



## Meals program gets lunch to seniors, those with disabilities



KATHERINE LACAZE PHOTO

Renae Armstrong, left, can often be found with his service dog, Red, getting lunch at the Bob Chisholm Community Center on the week days. Lunches are served through the NorthWest Oregon Senior and Disability Services meals program at the Seaside meal site. They are free for seniors older than 60 or people with disabilities.

## Drivers sought to help with Meals on Wheels service

By Katherine Lacaze  
Seaside Signal

The NorthWest Senior and Disability Services Meals Program in Seaside is more than a means to serve a hardy, healthy meal to local seniors and people with disabilities; for many of the clients it's an opportunity to get out and socialize, it's a point of contact with someone who can advocate for their needs and it's a lifeline.

"Without these people, I probably wouldn't be alive," said Larry Sage, who lives in the Forest Lake Resorts RV park and camping site off U.S. Highway 101 south of Seaside.

Sage, who receives lunches through the program's Meals on Wheels service, is trying to move but is trapped by a lack of affordable housing in the area, his broken-down car and the challenge of finding a way to move his possessions. If it weren't for his dog



KATHERINE LACAZE PHOTO

Volunteer Steve Meredith, center, serves coffee to patrons at the Seaside meal site for the Northwest Oregon Senior and Disability Services meal site. On average, about 25 meals are served per day at the Bob Chisholm Community Center.

Mylo – short for My Love – and the lunches, he said, he doesn't know how he'd keep going.

"This is a great thing that they do," Sage said of the meals program.

The program is designated for seniors older than 60 or people with disabilities. Those individuals can receive a free meal, although a donation of \$3 is suggested. The donations are not tracked to a specific person so they can be made anonymously.

non-delivery days, including the weekend.

The program is provided by NorthWest Senior and Disability Services, an intergovernmental agency that serves Clatsop, Marion, Polk, Tillamook and Yamhill counties. The agency has five coastal meal sites, including Seaside, Svensen, Nehalem, Pacific City and Tillamook; in addition, there are 12 valley meal sites.

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### NWSDS Meals Program

In fiscal year 2013-14, the Seaside program:

- ✓ Served an average of 26 meals per week day at the Bob Chisholm Community Center
- ✓ Delivered an average of 48 meals per day, three days per week, to the homes of 63 different individuals
- ✓ Provided a combined total of 13,544 meals to 184 different individuals between the congregate and home-delivered services
- ✓ Connected clients to NWSDS information and assistance staff to handle 269 requests for assistance tied to residents in Seaside's service area. The assistance includes evidence-based health promotion, family caregiver support and options counseling, in-home help, financial and medical help, Medicare counseling, care in the community and reporting abuse.

## Mayor Widdop now seeks to 'move forward'

### Two-thirds say no to recall

By Katherine Lacaze  
Seaside Signal

Now that the city of Gearhart has voted to retain Mayor Dianne Widdop, her goal is to move forward and past the division created within the small, tight-knit community.

"We've got our goals, we have a really good City Council. Let's work together and move forward," she said. "The voters have spoken and I'm glad they had a chance to. .... I hope the people who wanted me recalled will sit back and listen to what's

been said tonight."

In a special recall election last week, 63.56 percent of voters, or 321, voted against the recall of Widdop, according to the final unofficial results from the Clatsop County Elections Office. About 36.44 percent, or 184 voters, were in favor of the recall. Of 925 registered voters, 505 cast ballots for a voter turnout of 54.65 percent.

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DIANE WIDDOP

## Hotel operators have 'mixed emotions' about new tsunami awareness initiative



### Some guests respond negatively to key holders with tsunami warning

By Katherine Lacaze  
Seaside Signal

The city of Seaside is making an effort to inform visitors about the risk of a tsunami and arm them with instructions for how to respond.

One of the means for disseminating that information is through sleeves for hotel room keys, a method that has been met with mixed responses from guests, according to several hotel managers.

Each sleeve states, "If you feel an earthquake, a tsunami may follow" and gives instructions to first, drop, cover and hold on during the earthquake; second, move inland quickly or use a local, evacuation route; and lastly, wait for an official "all clear" before returning to the beach.

The city started distributing the key sleeves during Seaside Fire Department

safety inspections late last fall. Facilities have the option to incorporate the sleeves into their safety plan.

Among the hotels using them so far are the Hi-Tide Resort, the Rivertide Suites, the Ebb Tide Resort and the Sand & Sea Condominium.

Some businesses have totally embraced the program and the idea of the key sleeves, while others have expressed concern and have mixed emotions, Seaside Fire Division Chief Chris Dugan said.

Debra Hudson, manager of the Hi-Tide Resort, agreed. While she appreciates the city offering the key cards at no charge, the response from hotel guests has been mostly negative. For out-of-town customers who are unaware of the risk, being greeted up front with a tsunami warning while on vacation can be unnerving, she said. The patrons often will gasp or respond with anxiety, she said. No one has been appreciative of the warning, although she believes the key cards are effective for increasing awareness.

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## Seaside history teacher wins state DAR award

### Mike Hawes recognized as Outstanding History Teacher of the Year in Oregon

By Katherine Lacaze  
Seaside Signal

Involved. Passionate. Knowledgeable. Those are words often used to describe Seaside High School teacher Mike Hawes, who recently won the 2015 Oregon State Daughters of the American Revolution Outstanding Teacher of American History contest.

"He's very involved with the students and he was highly recommended by the principal and the superintendent," said Sandy Fuller, vice regent of the Astoria DAR chapter. "His peers respect him. He's very progressive and very involved and current in his teaching methods. And I think it really motivates the students."

After he was selected as the winner for the Astoria DAR chapter, his entry was sent to the state organization for consideration. Hawes will be honored at the state conference awards luncheon in Wilsonville in May. Additionally, his entry will be submitted to the National DAR contest, and the winner of that contest will be announced at the 124th Continental Congress and awarded \$3,000.

There are about 37 DAR chapters in Oregon that could have submitted entries to the state contest, Fuller said. The nominees are judged by five criteria: The teacher must have incisive knowledge of American history and readily share it with students; foster a spirit of patriotism and loyal support for the country and constitutional government; demonstrate the ability to relate history to modern life and events; have a high academic standard and require excellence at

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KATHERINE LACAZE PHOTO

Seaside High School teacher Mike Hawes recently was selected as the winner of the 2015 Oregon State Daughters of the American Revolution Outstanding Teacher of American History contest. Students have regularly mentioned their appreciation for Hawes and his courses.