

IN MEMORIAM

Kay Totten

April 3, 1953–Oct. 9, 2023



KELSO—Kay passed away October 9, 2023 at the age of 70 after a two year battle with ALS. Kay was born to James and Kathleen Ashley on April 3, 1953 in Longview, WA. She attended and graduated from Kelso High School, Central Washington University, and Portland State University where she studied Education. Kay met the love of her life Jerry Totten at Kelso High School. They were married in 1977 and lived happily together for 43 years.

During that time they had raised two children, Alex and Meghan, together. Kay worked as a teacher for the Kelso School District for 32 years. Where she taught special education at Beacon Hill Elementary. She was well respected and loved by her students and her co-workers.

Kay enjoyed going on many adventures with her husband and her family. She especially enjoyed visiting Hawaii, listening to her favorite musicians in concert, reading mystery novels, and playing cards with her friends. Kay was an avid walker and enjoyed spending time in Arizona in the Winter where she would walk five days a week. She also enjoyed sitting out and relaxing by her firepit as well. In the summers Kay enjoyed swimming and loved the company that would come to visit and enjoy her pool. She especially loved to spend quality time with her grandchildren in her pool.

Kay is preceded by her husband, Jerry Totten. Kay leaves behind two children, Alex Totten and Meghan Stumph (Rob); two grandchildren, Makenzie and Kylee. She will be missed by all who enjoyed her laughter and sense of adventure.

A Celebration of Life will be held at the Elks Lodge (900 Ash Street, Kelso, WA) on November 19 at 1:00 PM.

Kevin Wayne Lyon

Jan. 3, 1953–Sept. 18, 2023

CASTLE ROCK—Kevin Wayne Lyon, 70, passed away peacefully surrounded by family on September 18, 2023, in Longview, WA. He was born on January 3, 1953, in Forks, WA, to the late Wilmer and Joanne Lyon.

Kevin was known for his vibrant personality, always willing to help others and lend a hand whenever possible. He had a contagious smile that lit up every room he entered. He also had a remarkable ability to connect with people wherever he went, leaving a lasting impact on everyone he encountered. He will be deeply missed by his family and friends.

Kevin is survived by his loving wife of 39 years, Deborah Lyon, and their children: Ashley Lyon (Robert Morris Jr.) of Vancouver, Tyler Lyon (Caitlin) of Seattle, and Hannah Lyon of Castle Rock. He is also survived by his oldest son, Charles Lyon (Tulani) of Meadows Dan, VA, his mother, Joanne Lyon of Toledo, and his siblings: Kim Lyon (Kay) of Toledo, Kelly Lyon (Jackie) of Packwood, Keith Lyon (Carla) of Toledo, and Kris Carpenter (Steve) of Ferndale, WA. Kevin was a cherished grandfather to seven grandchildren, including four grandsons and three granddaughters. Kevin is preceded in death by his father, Wilmer Lyon and his son, Jeffery Lyon.

Kevin attended Toledo High School in Toledo, WA and went on to have a successful career working in the woods as a logger for Weyerhaeuser and later at Norpac Paper Mill until his retirement in 2012.

In his free time, Kevin enjoyed volunteering at the Castle Rock flat track (Mt. St. Helens Motorcycle Club) and had a passion for Harley Davidson motorcycles as well. When he wasn't at the track, he could be found on the Cowlitz River connecting with family and friends while fishing.

A memorial service will be held on December 2, 2023, at 2:00 p.m. at St. Paul Lutheran Church in Castle Rock, WA. A luncheon will follow the service, providing an opportunity for family and friends to gather and share memories of Kevin.

In lieu of flowers, contributions can be made in Kevin's honor to the Mt. St. Helen's Motorcycle Club. Donations can be sent to the following address: Mt. St. Helen's Motorcycle Club, P.O. Box 555, Castle Rock, WA 98611.

Kevin Wayne Lyon will forever be remembered for his kind heart, infectious smile, and his dedication to helping others. He will be greatly missed by all who knew and loved him.



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Travel the PNW with Tracy is a weekly column about travel options from around British Columbia to northern California.



Explore Cannon Beach and Stephanie Inn

Bustling tourist site is quiet, serene in winter

Cannon Beach is one of Oregon's premier destinations. Over the summer, more than 750,000 people visit this resort destination to photograph Haystack Rock, walk the beach, dine on delicious cuisine, and relax on the sand. This small town with less than 1,500 residents is packed from June through August.

However, during the winter, the beach is like a deserted island, and the town is serene and uncomplicated with no crowds, no lines, no noise, and plenty of available accommodations. The Stephanie Inn is my first pick any time of year, but winter offers the perfect opportunity to unplug.

Stephanie Inn

855-977-2444, stephanieinn.com

The inn, nestled between the coastal mountain range and the Pacific Ocean, offers visitors luxury accommodations, gourmet dining and memorable experiences. Every room at the inn features a warm gas fireplace, a luxurious soaking tub, high-end sheets, bathrobes, and binoculars. The oceanfront and specialty suites are my top choices, but watching one of the inevitable winter storms safe and warm in any room will be equally as delightful. Trees dance in the wind, the ocean waves crash against the shore, and water cascades down from the sky while you sit by the fire with a good book, drinking coffee, or sipping on a glass of wine.

Experiences at the inn

The Stephanie Inn boasts a team specializing in unique experiences for guests to participate in on and off the property. A favorite experience is when this creative group invites their favorite winemakers to host intimate dinners with guests. My friend Laura and I attended a winemaking class and dinner with the owner and selected staff from Adelsheim Vineyard. We sipped on pre-released rosé and listened to the vice president of education at Adelsheim teach us about the winery's history and different grape varieties.

We tasted wines produced from various blocks throughout the vineyards and learned about their assorted flavors, acid levels, tannins, and aromas. Later, we moved to tables set up like individual chemistry labs with five glasses each, wine from different blocks, a beaker for blending, a tasting cup for testing, water for palate cleansing, a dropper for distributing, and a graduated cylinder for measuring. We each began mixing and blending wines until we found our favorite custom blend. The recipe for our special wine was blended and bottled by someone from Adelsheim for us to take home.

Other experiences arranged by the activities team include opportunities to join the chef on foraging, fishing and crabbing expeditions or taking hikes at nearby locations.

Dinner at the inn

Chef Aaron Bedard's wine-paired dinner was spectacular. We began with a glass of Ribbon



TRACY ELLEN BEARD PHOTOS, CONTRIBUTED

Laura at the Adelsheim wine making experience at the Stephanie Inn in Cannon Beach. Participants could create a custom blend, which was then bottled to take home.



Haystack Rock is a basalt 'sea stack' standing 235 feet tall at Cannon Beach. Numerous people use it as a backdrop for wedding and family photos.



Tracy Ellen Beard at Ecola State Park in Cannon Beach. The park is a beautiful place to enjoy lunch at one of the picnic tables while appreciating stunning ocean views.

Ridge chardonnay and a pear arugula salad topped with shaved Hannah cheese and an apple cider vinaigrette.

Next, we had wild king salmon with chanterelle mushrooms with Bryan Creek pinot noir, and that was followed by roasted venison loin with house-ground creamy polenta, roasted spiced beets, sautéed chard, and a pinot noir reduction sauce served with Calkins Lane pinot noir.

We finished with a silky vanilla cheesecake topped with a huckleberry compote, a caramel tuile cookie, and lemon curd.

Other favorite dining options

Just down the road from the Stephanie Inn is Newmans 988, a little yellow house where diners will enjoy fabulous French/Italian cuisine. I also love the Driftwood restaurant, where you can enjoy a glass of wine outside by the firepits or indulge in their tasty homemade clam chowder in a sour-dough bread bowl.

Things to do at the beach

Relax and spoil yourself in some of life's luxurious pleasures. The Cannon Beach Spa & Boutique is one of several spas in town and offers a variety of massages, wraps and scrubs. I enjoyed the Japanese



The Stephanie Inn is a luxury boutique hotel in Cannon Beach. Every room features a gas fireplace, bathrobes and binoculars.

foot massage that began with soaking my feet in a bowl of herb-infused warm water and smooth rocks. As I wiggled my feet, the rocks gently pressed on trigger points, releasing my stress. Then, the massage therapist massaged my feet with reflexology techniques.

Another relaxing option is a yoga class at Cannon Beach Yoga Arts. One session will help you re-center yourself before returning home.

If you are feeling more energetic, consider hiking at Oswald Park. This park covers 4 miles of coastline in dense, temperate rainforest. You can find hidden beaches and miles of trails with stunning views of the Pacific Ocean; this is also a wonderful place to bring a picnic and watch the surfers catch the waves.

Additional more difficult hikes await adventurers on nearby Saddleback Mountain.

Ecola Park covers 9 miles of coastline and wraps around Tillamook Head, between Seaside

and Cannon Beach. The park has several inviting trails and is a beautiful place to enjoy lunch at one of the picnic tables while appreciating stunning ocean views.

After all that activity, stop at Cannon Beach Chocolate Café for an afternoon treat.

Cannon Beach is one of the best places to play and eat in the Pacific Northwest. Do not miss an opportunity to experience what this fabulous area offers in winter.

Tracy Ellen Beard is a freelance writer, editor and photographer based in Longview. Her articles are published in more than 20 online and print publications including Upscale Living Magazine, Northwest Travel & Life, Wander With Wonder, Country Magazine, Luxe Getaways and more. She shares a unique perspective on the world as the founder of an international children's nonprofit. She attended culinary school in San Francisco and owned a catering company.