



Happiness Happens..... PAGE 6

Oregon Coast Garage Sale.. PAGE 11

THE NEWS Guard

August 5, 2020

Serving Lincoln City Since 1927

\$1.00



Night at the Movies

COURTESY PHOTO/FRANK CAVEZZA

From July 25 through August 29, the Bijou Theatre, the Lincoln City Cultural Center and the City of Lincoln City have partnered up to present a Drive-In Summer Movie Series every Saturday night. Shows start between 9 p.m. and 9:30 p.m. with tickets available at the Bijou between 6-7 p.m. and 6-9 p.m. on movie nights. Tickets are \$20 per car and includes a large signature Bijou popcorn. After singing along to The Beatles' Yellow Submarine film on July 25, viewers watched the classic flick Jaws August 1. This week features Back to the Future (Aug. 8) followed by Alfred Hitchcock's 'Psycho' on August 15. More information is available on the Bijou website (cinemalovers.com).

LCSD opts for online start to school year

MAX KIRKENDALL
newsguardeditor@countrymedia.net

As COVID-19 case counts continue to rise throughout the State of Oregon, Governor Kate Brown recently announced what metrics school districts must meet in order to reopen for in-person instruction during the 2020-21 school year.

Following the Governor's announcement, the Lincoln County School District made the decision to delay in-person classes until possibly November.

During a press conference July 28 with Dr. Dean Sidelinger, state epidemiologist and state health officer, as well as Oregon Department of Education (ODE) Director Colt Gill, Gov. Brown addressed the need for in-person instruction this fall. Gov. Brown said the State has been following guidance from the American Academy of Pediatrics, which states that 'only with low rates of disease and adequate safeguards in place should schools return to in-person instruction.'

"Good schools improve health and we

See **SCHOOLS**, Page **A9**

Partner with SOLVE to create your own beach cleanup

BY CHELSEA YARNELL
Guest Contributor

Hate to see a beach covered in litter? You can help!

After the Spring Oregon Beach Cleanup hosted by SOLVE was canceled in March due to the COVID-19 pandemic, SOLVE had to get creative.

"The idea was to take an event that traditionally attracts thousands of volunteers... we often see over 5,000 people show up. We can't do that during the pandemic," said Jon Schmidt, SOLVE program and education manager. "So, we looked to rework the process and make it small, family-sized cleanup events."

Through August, several

dozen, small cleanups are scheduled to take place along the Oregon Coast. But those who are interested, can create their own.

"I can help them pick a beach, and look at the tide tables to determine the time and day to do their cleanup," Schmidt said.

If you contact SOLVE, they will also provide heavy duty garbage bags, gloves, and help with a plan for trash disposal.

"The more the better, but one person makes a big difference on a beach," Schmidt said.

After the cleanup, those who submit photos of their progress and estimate of trash collected will be entered to win prizes

presented by AAA and SOLVE.

Want to continue the fun? Adopt a beach!

"We're looking for individuals, small groups, or businesses who can commit to cleaning their beach once a month for a two year commitment," Schmidt said.

Currently there are 60 beach adoptions on the entire Oregon Coast with local beach adoptions including: Roads End north (Sheri Hilgers), D River North (Michael and Kimberly Edwards), Siletz Bay Beach (Eola Hills Charter School), Lincoln Beach (SeaRidge HOW), Fogarty Creek Beach (AnE

See **SOLVE**, Page **A9**



COURTESY PHOTO

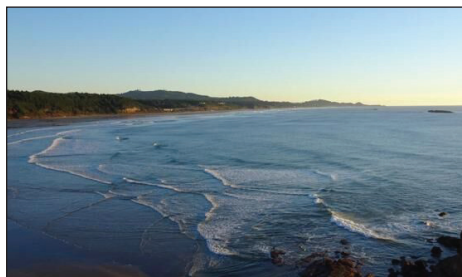
Despite the pandemic, SOLVE has continued to host family friendly beach cleanup events in Oregon.

Woman found deceased near Devil's Punchbowl, Otter Rock

MAX KIRKENDALL
newsguardeditor@countrymedia.net

On Thursday, July 30, at approximately 1:02 a.m., Oregon State Police (OSP) troopers and emergency personnel responded to a report of a deceased adult white female found on the beach between Devil's Punchbowl and Otter Rock in Lincoln County.

The deceased female was believed to have washed up from the Pacific



NEWS GUARD FILE PHOTO

Devil's Punchbowl in Lincoln County.

Ocean after an undetermined amount of time. The deceased female was initially unidentified, and OSP called on the public's assistance to help identify the woman person.

OSP described the woman as an adult female with blonde mid-length hair, blue eyes and between 40 and 50 years of age. She was wearing black yoga-style pants with the logo "Wilson Lacrosse" on the hip, a white t-shirt with "Skyhawks Sports Acad-

emy" logo, and gray with orange sole Nike shoes.

On July 31, with assistance from the public, the woman was positively identified as Annette Fagan, 58, of Portland, Ore.

Police said the investigation was ongoing. Anyone with information is urged to call OSP by dialing *OSP or *677 from a mobile phone or call 800.442.0776 and reference case #SP20213257.



Lincoln City, inc.

Property Management Pros

Under New Ownership

Visit us: 2140 NE Hwy 101, Lincoln City
Call (541) 994-2100 • Web: re100lc.com • Find us on Facebook: @re100lc



INDEX WEATHER thenewsguard.com

Opinion..... 3
Obituaries..... 3
Classifieds..... 4-5

Police Blotter..... 8
Look Back..... 7

WED.



60°/53°

THU.



58°/48°

FRI.



60°/51°

SAT.



60°/48°

SUN.



62°/51°

MON.



60°/49°

TUE.



60°/48°



VOL. 93 NO. 32



Lincoln City's largest and most trusted news source.

Lincoln County removed from COVID-19 watch list

THE NEWS GUARD

Governor Kate Brown announced last week that two Oregon counties, Lincoln and Union, have succeeded in reducing the spread of COVID-19 sufficiently enough to be removed from the County Watch List.

Meanwhile, three counties, Hood River, Marion, and Multnomah, were added to the Watch List. This brings the total number of counties on the list to ten.

The County Watch List allows the state to prioritize resources and assistance to counties that are seeing the broadest spread of COVID-19. When a county is placed on the Watch List, the Oregon Health Authority increases monitoring and communication and deploys additional technical assistance and resources, such as epidemiological support, case investigation, and contact tracing help.



STOCK PHOTO

Lincoln County was one of two counties to be removed from the State's COVID-19 County Watch List last week.

"I want to applaud county officials and community members in Lincoln and Union Counties for their diligent work in bringing the spread of COVID-19 under control in these areas. Your leadership shows that we can reduce the

spread of this disease if we work together," said Governor Brown.

Lincoln and Union Counties were successful in reducing community spread and coming off the Watch List thanks in part to the diligent work of

local public health staff, as well as community members who worked to protect themselves, their families and neighbors, said state officials.

Some of the steps taken include Union County voluntarily moving back to Phase 1 and Lincoln County opting to remain in Phase 1. In addition, the Oregon Health Authority provided case investigation and contact tracing support, including intensive efforts to reach communities with specific language and cultural needs; neighboring counties also aided the response.

Counties are placed on the Watch List when COVID-19 is spreading quickly and public health officials cannot trace that spread to specific sources—creating a potentially dangerous dynamic. Specific markers of this rapid community spread include when there is a sporadic case rate of 50 or more per 100,000 people in the last two weeks and

the county has had more than five sporadic cases in the last two weeks (sporadic cases are those that cannot be traced to a source; they indicate community spread).

Counties remain on the Watch List for a minimum of three weeks and until their sporadic case rates drop below these thresholds.

"This is also a good reminder to all Oregonians—especially to those who live in Watch List counties—of the importance of remaining vigilant," Governor Brown added. "I urge all Oregonians to keep practicing physical distancing, wearing face coverings, and practicing good hygiene. Your choices matter, and we are truly all in this together."

The complete County Watch List now includes the following ten counties: Baker, Hood River, Jefferson, Lake, Malheur, Marion, Morrow, Multnomah, Umatilla, and Wasco.

Gerber Tire offers quality service for over 40 years

BY CHELSEA YARNELL
Guest Contributor

It's a consumer's worst fear: taking your car in for a tune-up and new tires and overpaying for the service.

But never at Gerber Tire, that's something they pride themselves on.

For over 40 years, Gerber Tire has been serving the Lincoln City community with professionalism, expertise, and a family-oriented mindset in their tire and service business.

"It's very local," Perry Gerber, Gerber Tire Corporate Secretary said. "It runs

very un-corporate."

Perry's father Jim Gerber started the business in 1980 and grew it into a four-store chain.

Since that time, three of the locations have been sold off, but Gerber Tire is still family-run.

"My dad is still working," Perry said. "He runs our trailer and truck bed division that we started about 25 years ago."

The family runs their Tire and Service Center at 1605 SW Hwy 101 in Lincoln City, and their Gerber Trailer Sales at 13000 S Pacific Hwy W in Monmouth.

As a family-owned business, Gerber Tire keeps their focus local.

"There's nobody at the top who's collecting money for doing nothing," Perry said of their success over the years. "There's not a super high dollar guy who's trying to suck the life out of it."

Staffing nine employees, Gerber Tire offers tires, wheels, undercar parts and service, brakes, shocks, alignments, batteries, starter, and a full service lube and oil station.

"We're also the biggest

'Interstate' dealer on the Oregon Coast and offer a lot of trailer repair," said Perry.

The Gerber family believes, and holds firm, to fixing things the right way with quality.

"We think we try harder to make people happy," said Perry. "I think we use better parts in most cases. Some shops use the cheaper parts and charge the premium price. We just use the premium parts."

Gerber Tire doesn't settle for cheap or inferior service. So instead of charging a flat rate price for work done in their

shop, they pay their crew by the hour. Customers walk away pleased when service is delivered quickly and for a fair price.

"Come check us out. Even though we only use premium parts, compared to the prices I've seen, we are competitive in every way," Perry said.

In the midst of the COVID-19 pandemic, Gerber Tire has also stepped up their safety measures.

"Nothing is reused, ever," Perry explained. "So, every time a guy gets in a car, he has to have a brand new set of gloves, brand new steering wheel cover,

brand new seat covers, brand new floor mats. We're really taking care to make sure this is working good."

The service center is once again fully staffed (after slowing a bit during the state-wide quarantine mandate) and can get vehicles in and out quickly.

"We're basically instant service again," said Perry.

Gerber Tire & Service Center is open Monday – Friday 8 am – 5:30 pm; and Saturday 8 am – 4 pm. Contact Gerber Tire at 541-994-2202 or gerbertire@gmail.com

PRODUCE SPECIALS



GOLDEN RIPE CHIQUITA BANANAS
\$.58/POUND
ITEM# 4011



FRESH CILANTRO
\$.69/BUNCH
ITEM# 4889



GROWN IN THE NORTHWEST HONEYCRISP APPLES
\$1.79/POUND



Tender Fresh Asparagus (Imported)
\$2.99/POUND
ITEM# 4080



FRESH JALAPEÑOS
\$.99/POUND
ITEM# 4693



LARGE, JUICY CALIFORNIA LEMONS
\$.69/EACH
ITEM# 4053



FANCY LARGE LIMES
3 for \$1.00
ITEM# 4048



CRISP CALIFORNIA CELERY STALKS
\$.79/POUND
ITEM# 4070



GREEN BELL PEPPERS, LARGE & FRESH
\$.69/EACH
ITEM# 4065



RED RIPE CALIFORNIA STRAWBERRIES
16oz Clamshell
\$3.99/EACH



McKay's MARKET
EMPLOYEE OWNED. OREGON GROWN.

Prices good 8/5/20-08/11/20
Enjoy shopping our app & curbside delivery service
Vulnerable shopping hours
6 am - 8 am Every Day
Download The Rosie App Today!

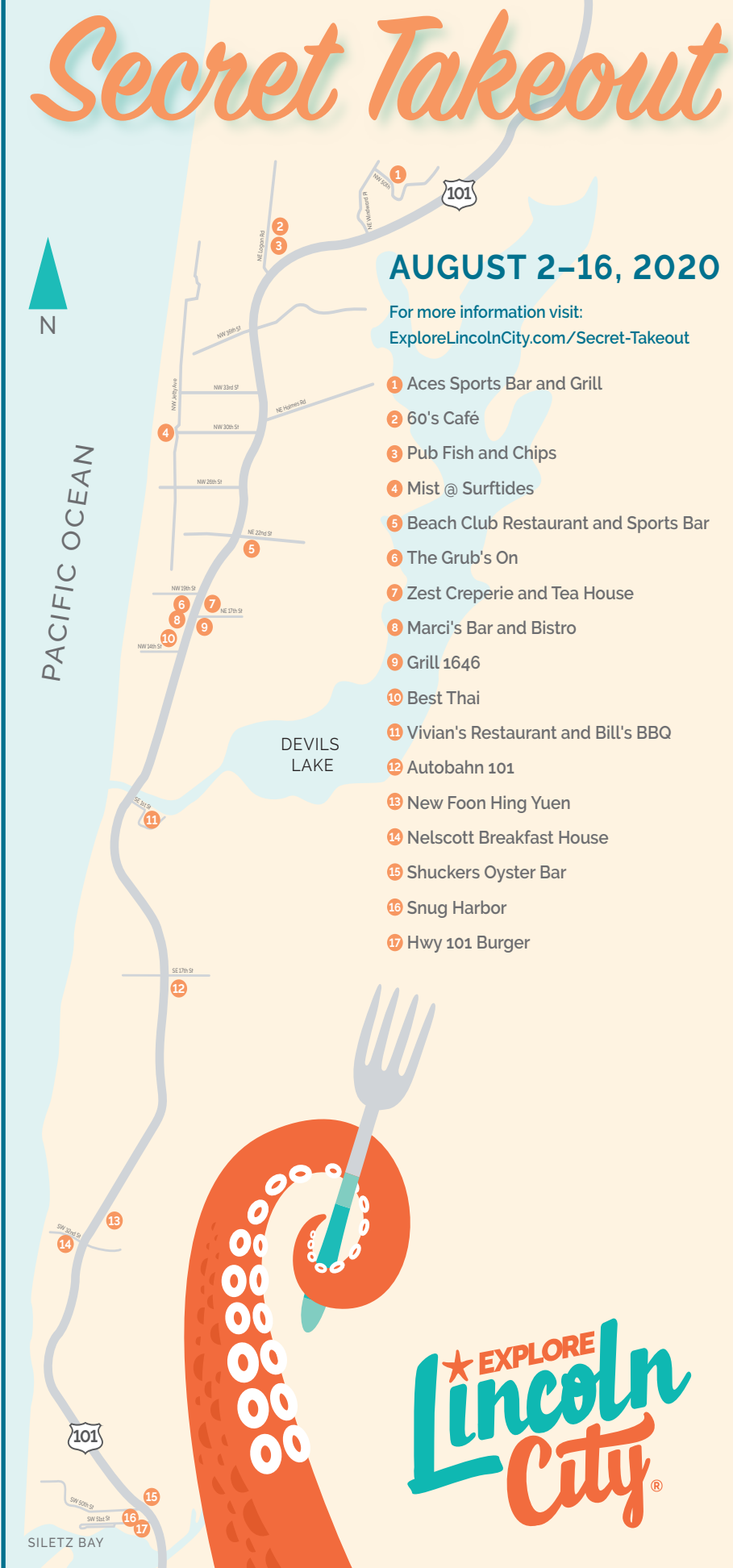
Powered by 

801 SW Hwy 101, Lincoln City • www.mckaysmarket.com


Secret Takeout

AUGUST 2-16, 2020

For more information visit:
ExploreLincolnCity.com/Secret-Takeout



- 1 Aces Sports Bar and Grill
- 2 60's Café
- 3 Pub Fish and Chips
- 4 Mist @ Surftides
- 5 Beach Club Restaurant and Sports Bar
- 6 The Grub's On
- 7 Zest Creperie and Tea House
- 8 Marci's Bar and Bistro
- 9 Grill 1646
- 10 Best Thai
- 11 Vivian's Restaurant and Bill's BBQ
- 12 Autobahn 101
- 13 New Foon Hing Yuen
- 14 Nelscott Breakfast House
- 15 Shuckers Oyster Bar
- 16 Snug Harbor
- 17 Hwy 101 Burger



OPINION/OBITUARIES

ONLINE POLL

This week Which superpower would you like to have?
Mind Reading
Flying
Invisibility
Teleportation
I already have a superpower

Last week's results
Should confederate names be removed from military bases?
50% Yes
50% No

Vote online at thenewsguard.com see how your opinion compares.



NATIONAL SUICIDE PREVENTION LIFELINE 1-800-273-8255 | suicidepreventionlifeline.org

OREGON YOUTHLINE 877-968-8491 | Text "teen2teen" to 839863

THE NEWS Guard

Vol. 93 No. 32
USPS 388-100
Published Weekly by Country Media Inc.
1818 NE 21st Street
Lincoln City, Oregon
97367-0848
Phone: (541) 994-2178
Fax: (541) 994-7613
www.thenewsguard.com

Annual Subscription Rates:
\$52.00 In-County
\$72.00 out of County

Frank Perea II
Publisher

Max Kirkendall
Managing Editor

Yalanda Lietz
Office Manager/Legals

Nicole Clarke
Marketing Consultant

Kimberly Hagner
Graphic Designer

WRITE TO US:

Letters are limited to 250 words and will be edited for grammar and spelling and may be edited to remove errors, unsubstantiated or irresponsible allegations or clarity. Letters containing details presented as facts rather than opinion must include sources. Letters not following this policy will not be published.

ADVERTISING DEADLINES:
Advertising: Friday, 3 p.m.
Legals, Community news and listings: Thursday at 5 p.m.
Sports information and Letters to the editor: Friday at noon.

POSTMASTER:
Send address changes to The News Guard, P.O. Box 848, Lincoln City, OR 97367-0848. Periodicals Postage paid at Lincoln City, OR 97367 and at additional mailing offices.

The News Guard has several options for submitting obituaries:

- Basic: Includes the person's name, age, town of residency, and information about any funeral services. No cost.
Custom: Choice of length and wording. The cost is \$75 for the first 200 words, \$50 for each additional 200 words. Includes a small photo at no additional cost.
Premium: Often used by families who wish to include multiple photos with a longer announcement, or who wish to run a thank-you. Cost varies based on the length of the announcement. All obituary announcements are placed on The News Guard's website at no cost.

St. Peter the Fisherman Lutheran Church
S.W. 14th & Highway 101
541-994-8793 stpeterlc@yahoo.com
www.stpeterthefishermanlcms.org

ZOOM Bible Class at 11:00 on Thursday

Sunday Worship at 10:30 A.M.

Call the church for the link and the study



Rep. David Gomberg: August is upon us

Over the weekend, I drove through some of our coastal tourism "hotspots" - Cape Kiwanda, Neskowin, Roads End, the D River, Otter Crest and Nye Beach. The waysides that were open were packed! Cars were parked on the roadside and throughout neighborhoods. It seems that refugees from the Valley heat were descending on us in record numbers.

COVID has all of us concerned about exposure and social distancing. Certainly it is reasonable to expect our visitors to respect us and to adhere to the same rules and guidelines we do. But candidly, enforcement is proving difficult. Local police are spread thin dealing with other issues, and health enforcement has focused on the more egregious cases. It is important to note that thus far, local positive cases have not been traced to tourism.

COVID guidelines are being administered by the Governor and not the Legislature. I've said before that I support many and have concerns about a few. I'll keep working to see constructive practices that do the most good at the least harm.

Case counts on the Coast are subsiding which is very good news. I've been working to remove some of our counties from the state "Watch List" which would allow our Commissioners more flexibility in what we do next. I would like to see them have the option of applying to move to Phase Two. I certainly do not want to see us downgraded from the current Phase One. That would entail more restrictions on businesses and social gatherings.

A "spike" in cases is a serious concern. I continue to hear from you with strong feelings about the summer. Some of you say we need more restrictions, fewer visitors,



COURTESY PHOTO

Rep. David Gomberg

and better enforcement. Others argue that our workers and the businesses that employ them are bearing the brunt of the epidemic and there is no end in sight. Many are concerned about our schools this fall. I'm listening to all of you and striving for a balance that protects us and also maximizes our potential to recover.

Unemployment and benefits for those unemployed continue to be a major concern. That situation will become more difficult as the \$600 per week federal addition to benefit payments expired on July 25.

I want every Oregonian to know about all benefits available to them. If you are waiting for payments, you will receive the \$600 addition for all weeks up until now. Unemployment benefits will continue. Unemployed Oregonians may also qualify for help paying for rent, utilities, food, healthcare, and more—especially now that the extra \$600 per week is ending. I encourage you to visit 211info.org or call 211 to learn what benefits might be available to you. Free interpretation is provided.

If you are still waiting for benefits or have any other issues

ongoing with your claim, filling out the "Contact Us" form on the new unemployment website is the fastest way to connect with a claims processor.

As if we didn't have enough other things to worry about, we are now entering the most dangerous period of our annual fire season.

We are in the middle of a significant lightning event which was preceded by triple digit temperatures in some areas of the state. These conditions are expected to result in an increase in fire activity including the potential for multiple large fires across Oregon's landscape over the next 72 hours.

Lightning started last evening in southwest Oregon resulting in a number of fires that have been held in check at this time. The lightning event is expected to expand from southern Oregon to the east slope of the cascades and into northeast Oregon, through this Wednesday. Cooler temperatures are anticipated to follow the next three days of forecasted lightning.

Please -- be careful with any outdoor fires, camping, and adhere to local burn bans.

I'd like to end on a positive note.

Now more than ever it is important to be helping each other. You can do that on a person-to-person level. And you can also do it by contributing to the many wonderful non-profit organizations - social services, housing, health care, education, animal welfare, arts and culture - that are working hard in difficult circumstances. Enhanced tax benefits may be available if you do.

If you do not itemize your deductions in 2020, you can still reduce your taxable income by up to \$300 for contributions of cash to public charities using an "above the line" adjustment to reduce your taxable income.

For those who itemize their taxes, you can now deduct up to 100% of your adjusted gross income (AGI) for charitable donations made in 2020. Generally deductions for charitable donations are limited to 60% of your AGI.

If you donate through your business, you corporation can deduct up to 25% of its taxable income for charitable donations made in 2020. This is an increase from the usual corporate donation limit of 10% of taxable income for the year.

This summary is for your information and should not be construed as professional advice. As always, it is best to consult with your tax advisor to gain a full understanding of the effect of these provisions on your individual tax situation.

August is upon us and the days are spectacular. I'd much rather be here in this part of Oregon than anywhere else in the world. Stay safe - stay well - and make the most of every day.

Warm Regards, Representative David Gomberg House District 10

IN MEMORY

Submission deadline for Obituaries is 12 p.m. on the Friday before publication.

Joyce Colette Weston

Joyce Colette Weston, 94, of Richmond, VA passed away July 22, 2020. Prior to moving to Richmond, Joyce was a long-time resident of Salishan Hills. She was preceded in death by her hus-

band, George H. Weston; her parents, Cecil Holt and Beatrice Holt (nee Mann); and her sister, Joan Cox.

She is survived by her daughter, Dr. Lisa Weston; her daughter, Dr. Theresa Weston and son-in-law, Dr. Warren Knoff; and her son, Christopher Weston, Esq.

A private Mass of Christian Burial was

held 1 p.m. August 4, at St. Edward Catholic Church, 2700 Dolfield Drive, North Chesterfield, Virginia 23235.

In lieu of flowers, donations are requested to either the Lewy Body Dementia Association (lbda.org) or Guiding Eyes for the Blind (guidingeyes.org).



Janet Hanson-Witaker

Janet Hanson was born in Lafayette, Indiana on May 18, 1931. She lived in Lafayette for many years, attending Purdue University, where she met Lynn Whitaker. They were married in 1952 and

moved to Roswell, New Mexico. Later moves took them to Indianapolis, Indiana and La Habra, California. Along the way they had 4 children.

Janet was an active Girl Scout leader for many years, and a member of the Soroptimist volunteer service organization that works for peace and to improve the lives of women and girls in local communities and throughout the world.

She attended Cal State Fullerton and Chapman College, achieving a Masters in Counseling. She worked for many years as a Hospice Volunteer Coordinator.

Janet and Lynn retired in Oregon in

1989. They both volunteered at Samaritan North Lincoln Hospital for years and were awarded the Terrill Award for Outstanding Service in 2004.

Janet and Lynn moved to McMinnville in 2008, where they had an active social life.

Janet liked to play Mexican Train regularly with friends. She al-

ways loved a good joke, enjoyed going the the Shakespeare Festival in Ashland, and being with family.

Janet is survived by four children: Sue (Danny) Labasan, Ann (Gene) Spencer, Jean (Steve) Pixley and Dave (Laura) Whitaker; four grandchildren: Sean Labasan, Erin Labasan, Trevor Pixley and

Kevin Pixley, and great granddaughters Maude and Edie Labasan. She was preceded in death by Lynn.

A family Celebration of Life will be held at a later time.

Advertisement for Andrew Erstoff & Zantello. Includes text 'DROWNING IN DEBT?' and 'Bankruptcy Can Stop Foreclosures, Garnishments, Creditor Calls, Lawsuits'. Contact info: Call: 541.994.7350 Email: info@AEZLawOffice.com

Advertisement for Lincoln City Church of Christ. Includes text 'LINCOLN CITY CHURCH OF CHRIST' and 'CHRIST CENTERED, BIBLE DIRECTED, COMMUNITY CARING'. Service times: Sunday Bible Study 9:30 AM, Sunday Worship 11 AM and 6 PM, Tuesday Ladies Bible Study 10 AM, Thursday Night Support Group 6 PM. Address: 2160 NE Quay Pl, Lincoln City, Or 97367 • 541-996-3320

999
Public Notices

FOR THE COUNTY OF LINCOLN
In the Matter of the Estate of: ETHEL MAE KISS, Deceased. Case No. 20PB04473
NOTICE IS HEREBY GIVEN that RICHARD KISS has been appointed personal representative. All persons having claims against the estate are required to present them, with vouchers attached, to Personal Representative, RICHARD KISS, at the address below, within four months after the date of first publication of this notice, or the claims may be barred.

All persons whose rights may be affected by the proceedings may obtain additional information from the records of the court, the personal representative, or the attorneys for the personal representative. ADDRESS FOR PERSONAL REPRESENTATIVE: c/o Attorney David V. Cramer, OSB #992479 Andrews Ersoff & Zantello 2941 NW Highway 101

999
Public Notices

Lincoln City, OR 97367
DATED and first published: July 29, 2020
_/S/ DAVID V. CRAMER

999
Public Notices

David V. Cramer,
Attorney for Personal Representative

CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: T equals G

NANDY DXRT GXRGPARNRT Z MPBBXQ

QYX ZBQZID DENBPD QZAEBI:

"HYP QPZANRT XM HYP TANR."

©2020 King Features Synd., Inc.

999
Public Notices

999
Public Notices

999
Public Notices

More Fun & Games @ TheNewsGuard.com/games

Super Crossword

APT ALPHABET SUBSET

- ACROSS**
- 1 Inc. article subjs.
 - 4 Pharmacy chain
 - 7 "— fair in love and war"
 - 11 Luau guitar, informally
 - 14 Actress Skye
 - 18 Lure
 - 20 Tournament sit-outs
 - 21 Rebelled
 - 23 * "High gravity" lager brand
 - 25 Questioning intensely
 - 26 Tattered
 - 27 Sasha
 - 28 * Home to Nashville
 - 29 Place in a row
 - 32 Actor/singer Gordon
 - 34 Prefix with hazard
 - 35 * "The Good Body" playwright
 - 37 * He played Uncle Leo on "Seinfeld"
 - 42 Prefix with hazard
 - 43 Deliberately disregarding
 - 46 "That's —!" ("Not true!")
 - 48 Source of some syrup
 - 53 * Tense situations make them rise
 - 57 Kitchen cover-up
 - 58 Not as hard
 - 60 Noble's crown
 - 61 * Horizontal supporting piece on a ship's lower mast
 - 64 First-class
 - 65 Leaves off
 - 66 Be nuts
 - 68 Woman's office outfit
 - 73 * Actor who played Hercules in 1958
 - 79 At odds with
 - 80 Biology slide specimen
 - 82 Accord
 - 83 * Unease
 - 85 Solidified
 - 88 Asia's — Sea
 - 89 Think up
 - 91 Part of TMI
 - 92 * Fitted forearm cover
 - 96 * Not even a single time
 - 102 — populi
 - 103 Pluses
 - 106 Strauss one-act opera
 - 107 * Short-pile cotton fabric
 - 112 Instruments of angels
 - 114 Left amazed
 - 115 Push away
 - 116 * The answers to the starred clues are all drawn from a certain set of them
 - 119 Troubadour relative
 - 120 Busy as —
 - 121 Live through
 - 122 Cooped (up)
 - 123 Cen. parts
 - 124 Part of BMI
 - 125 ER staffers
 - 126 Census stat
 - 7 Husband of Héloïse
 - 8 Bit of a song's words
 - 9 Actor Burton
 - 10 Dir. opposite NNW
 - 11 Push along
 - 12 Corn piece
 - 13 Show plainly
 - 14 Misfortunes
 - 15 Redding of R&B
 - 16 Hawaiian state bird
 - 17 Outer limit
 - 19 Zellweger of films
 - 22 Butter substitutes
 - 24 Identical
 - 28 Wobble
 - 30 Not crooked
 - 31 Omegas' preceders
 - 33 Actress Woodard
 - 36 Mauna —
 - 38 Denials
 - 39 Relish
 - 40 Kagan of the court
 - 41 Made angry
 - 44 Snaky curves
 - 45 End in — (finish evenly)
 - 47 Punta del —, Uruguay
 - 48 Gymnast's landing pad
 - 49 Fourth mo.
 - 50 Nuptial lead-in
 - 51 — Alamos
 - 52 — four (little cake)
 - 54 Get points
 - 55 One running easily
 - 56 Unit of work in brief
 - 59 Gallery work
 - 62 Scoundrel
 - 63 Gives off
 - 64 Actress Feldshuh
 - 66 Nuclear trial, in brief
 - 67 Cotillion star
 - 68 Legal aide, for short
 - 69 Golden — (retirees)
 - 70 Like "m" and "n" sounds
 - 71 Duke, e.g. since '75
 - 72 NBC hit
 - 73 Sammy of baseball
 - 74 Author Welty
 - 75 Suffix with phenyl
 - 76 Actor Diesel
 - 77 Summer, to the French
 - 78 Pink Floyd's Barrett
 - 80 Like Peru's peaks
 - 81 Assembles
 - 84 The "S" of RSVP
 - 86 Off-road bike, in brief
 - 87 Some deer
 - 90 Filling dishes
 - 93 Incident
 - 94 Religious adherent
 - 95 Phillips — Academy
 - 97 U.S. Open ailer
 - 98 Bring joy to
 - 99 Oath takers
 - 100 Come forth
 - 101 Boston ball team
 - 104 "Come Back, Little —"
 - 105 Roof overhangs
 - 107 Improvise jazz-style
 - 108 Writer Wiesel
 - 109 "Perfect Strangers" co-star Mark — Baker
 - 110 Waistcoat
 - 111 Twisting fish
 - 113 Squalid district
 - 116 U.S. "Uncle"
 - 117 Outer limit
 - 118 NFL stats

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17			
18			19				20				21		22						
23						24					25								
26					27					28									
29			30	31	32				33		34								
35					36				37	38			39	40	41				
					42			43	44	45				46		47			
48	49	50	51				52		53			54	55	56					
57							58	59				60							
61					62	63						64							
					65					66	67								
68	69	70	71	72					73				74	75	76	77	78		
79								80	81				82						
83								84				85	86	87					
88								89				90	91						
					92	93	94	95				96	97			98	99	100	101
							102			103	104	105			106				
107	108	109	110						111			112			113		114		
115												116				117	118		
119																			
122							123												126

Join our team

Opportunities are available in a variety of fields including:

- Allied health
- Clerical
- Housekeeping
- Information services
- Management
- Nursing
- Nutrition services
- And much more!

Visit samhealth.org/Jobs to learn more or apply.

Samaritan Health Services

EOE

City of Tillamook

The Dairylands

THE CITY OF TILLAMOOK IS HIRING FOR A PUBLIC WORKS TECHNICIAN WITHIN THE CITY OF TILLAMOOK WASTEWATER DIVISION.

Public Works Tech I • Public Works Tech II • Public Works Tech III

SALARY RANGE (PLUS BENEFITS):
\$36,930 - \$39,179
\$38,341 - \$45,781
\$42,330 - \$50,543

SPECIAL MINIMUM THRESHOLD REQUIREMENTS/LICENSES:
State licensing and various training/certifications required (please see complete job description on our website at www.tillamookor.gov), an up-to-date immunization record, and possession of a valid Class A CDL or ability to secure one within nine months of date hired.

Complete job descriptions and applications may be picked up at Tillamook City Hall, 210 Laurel Avenue, Tillamook between 8:00 a.m. and 4:00 p.m., Monday-Friday, or go to www.tillamookor.gov for the announcement, job description and application. A resume is required.

Questions: Call Human Resources at (503) 374-1828.
Position recruitment will remain open until filled. EOE.
Emailed applications are accepted at jchristensen@tillamookor.gov

CALL A Professional

MARKETING

For all your Advertising and Marketing needs, Contact Nicole Clarke at The News Guard
541-994-2178

- Print & Web Advertising
- Ads on Social Media
- Web Design & Hosting

THE NEWS Guard

PAINTING

Andrew's Serving Lincoln County Since 2005
Painting & Maintenance
Interior & Exterior
All Phases of Painting
Pressure Washing
Free Estimates 541.994.3595 or 541.921.1102

WE PAINT WITH PRIDE
Licensed | Bonded | Insured CCB# 165021

REMODELING

PAUL MORGAN REMODELING
Since 1982

- Full Renovations
- Kitchen • Bath
- Additions
- Windows • Doors
- Dry Rot Repair
- Siding

Quality - We will not compromise
(541) 921-3999
Paulmorganremodeling@gmail.com
Depoe Bay to Pacific City CCB#44627

LANDSCAPING

Drainage Solutions • Erosion Control • Retaining Walls
Creative Fencing & Gates • Grade Changes

Complete Professional Landscape Services
Creating Quality Atmospheres since 1978

Wand Landscape 541-994-9420
Loren Wand
S.C.S.P.E.
Consultant/Project Mgr.
P.O. Box 834 • Lincoln City, Oregon 97367
State Lic. #10792 & 6237

BLINDS REPAIR

JOHN WELCH
with Darcie's Draperies
Window Blinds & Shades
Repair & Restringing
541-921-0131
Fast Turnaround Service!

SEPTIC SERVICES

TandL Septic Tank Pumping & Service
Chemical Toilet Rental and Service for All Occasions

Licensed & Bonded CCB#40946 www.TandLSepticTank.com
Tillamook: (503) 842-7666 - Newport: (541) 265-9620
LINCOLN CITY: (541) 994-9950

FLOORING

Lincoln City Floor Covering

Over 30 years experience
Carpet, Vinyl, Laminates
Remnants & More

LC

lincolncityfloorcovering.com

3003 SW HWY 101
Lincoln City, OR
541-994-2911
lfloorcovering@yahoo.com
CCB#174965



Consider a holistic approach to health and wellness

When someone wants to improve their health, they often start with diet and exercise. But to feel well and stay well, there's more to consider than just physical health.

That's why Samaritan providers recommend a holistic approach that encompasses all eight aspects of wellness, not just one or two.

"Wellness is not just the absence of illness," said Brent Godek, MD, a family physician and medical director for Samaritan Health Services. "We encourage people to think beyond their physical state."

Wellness Includes Eight Aspects

Body – Being physically active, eating healthy and getting quality sleep

Community – Being connected and having a support system

Emotions – Having



effective coping strategies and satisfying relationships

Environment – Being in safe, pleasant and stimulating surroundings

Finances – Accepting and understanding your money situation

Mind – Recognizing your creative abilities and expanding your knowledge

Spirit – Having a sense of purpose and leading a meaningful life

Work – Finding ways to grow your skills to enrich your life

"Each aspect contributes to the well-being of the whole person," Dr. Godek said. "When one is out of proportion, it can affect the others."

When someone has a medical condition or is experiencing a health problem, Dr. Godek encourages them to think more broadly than the diagnosis, medication or treatment.

"Taking a holistic approach can have an impact beyond their medical condition or diagnosis,"

he said. "It can be preventive in avoiding future medical conditions."

Even for those experiencing good health, Dr. Godek said it's important not to take it for granted. Many people ignore the aspects of wellness until they get sick, when it can be harder to work on them.

And no matter how healthy you feel, there's always something you can do to improve your wellness, whether it's taking a class, working on a puzzle or starting a retirement account.

"I have found that often the healthiest people are those who have found a way to be active and engaged when they were younger," he said. "So don't wait. Do it now."

For more ideas about how you can improve your wellness, visit samhealth.org/GoodLife.

The pursuit of happiness

Once upon a time, a real group called the Secret Society of Happy People decided to dedicate a day to the pursuit of happiness.

Members of the society wanted to let happy feelings linger inside them every day. In 2000, the Secret Society of Happy People expanded the celebration to Happiness Happens Month in August.

Happiness is a choice. Remembering happiness does not mean you are problem free. That kind of life doesn't exist. As the

Stoics of Ancient Greece observed, happiness is all about the quality of your thoughts.

Happiness is not a destination, but rather a life-long pursuit. Joy can be anywhere at any time. Don't limit yourself to searching for pleasure. Enjoy everything and anything that makes you happy. Oprah Winfrey said it wasn't until she learned to be happy that good things started happening to her.

If you struggle with finding happiness, you can learn to be happy.

There is plenty of helpful advice available to guide you in the right direction. Reading self-help material is an excellent place to start. Here are a few published works you might want to read to help you in your pursuit of happiness:

- The Power of Positive Thinking by Norman Vincent Peale
- Meditations by Marcus Aurelius
- Man's Search for Meaning by Viktor Frankl

Most of the best "how to be happy" books and videos boil down to variations of the Ancient Greek philosophy of stoicism (not to be confused with the modern use of the word).

The essence of stoicism is this: no matter what is wrong with the world in general, and your life in particular, you can choose to be happy if you learn how.

-Information by National Day Calendar.

Use your inner power to tackle stress

Growing up, did you ever hear your parent say, "Mind over matter?" They may have been on to something. Mindfulness has gained the attention of medical providers and researchers who are looking for ways to help people control stress, anxiety, weight, pain, insomnia and more.

"Mindfulness is a type of meditation anyone can learn. It's paying attention to what you're thinking and feeling in the present moment — free of judgment — without dwelling on the past or the future," said Bella Vasoya, PsyD, of Samaritan Weight Management Institute. "Mindfulness helps you quiet your body and mind and focus on your breathing, emotions and well-being."

Mindfulness meditation is a simple, yet powerful daily routine. There are many ways to do it and even a couple minutes a day will help reduce stress and anxiety. Dr. Vasoya suggested the following ideas to get you started:

Breathing – At the core of mindfulness is deep, rhythmic, calming breaths.



Take frequent breaks throughout your day and focus on your breathing.

Do what brings you joy! – Draw, paint, dance, sing, write or play a musical instrument.

Take in the beauty of your surroundings – really "see" what's in front of you – drink in the sounds, sights and smells around you.

Breathe, stay present, be mindful. You can do it!

OHA Tips for Increasing Positivity

Pain and mood are closely connected. Lifting your mood can actually help your pain.

The Oregon Health Authority offers several tips that you can do yourself that can have an impact on how you feel.

- Learn and reflect on and re-frame negative thoughts.

- Participate in activities that you are passionate about.

- Spend more time with friends and family (virtually if needed), or find new social groups.

- Learn about relaxation techniques like meditation and mindfulness.

-Ask for a referral to Cognitive Behavioral Therapy.

Positivity is incredibly important in managing your pain. Positive thinking can help reduce negative feelings, pain, stress, and increase your motivation to make healthy choices. This may seem like a hard thing to do, but it is a skill that you can get better at with practice.

You can improve your emotional state by doing things like spending time with friends and family, doing things that you are passionate about more often, and calming your mind by learning relaxation techniques like meditation. Changing your long-term mood may also require targeting how you think about situations. One way to do this is to challenge your negative automatic thoughts.

From the archives of the News Guard:

August 3, 1950 - 70 years ago

DRIVE IN THEATRE

SWAN

Big Main Features Every Night
Show Starts at Dusk

THURSDAY, FRIDAY AUGUST 3-4
ABBOTT & COSTELLO
MEXICAN HAYRIDE
— AND —
SAVAGE SPLendor
In Color
CARTOON

SATURDAY, SUNDAY AUGUST 5-6
SUSAN HAYWARD in
TULSA
In Color
— ALSO —
GUNG-HO
CARTOON

MONDAY, TUESDAY, WEDNESDAY AUGUST 7-8-9
FRED MACMURRAY and CLAUDETTE COLBERT in
FAMILY HONEYMOON
— ALSO —
BADLANDS OF DAKOTA
CARTOON

THURSDAY, FRIDAY AUGUST 10-11
YVONNE DE CARLO, ROD CAMERON in
RIVER LADY
In Color
— ALSO —
MANEATER OF KUMION
CARTOON

Refreshment Bar Inside Theatre
SWAN DRIVE-IN THEATRE
DE LAKE

August 3, 1950 - 70 years ago

Refugee Influx from Big Cities Would Hit Here

Instructions for residents of North Lincoln County in the event of an emergency arising from the attack of this area or adjoining cities by an enemy power were released this week by Capt. C.W. Sands, USA retire, head of the civilian defense committee, which drew up plans for the present organization.

August 6, 1970 - 50 years ago

Major Devils Lake development may start with 114 units

Annexation of the first 14 acres of a new 50-acre recreation-oriented planned development for the shore of Devils Lake adjacent to the city limits will begin in about 60-90 days according to the developers.

The plan for the multi-million dollar four-phase "Lakewood Beach Club" project was unveiled Tuesday night at the Lincoln City Planning Commission granted "approval in principal" to the idea of the development.

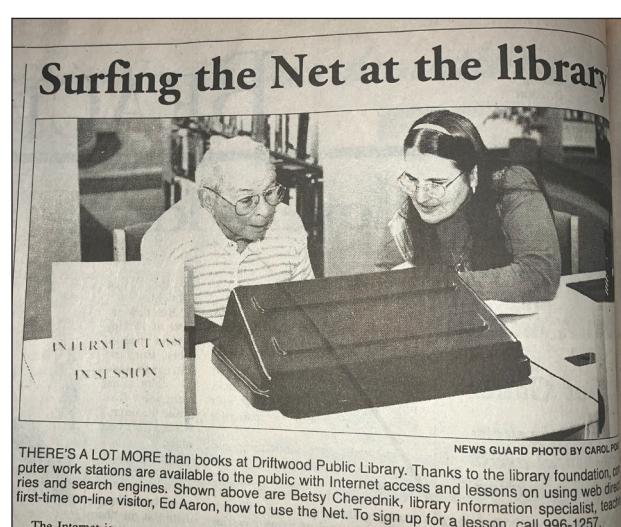
Cables set underwater

New underwater cables are now in operation across Devils Lake, providing additional telephone and television service to east side residents.

The cables enter Devils Lake at the City park at the foot of Holmes road and extend along the lake bottom to the Sand Point area.

The project was undertaken at a cost of \$12,000 by United Telephone Co. and Lincoln TV System to "upgrade present service and provide for growth in the Sand Point area and along East Devils Lake Road."

August 9, 2000 - 20 years ago



August 4, 2010 - 10 years ago

School staff agree to fewer days District cuts school year to prevent layoffs

The Lincoln County School District and the Lincoln County Education Association have agreed to a contract reduction of 12 work days during the 2010-11 school year as the first step in response to an estimated \$2.5 million budget deficit.

The move, the result of unanticipated state and federal revenue cuts, was agreed upon Friday, July 23, but is only the beginning of a process that could include mid-year cuts that could bring the total deficit to as much as \$4.5 million if the economy remains side-tracked. LCSD officials said.

Art murals coming to Lincoln City public parks

THE NEWS GUARD

Where there's a will, there's a way.

For a few years now, local artist and Activate Arts non-profit founder, Crystal Akins, envisioned a "Community Mural Project", where community would come together to paint ground art murals in Lincoln City. Her project mission included creating art access to youth, creating an artistic cultural identity, and having a positive economic impact through tourism.

With her vision in hand, Akins approached Lincoln City Parks and Recreation (LCP&R) in Jan 2020 to see if such a mural project could take place. "The intention of the murals is to bring community together in an inclusive and equitable way," Akins said.

LCP&R loved her vision, and started the public art approval process, which included Akins presenting her ideas to the



Crystal Akins

LC Public Arts Committee, LC Parks & Recreation Board, City Manager Ron Chandler, and finally, the City Council of Lincoln City.

After many presentations, brainstorming and feedback sessions, the "Community Art Mural" project was approved in March 2020 by LC City Council, for the public park spaces at Regatta Park (musical instrument pad), Community Center

plaza, 51st St/ Taft, and the SW 33rd Nelscott beach access.

"We are thrilled and grateful to Crystal Akins and Activate Arts for bringing the Community Art Mural project to Lincoln City," LCP&R Director Jeanne Sprague said. "This is a grassroots, inclusive, community-oriented activity, and we appreciate the beautiful art in our parks. And they're creating the art murals for free!"

Sprague commented that each art mural is estimated at \$7,000, and this expense was not in the LCP&R budget.

Each mural is designed and painted by individual artists, who have donated their time and expertise. The artist selection by Akins was based on their statement of art, ability to collaborate with community, and their inclusion of local history and culture. Akins is also painting a mural titled "Vibrations"

in Regatta Park, utilizing favorite childhood songs selected by the Lincoln City community to influence her artwork. To send her songs for her art mural, please follow the Activate Arts or Lincoln City Parks and Recreation Facebook pages.

"Our recent adopted public art master plan has a list of goals for art installations and projects, including an ongoing effort for smaller-scale, participatory projects that engage the public," LC Public Art Committee Chair Niki Price said. "We were so thrilled when this project was offered, as a gift from Crystal Akins to the city. It's just what we were looking for. The participation will have to be virtual, but the results will be spectacular!"

The Community Mural Project was slated to start in June 2020, but was put on hold due to COVID19 considerations. Akins and her artists plan to start and finish the art

murals in August, having some of the community interactions virtually, including the dedication ceremony on Sat, Aug. 15th, noon at SW 51st St/ Taft. People can view the dedication ceremony virtually via live feed on the Lincoln City Parks and

Recreation FB page. For updated progress on the art murals and dedication, please follow the Activate Arts or Lincoln City Parks and Recreation Facebook pages, visit <https://www.lincolncity.org/parksandrec>, or call 541.994.2131.

Small business grants available

THE NEWS GUARD

Business Oregon is offering \$50,000 in COVID relief funding to qualified small business owners in Lincoln County.

TLC, a Division of Fibre Federal Credit Union and Point West Credit Union are spreading the word about the grant opportunity. Point West is an authorized grant funder, but applicants do not need to be a member of Point West to receive a grant. Business owners can visit pointwestcu.com/bizgrants for full details and to apply. All applications are due by Monday, August 17.

Grants will be awarded on a first-come, first-served basis with a focus on sole proprietorships. Available amounts range from \$2,500 to \$5,000. Depending on the grant value, verification of documented expenses may be required for approval by Point West.

Qualifying small business applicants must meet all of the following eligibility requirements: The business must be headquartered in Ore-

gon, registered with the Oregon Secretary of State to do business in Oregon, and have five or fewer employees. Qualifying businesses can be either for-profit or non-profit (limited to 501(c)(3) corporations) who have been prohibited from operation

as directed by Executive Order 20-12, or who can demonstrate declines in revenue in March 2020 and April 2020 when compared with previous periods. Qualifying businesses must also have been unable to access federal CARES Act funding from

the Paycheck Protection Program (PPP), Small Business Administrations' (SBA) Economic Injury Disaster Loan Emergency Advance program (EIDL), or other federal programs to date for emergency pandemic funding.

You're Retired. Your Money Isn't.

To learn why consolidating your retirement accounts to Edward Jones makes sense, contact your Edward Jones financial advisor today.

Austin L Kasner
Financial Advisor
5053 Sw Highway 101
Suite A
Lincoln City, OR 97367
541-614-1756

www.edwardjones.com
Member SIPC

Edward Jones
MAKING SENSE OF INVESTING

Gerber TIRE
ALIGNMENT - BRAKES - SHOCKS - 994-2202

Free Battery, Alternator & Starter Checks

INTERSTATE BATTERIES

Mon. - Fri. 8:00 AM - 5:30 PM • Sat. 8:00 AM - 4:00 PM
1605 SW Hwy 101 • (541) 994-2202

GREAT RATES and FRIENDLY LOCAL SERVICE?

Now that's a WIN-WIN!

From low-rate loans to quality savings products, we're here to help you turn your financial goals into reality.

FIBRE FAMILY
Shelley
Fibre Family Member
Since 2015

TLC
A DIVISION OF Fibre Federal CREDIT UNION

2004 NW 36th St. Lincoln City
503.842.7523 | www.tlfcu.org

Samaritan Early Learning Center gets wealth of new books

THE NEWS GUARD

The young readers at Samaritan Early Learning Center have a newly expanded library, thanks to a \$1,700 grant from the Walter R. Behrens Foundation, which funds charitable, literary and educational enrichment opportunities in North Lincoln County.

The dozens of new hardback and paperback books are sure to grab the attention of students learning to read or developing their reading skills. The colorful volumes, covering a range of fun and exciting topics, were selected by the staff and purchased through Bob's Beach Books of Lincoln City.

The books are maintained in classroom libraries at the school. In addition to having access to the latest children's



COURTESY PHOTO

Preschoolers at Samaritan Early Learning Center looking through their new books.

books, students ages 3 to 5 can prepare book reports and earn Reward for Reading Coupons to redeem at Bob's Beach Books, Robert's Bookshop or book fairs.

"It's so fun to share these new books with our students," said teacher Melissa Collard, who prepared the grant request. "We are grateful that the Walter R. Behrens Foundation recognized the need and awarded us a nice sum so we could create a reading treasure trove for our kids."

Serving infants, children and families of Lincoln City and north Lincoln County for the past three decades, Samaritan Early Learning Center is located on the campus of Samaritan North Lincoln Hospital. It holds a five-star rating, the highest quality rating possible from Oregon's Quality Rating and Improvement System (QRIS).

SOLVE

From page A1

Construction Services), Cape Foulweather (Michele Riley), and Moolack Beach (Kathy Johnson).

There are several beaches still available in the Lincoln City area that are looking for adopters: Salishan Spit, Gleneden Beach, Neskowin, and Winema Beach.

Beach adopters receive support for training, a certificate, and their name on the SOLVE

website.

Beach Captain, Janet Knipe has been helping clean Lincoln City beaches, specifically Roads End, since 2016.

"We're really concerned about the trash left on the beach after the Fourth of July... we started our own beach cleanup with SOLVE's support and that led to more of our neighbors' support," Knipe said. "We like the fact that SOLVE is

committed to environmental standards that are very high. They've been a great partner through our July 5 cleanups. They approach their projects with a lot of integrity... and offer support and education for beach captains."

In years past, the July 5 cleanup at Roads End has brought out 50-100 people. This year, the cleanup continued but in much smaller groups.

"If you're here because you love the beach, then we all have a responsibly to take care of the beach so that it's sustainable into the future long after we're gone," Knipe said.

In the fall, similar to the Beach Cleanup, SOLVE will be hosting Beach and Riverside Cleanup events from September 19-October 4.

"This year because of the pandemic we are going to be

adopting a different approach. We're not going to invite thousands of people to the Coast for one morning," Schmidt said. "Volunteer projects around the state will focus on litter removal and habitat restoration in one of Oregon's many watersheds during those two months."

For more information, to adopt a beach, or sign up for a beach cleanup, visit solveoregon.org or call 503-844-9571.

Schools

From page A1

need to be cautious so schools don't become places where the virus spreads," Gov. Brown said.

In June, the State started creating guidance for school districts in Oregon, giving them three options: all in-person instruction, all distance learning instruction, or a hybrid model, which is a mix of both in person on online instruction. Gov. Brown said planning for the next school year will still be a local decision for school districts.

However, the state created new requirements/metrics that will help school districts make their decision based on health data, Gov. Brown says. These metrics were detailed by Dr. Sidelinger.

"Parents and guardians need to have confidence that they will not have to risk their children's health for the sake of their learning, or the learning for the sake of their health by sending kids back to school," Dr. Sidelinger noted. "There's no simple statewide answer for Oregon. We need to get our students back to class, but how we do it depends on a number of important factors."

The State considered several factors when coming up with their metrics. Factors include: Prevalence of the virus in the particular community, availability of testing, capacity of their local health care system and readiness of local public health to contain outbreaks that may occur.

The first metrics include the level of disease the State would prefer to see in a concentrated area in order for schools to reopen safely. Ideally at the state level they will look to be at or below five percent of positive tests over seven consecutive days for three weeks.

At the county level, schools can open for in person instruction if cases drop below 10 per 100,000 people in the population in the proceeding seven days for three weeks. Additionally, positive tests must be at or below five percent during that time.

Dr. Sidelinger listed several exceptions to this metric. First included in-person education for students kindergarten through third grade.

"Studies show that our younger students, particularly those in kindergarten through third grade and kids

under 10 years old, have lower rates of illness and transmission than older children and adults," Gov. Brown said. "Providing nurturing and in-person relationships and learning to our youngest children is absolutely critical to developing the reading and language skills and social development necessary for their long term success."

The second exception is for remote and rural districts with under 100 students, which will be permitted to offer on site instruction. These communities often lack online capabilities for distance learning and are in smaller cohorts, according to Dr. Sidelinger.

The third exception is for students with disabilities or specific education needs, who will be permitted for on-site education.

Dr. Sidelinger said the exceptions may be utilized only if the virus is not actively circulating in the community, meaning the rate in the specific county is less than 30 cases per 100,000 people in a week for three consecutive weeks and the test positivity is at or below five percent for three weeks.

The second metrics were created if in face case counts continue to increase. If cases are at 20 per 100,000 people or higher or the positivity rate exceeds 7.5 percent, schools will begin planning to potentially move to distance learning.

If case counts reach 30 per 100,000 people or higher and the positivity rate exceeds 10 percent, schools should move to distance learning, according to Dr. Sidelinger.

Currently, the state of Oregon is at 50 cases per 100,000 people and the test positivity is approaching five percent. Meaning case rates are higher than they should be to reopen schools, says Sidelinger.

In May, the Oregon case rate dropped to 1 case per 100,000 people, which gives Dr. Sidelinger optimism that the state can get back to that transmission rate.

"We all have a role to play," Dr. Sidelinger said. "Gather in small groups, keep your distance and cover your face. We're seeing some glimmers of hope as Oregonians follow these guidelines... The total number of cases

began to decrease in the past week, hospitalizations are leveling off and our test positivity is declining."

Gov. Brown said the state will continue to take a 'cautious and careful' approach to protect public health when reopening in-person instruction in schools. She also stated equity continues to be at the forefront of their decision making, saying that many students have struggled to receive high level education since schools originally closed.

ment, a common platform for students in each school, daily engagement between educators and students, social, emotional and mental health supports, access to quality grade level curriculum and assessment of student progress through Oregon's academic content standards," Gill said.

Gill said they are also addressing inequities for some students in rural communities by creating requirements for access to technology, school meals and help for students with

"We had to make a decision, and we have. Time is out and the decision is made and will not change."

**- LCSD Superintendent
Dr. Karen Gray**

"I am absolutely unwilling to lose an entire school year for kids," Gov. Brown said. "A year that could be foundational to the life-long opportunities for thousands of Oregon students. I will push... and I will demand nothing but excellence from our districts and educators. But it is also incumbent on all of us to take every measure to slow the disease so that we can get our kids get back into school as soon as possible."

With that in mind, Gov. Brown said she has decided to dip into the Emergency Education Relief Fund by releasing \$28 million for public schools to use for distance learning. The funding will be used to provide mobile hotspots for students, computers, online curriculum and teacher training.

ODE Director Colt Gill also address the potential of online/distance learning for the fall year but made a point in saying that distance learning in the fall will be different than it looked in spring, as many school districts rushed into a new curriculum model.

"This fall's comprehensive distance learning guidance has rigorous requirements for teacher training, family engage-

"As of July 30, we have come off of that watch-list. The numbers are only beginning to come down now but are not low enough long enough to make us believe that it is safe for kids and staff to come back to school in person... For now," Dr. Gray said.

Instead of in-person education, LCSD will begin school Sept. 14 online via their Comprehensive Distance Learning (CDL) plan. Students will access learning online with their LCSD teachers daily, with materials for activities provided as needed.

"CDL this fall is more robust has more accountability and more in-depth educational requirements than the Distance Learning we provided in spring," Dr. Gray said. "Student work will be graded, attendance will be taken and teachers will provide daily instruction from their classroom."

Additionally, Teachers will meet with students and families during the first two weeks of school to orient them to the CDL program and will continue to regularly connect with students and families. These meetings will be in person as much as possible using safety precautions (social distancing, face coverings, sanitizing, cleaning, sneeze-guards, etc.).

Between weeks three and eight, LCSD will be continuously evaluating the safety of the community and the safety of the schools to bring hybrid teaching and learning onto the campuses a few grades at a time as soon as possible. LCSD will begin with the youngest kids first.

LCSD will also offer another program in addition to CDL for students called 'K-12 Online Edmentum.' The program serves as LCSD's own online charter school, using an all online curriculum called Edmentum. The framework is K-12 and follows all Oregon Standards for

Education. The administrator for the program is Zach Lillebo, the Vice Principal of Taft Elementary School in Lincoln City.

"He is terrific and is getting up to speed on how our new program will work," Dr. Gray said. "He will be in charge of this K-12 program full time. This program is self-paced and does not have a connection with an LCSD teacher. There is an expectation of daily participation and progression through the curriculum. Students in K-6 will only have access to the core subjects of Reading, English Language Arts and Math."

Students will be able to move between the two programs but can only make the switch at nine-week grading periods.

Dr. Gray said the district is currently working to get all students a device and WIFI hotspots to conduct online work. Also, meals will continue to be delivered daily and may be available for pickup at designated sites soon. As for sports, they are currently prohibited at this time. More information will be forthcoming.

"This is not the news we wanted to share with you," Dr. Gray said. "We wanted to bring kids back on campus, but we can't do it safely enough. Even with our Blueprint for Reopening document (a draft now) with the many precautions and safeguards it details, we as a county do not have the metrics that allow us to open."

"I would also instead take things slowly, begin to see how the numbers turn out and still provide our students with high-quality education as best we can through the online models we are able to provide this fall. It is July 31, and registration starts next week. We had to make a decision, and we have. Time is out and the decision is made and will not change."



Andrews Ersoff & Zantello
Attorneys at Law



www.AEZLawOffice.com

541-994-7350

Health Matters

by Samaritan Health Services

Easing the pain of bee stings after adventuring outdoors

The COVID-19 pandemic has led many people to rediscover outdoor activities, but stopping to smell the flowers sometimes brings a little more excitement than expected when you encounter a bee or wasp.

Bees will sting when aggravated or their nest is bothered. And, this time of year, yellow jacket encounters are more common, especially at picnics.

Yellow jackets more aggressive

Honeybees and bumblebees generally only sting when provoked. The more aggressive yellow jacket wasps common to our area can sting many times.

In late summer yellow jackets can be found around garbage cans or fallen fruit, at picnics and even inside soda cans. They want to defend their food and will sting to protect it, even chasing intruders for several hundred feet, so leave the area quickly if you are being stung.

A quick flick to dislodge the wasp is preferred over swatting or crushing it, as that can release pheromones that call other yellow jackets to the area. A mild or moderate reaction like pain or swelling at a sting site or on the affected limb is normal and should get better within a week.

What to do after a sting

If there's a stinger in the wound, remove it with a quick scrape using your fingernail — within a few seconds if possible. Scraping the stinger out rather than squeezing or pulling it may reduce the amount of venom injected. However, it's more important to remove the stinger quickly than to worry about technique.



Wash the area with soap and water to remove residual venom and reduce the chance of infection. Apply an ice pack for at least 20 minutes to control pain and swelling.

Apply a thin layer of hydrocortisone cream or calamine lotion to help with pain and itching, and cover with a bandage. Take an oral antihistamine like Benadryl as soon as possible to help control itching and swelling and watch for signs of a serious reaction.

Severe allergic reactions

A severe allergic reaction called anaphylaxis can be life threatening and should be treated immediately at the emergency department. Allergic reactions will usually occur within an hour of the sting, although very rarely a reaction may occur up to 48 hours later. Only about 3% of people experience anaphylaxis after an insect sting, but if you've had it before there is about a 60% chance you'll have it again.

Signs of anaphylaxis include hives; swelling of the throat, lips or tongue; difficulty breathing; feeling lightheaded or dizzy; nausea and

rapid heart rate. Call 911 immediately if you or someone you are with experiences these symptoms after a sting.

If you have been prescribed emergency injectable epinephrine like an EpiPen, use it as soon as you notice a reaction. This medication will improve dangerous symptoms like difficulty breathing and low blood pressure. Even if you feel better after using the epinephrine, you will still need to go to the emergency department for evaluation as symptoms can return after the medication wears off. Be sure and tell the medical team what time you took the medicine and your dosage.

Need care right away?

Samaritan Walk-In Clinic in Newport is open weekdays from 9 a.m. to 6:30 p.m. and weekends from 9 a.m. to 5:30 p.m.

Samaritan Coastal Clinic in Lincoln City sees walk-in patients weekdays from 8 a.m. to 8 p.m. and weekends from 9 a.m. to 6 p.m. Visit samhealth.org/CareNow for information.

Walk Run Roll virtual race to raise funds for patient assistance

Samaritan Foundations and SamFit are partnering to present the first ever Samaritan Walk Run Roll 2020, a virtual 5K, 10K and half marathon that participants will complete at their own pace between Sept. 10 to 20.

Entrants who register for the virtual race by Monday, Aug. 24 will receive a unique race bib, a custom event T-shirt and a finisher's medal. Racers will track their own distance and time to upload to the race event site. They can even share a photo of themselves racing so others can see how much fun they are having.

Not only will the race motivate individuals to reach their personal fitness goals, proceeds from the \$40 entry fee will benefit Samaritan Health Services' Patient Support Program. Currently, 486 community members are benefiting



from this program through assistance with expenses such as medical bills, transportation, prescriptions, nutritional supplements and groceries. In 2019, the program distributed \$45,000 in assistance to patients in Benton, Lincoln and Linn counties.

Help support the health and well-being of your community by registering today.

A 50% discount is available to youth up to the age of 18 who are on the Oregon Health Plan managed by InterCommunity Health Network (IHN-CCO). To get a promo code, send an email to robertw@samhealth.org with name, date of birth and member number for member verification.

This year's Walk Run Roll event is powered by HUB Barker-Uerlings Insurance, with more sponsorship opportunities available.

For more information, to register or to become a sponsor, visit samhealth.org/WalkRunRoll.

Community update on new hospitals in Lincoln County

Celebrating the Lincoln City hospital project

The Samaritan North Lincoln Hospital replacement project is done — and we couldn't have done it without support from you, our wonderful community! With concerns about coronavirus, an in-person community celebration will be replaced with a fun socially-distant activity in September. Watch for announcements soon in the local media and on the Samaritan North Lincoln Hospital Facebook page.

Visit samhealth.org/NewHospitalLincolnCity or samhealth.org/NewHospitalNewport to follow the progress of the two Samaritan hospital projects in Lincoln County.

Newport hospital campus nearly done

Work on the Samaritan Pacific Communities Hospital campus is moving along swiftly. In fact, the new main parking lot along the west side of the multilevel building may be in use by mid-August. Meanwhile, the interior remodeling of an area on the hospital's second floor has been completed, providing space for Diabetes Education, as well as shared workspaces and clinic exam rooms. Countdown has begun for the overall completion of this multiyear project.

We're here ...

... for your physical and mental health needs, providing safe and secure care.

Looking for a health care provider?
Call 800-863-5241.

Living healthy

Community classes to keep you healthy

Plan for the care you want

Learn about advanced medical planning for yourself and loved ones at a free, virtual seminar hosted by Chaplain Wes Sedlacek and Molly Gage, LCSW, on **Wednesday, Aug. 12, from 12:15 to 1 p.m.** Go to samhealth.org/BeHealthy to register.

Is joint replacement right for you?

Are you battling chronic hip and knee pain or unable to enjoy the activities you love? Join Kelli Baum, DO, in a virtual seminar **Tuesday, Aug. 25, from 11:15 a.m. to noon** to learn more about joint replacement, what to expect after surgery and whether it may be a good option for you. Go to samhealth.org/BeHealthy to register.

Virtual sessions now available to learn about weight management options

Everyone's weight management needs differ. That is why the program at Samaritan Weight Management Institute combines outstanding medical quality with a compassionate, complete follow-up program that you won't find anywhere else. If you are looking for weight management solutions and want to learn more about the Samaritan program, register to join a free virtual information session — **Tuesday, Aug. 11, 1:30 to 3 p.m. or Tuesday, Aug. 18, 10:30 a.m. to noon.** The team will explain the steps involved with weight loss surgery and whether you qualify for the procedure. Register at samhealth.org/Bariatrics or call 541-768-4280.



Your Vote Counts

Fill out your ballot or vote online starting July 1 through August 19

www.thenewsguard.com/ballot

Best Local Food and Drink

- Bakery _____
- Breakfast _____
- Brewery/Brew Pub _____
- Chinese _____
- Clam Chowder _____
- Coffee _____
- Dessert _____
- Dinner _____
- Fine Dining _____
- Fish & Chips _____
- Hamburger _____
- Happy Hour _____
- Italian _____
- Lunch _____
- Mexican _____
- Pizza _____
- Sandwiches _____
- Seafood _____
- Steak _____
- Sushi _____
- Thai _____
- Vegan/Vegetarian _____

People - Best At What They Do

Include first and last names of individuals and place of business

- Bartender _____
- Boss/Manager _____
- Customer Service _____
- Esthetician _____
- Financial Advisor _____
- Fishing Guide _____
- Food Server _____
- Hair Stylist _____
- Health Professional _____
- Insurance Agent _____
- Mail Person _____
- Manicurist _____
- Massage Therapist _____
- Mortgage Agent _____
- Pharmacist _____
- Police/Fire/EMT _____
- Real Estate Office _____
- Real Estate Agent _____
- Property Manager _____
- Veterinarian _____

Business - Best Local Place For

- A Fun Time _____
- Accounting _____
- Appliances _____
- Art/Gallery _____
- Auto Body _____
- Auto Service _____
- Boutique Shopping _____
- Cannabis Dispensary _____
- Catering _____
- Clothing _____
- Computer Sales & Service _____
- Cars & Trucks _____
- Customer Service _____
- Date Night _____
- Entertainment _____
- Electrician Service/Install _____
- Family Night _____
- Financial Institution _____
- Financial Service _____
- Fitness/Well Being _____
- Florist _____
- General Contracting/Construction _____
- Gifts _____
- Groceries & Sundries _____
- Heating & Air _____
- Home Improvement _____
- Home Furnishings/Decor _____
- Hotel _____
- Jewelry _____
- Landscaping & Lawn _____
- Live Entertainment _____
- Pet/Livestock Supplies _____
- Repairman/Handyman _____
- Support Groups _____
- Senior Services _____



Vote online at www.thenewsguard.com
 Return ballots to The News Guard at
 1818 NE 21st St., Lincoln City or by mail to
 PO Box 848, Lincoln City, OR 97367.

Return ballots to The News Guard at 1818 NE 21st St., Lincoln City or by mail to
 PO Box 848, Lincoln City, OR 97367. Votes must be received by Wednesday, August 19
 Original ballots only, no copies. Please write clearly. Only one ballot per reader.
 Enter one person/business per category. Businesses can only be voted for service they provide.

We care about YOU

Enjoy shopping our app & curbside delivery service
 Vulnerable shopping hours 6 am - 8 am Every Day

Download The Rosie App Today!

www.mckaysmarket.com



Powered by **rosie**

*Select locations only: Bandon, Gold Beach, Lincoln City and Coos Bay on 7th St.