hearts, emotionally, in what we could call "a community of good neighbors."

We're still living together in challenging times, but the Boss has said something worthwhile to guide us, as he's often done over the years. "Look for the middle, with some humility, grace, and kindness. Be kind to each other." At least that's what I heard him say.

Maybe that's because I'm getting frayed around the edges, tired of the strains and constraints of COVID-19 and life in the 21st century on planet earth. One thing about this pandemic: as it goes on and on, it's relentless and confusing and frustrating.

There are moments of

good cheer and hope, acts of kindness, joy gained in focusing on what nourishes and sustains our goodness. And then there are the other kinds of moments.

I see my job as a Clatsop County commissioner to be one of leading us through changes and the challenges we're facing. Leading through change requires channeling a vision and listening to how changes impact people. Lots of listening is required: "What's in it for me?" is their question, because everyone wants to know that they're seen and heard and loved, and that they matter — because we all need to matter.

Being a leader means that I spend lots of time listening to people tell me their hopes and fears, sharing their best and worst. If I don't open my heart to them, care about what matters to them, and listen to their ideas and emotions, how can I do a good job? So I open my heart and listen.

Sometimes it's almost unbearably painful to perceive the fear and anger, the righteous indignation, armored and aggressive. Ouch, ouch, and ouch.

Sometimes I'm reminded

of the fragility and unpredictability of life, as when the phone call or email or Internet post tells me someone else is sick or dead. Sometimes, the beauty and joy of a sweet human connection brings me to smiles or tears.

Sometimes small acts of kindness like a stranger's eyes crinkling in a smile behind a face mask while I grocery shop touch me more than I'd expect. "Thank you for your smile," I say, "I needed that today." "You're welcome," she says. A piece of beauty in life's mosaic.

We're communicating a lot to each other, given our many avenues. Are we kinder, more generous? Or are we snarky? The answer is probably, "Sometimes one, sometimes the other," at least for me.

The chatter I've been noticing is about who's welcome in our neighborhood and who's not, who's entitled to set a boundary and declare they're the boss over somebody else.

In a public or private organization, there's concepts like "scope of authority" and "chain of command." In day-to-day human interactions, we sometimes

make up our own scope of authority and see no chain of command except our own sense that we're entitled to command and control another person's words, actions, thoughts, or feelings.

That's a short trip down a hard road.

Negotiating boundaries in relationships takes confidence. If we don't trust ourselves to be able to communicate by listening to another and honoring them and ourselves, we resort to quick and easy violence.

That violence doesn't always involve mobs or guns. Sometimes it's done through lawyers. Sometimes it's done through signage. Sometimes it's done through emails, phone calls, or one on one communication.

However communication happens, we have a choice.

If we can trust ourselves to be capable and loving human beings, we can nourish our well-being through goodness and kindness to one another instead of warfare. Or not.

If not, we're eating poison. Let's eat kindness and joy; it's a healthier diet.

Lianne Thompson is Clatsop County Commissioner, District 5.



Kenneth and Deirdre Dahlberg and their son, Kive.

Happy anniversary!

Seaside Signal

Kenneth Earnest Dahlberg and Deirdre "Dee" Gayle Dahlberg are celebrating their 50th anniversary on March 6.

They met through friends and were married on March 6, 1971, in Campbell Methodist Church in Campbell, California. During

their early marriage, Gayle worked as a social worker at a San Jose, California hospital, while Ken worked as a mailman.

In 1983 the two moved to Elsie, where they still reside. They have one son, Kive, who is known by many in Seaside. The couple will celebrate the landmark anniversary at home with Kive. Phone calls are welcomed.

PUBLIC MEETINGS

Contact local agencies for latest meeting information and attendance guidelines.

TUESDAY, MARCH 2

Seaside Planning Commission

7 p.m., regular meeting, cityofseaside.com.

WEDNESDAY, MARCH 3

Gearhart City Council, 5:30 p.m., executive session;

7 p.m., regular meeting, cityofgearhart.com.

THURSDAY, MARCH 4

Seaside Parks Advisory Committee, 6 p.m., City Hall,

989 Broadway.

MONDAY, MARCH 8

Seaside City Council, 7 p.m., cityofseaside.us.

THURSDAY, MARCH 11

Gearhart Planning Commission and City Council, joint meeting, 7 p.m., cityofgearhart.com.

TUESDAY, MARCH 16

Sunset Empire Park and Recreation District Board of Directors, 5:15 p.m., 1225 Avenue A.



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Seaside Signal

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