

Volunteers make city a little more welcoming

Jeremy Goldsmith, Seaside's RARE/AmeriCorps Intern; Rebecca Read, a local artist and printmaker; and Pam Fleming, Seaside's downtown gardener, spruced up the "Welcome to Seaside" sign at the intersection of Holladay and Roosevelt drives, also referred to as the South Y. After power washing the sign to remove buildup, the group spent a few hours July 11 and 12 to repaint and put a sealant on the relief image. Goldsmith, Read and Fleming have wanted to do the project for about two years, and they recently received permission from Seaside Public Works to move forward. Goldsmith solicited donations from Ace Hardware, Sherwin-Williams Paint Store

and the Tsunami Sandwich Company for paints, brushes, other materials and lunch. "Seaside needs a lot of beautification, and with a limited budget, the city needs help," Goldsmith said. The project cost an estimated \$40 in donated materials. Goldsmith, Read and Fleming donated their time for the project. There are plenty of opportunities around Seaside for citizens to step up and take responsibility for their individual residences, businesses and public spaces and spruce them up, Read said. Rather than getting frustrated or complaining, she said, people can be part of the solution by taking those opportunities to beautify Seaside and make it more appealing.



PHOTO BY KATHERINE LACAZE

Jeremy Goldsmith, Seaside's RARE/AmeriCorps Intern; Rebecca Read, a local artist and printmaker; and Pam Fleming, Seaside's downtown gardener, spruced up the "Welcome to Seaside" sign at the intersection of Holladay and Roosevelt drives, also referred to as the South Y. After power washing the sign to remove buildup, the group spent a few hours July 11 and 12 to repaint and put a sealant on the relief image. Goldsmith, Read and Fleming have wanted to do the project for about two years, and they recently received permission from Seaside Public Works to move forward. Goldsmith solicited donations from Ace Hardware, Sherwin-Williams Paint Store and the Tsunami Sandwich Company for paints, brushes, other materials and lunch. "Seaside needs a lot of beautification, and with a limited budget, the city needs help," Goldsmith said. The project cost an estimated \$40 in donated materials. Goldsmith, Read and Fleming donated their time for the project.

COMMUNITY CALENDAR

Deadline for Community Calendar is noon Wednesday two weeks before our publish date. Items can be emailed to nmccarthy@seasidesignal.com, faxed to 503-738-9285 or mailed to P.O. Box 848, Seaside, OR 97138. Events are in Seaside unless otherwise noted.

Friday, July 24

Chamber Breakfast

8:30 a.m., Twisted Fish Steakhouse, 311 Broadway, Seaside, 503-738-6391, www.seasidechamber.com, open to the public. Different speakers are featured each week. A no-host breakfast and beverage service is available.

Low Impact Walking

9:30 a.m. This low-impact walking group meets every Friday at different locations. Sponsored by the Seaside Branch of American Association of University Women. For details, call 503-738-7751.

Alzheimer's Fundraiser

5 p.m., Avamere at Seaside, 2500 S. Roosevelt Drive, Seaside, 503-738-0900, \$15. Avamere (formerly Necanicum Village) will host an Alzheimer's fundraiser including soup, salad and a silent auction. All proceeds go to the Alzheimer's Association.

"It Could Be... Us"

7:30 p.m., Coaster Theatre, 108 N. Hemlock St., Cannon Beach, 503-436-1242, www.coastertheatre.com, \$15 to \$20, rated PG. A family of artistic failures wrangles over a will and a victim in Alan Ayckbourn's comedy "It Could Be Any One Of Us," through Sept. 5.

Saturday, July 25

Sandy Shores Gift Expo

10 a.m., Seaside Civic & Convention Center, 415 First Ave., Seaside, all ages. Guests can shop direct sales and hand crafted items. There will be children's activities, entertainment, a fashion show on Saturday and product demonstrations throughout both days.

Jewelry Making

1 p.m., Creative Beginnings, 620 S. Holladay, Seaside, 503-738-9580, www.seasidecreative-beginnings.com, \$20. Creative Beginnings is offering a class on resin pendant making using diamond glaze resin. Space is limited.

Ribbon Cutting

1 p.m., South County Food Pantry, 2041 N. Roosevelt, Seaside, 503-738-9800, www.southcountyfood.com, all ages. The community is invited to celebrate the opening of the new food pantry in Seaside at a ribbon cutting ceremony and ice cream social.

Summer Workshops

4 p.m., Seaside Yoga, 609 Broadway, Seaside, 503-717-5129, \$10 to \$15 donation. Kathleen

Dudley will teach a class on palmistry. Reflexology for mothers and infants begins at noon.

James Beard Dinner

6:30 p.m., McMenamins Sand Trap, 1157 N. Marion Ave., Gearhart, 503-717-8150, www.mcmenamins.com, \$95, 21 and older. McMenamins' annual dinner pays homage to chef and culinarian James Beard, with a multi-course dinner. Reservations required.

Interstellar Space Magic

7:30 p.m., American Legion 99, 1315 Broadway, Seaside, 503-738-5111, no cover, 21 and older. Interstellar Space Magic plays classic rock and country. Part of a fundraiser dinner (\$15) by the Sons of the American Legion.

"Little Shop of Horrors"

7:30 p.m., Coaster Theatre, 108 N. Hemlock St., Cannon Beach, 503-436-1242, www.coastertheatre.com, \$18 to \$23, rated PG-13. "Little Shop of Horrors" is a science fiction, rock musical about a timid floral assistant, a sadistic dentist and a carnivorous plant, through Sept. 6.

DJ Dance Party

10 p.m., Twisted Fish Steakhouse, 311 Broadway, Seaside, 503-738-3467, www.twistedfishsteakhouse.com, no cover, 21 and older. DJ Nacho Bizznez mixes the latest dance music with some old favorites every Saturday.

Sunday, July 26

Seaside Garden Tour

8 a.m., Beach Books, 616 Broadway, Seaside, 503-738-3500, Seaside, 503-717-1914, \$8. Join Pam Fleming as she leads the annual garden tour through downtown Seaside. The morning will begin with a brunch and presentation followed by the free tour at 9 a.m. in front of the bookstore.

Sandy Shores Gift Expo

10 a.m., Seaside Civic & Convention Center, 415 First Ave., Seaside.

NAMI Meeting

2 p.m., Seaside Public Library, 1131 Broadway, Seaside, 503-738-6165, www.nami.org. The National Alliance on Mental Illness welcomes anyone who suffers from a mental illness. Membership is not required.

Monday, July 27

Knocklers Pinochle

1 p.m., Bob Chisholm Community Center, 1225

Avenue A, Seaside, all ages, \$1 per session per person. Knocklers host regular play in the card game of pinochle every Monday.

Learning to See

6 p.m., Trail's End Art Gallery, 656 A St., Gearhart, 503-717-9458, www.trailsendart.org, \$50. No experience necessary for this two-day drawing workshop, all skill level from beginners to those who want to enhance their skills are welcome.

Tuesday, July 28

TOPS Meeting

8 a.m. weigh-in, North Coast Family Fellowship Church, 2245 N. Wahanna Road, Seaside, 503-861-2904. TOPS (Take Off Pounds Sensibly) meet every Tuesday and focuses on lifestyle changes for lasting weight loss and better health.

CB Farmers Market

2 p.m., Cannon Beach City Hall, 163 E. Gower Ave., Cannon Beach, www.cannonbeachmarket.org. Every Tuesday, this market offers a wide variety of fresh produce, pasture-raised meat, organic cheeses, artisan food products and a children's program.

Learning to See

6 p.m., Trail's End Art Gallery, 656 A St., Gearhart, 503-717-9458, www.trailsendart.org, \$50.

Wednesday, July 29

HEART Support

10 a.m., The Harbor, 1361 Duane St., Astoria, 503-325-3426, www.harborow.org. Every Wednesday, this support group focuses on the effects of domestic violence. Reserve seating.

Seaside Farmers Market

3 p.m., American Legion 99, 1315 Broadway, Seaside, 503-738-7393, www.seasidemarket.org. Every Wednesday, the Seaside Farmers Market features a variety of fresh produce, meat, cheeses, seafood and artisan food products. There is entertainment for kids, live music with Alena Sheldon and master gardeners will answer plant questions.

Trivia at Salvatore's

6:30 p.m., Salvatore's Café & Pub, 414 N. Prom, Seaside, 503-738-3334, free. Bring a team of up to five people or go solo for a fun night of trivia every Wednesday. There will be three questions per round and three rounds.

Thursday, July 30

Ham Radio Breakfast

8 a.m., Finn's Fish House, 227 Broadway, Seaside, 503-738-9692. Ham radio operators meet every Thursday. Venues change on the first Thursday of the month.

SDDA Breakfast

8 a.m., Pig 'N' Pancake, 323 Broadway, Seaside, 503-717-1914, www.seasidedowntown.com. Features weekly speakers each week and discussions. No-host breakfast and beverage service is available.

Kiwanis Club Meeting

Noon, West Lake Restaurant & Lounge, 1480 S. Roosevelt Drive, Seaside, open to the public. Features announcements and guest speakers each week. For information, visit the club's Facebook page at www.facebook.com/pages/Kiwanis-Club-of-Seaside-Ore.

Senior Movie Matinee

2 p.m., Bob Chisholm Community Center, 1225 Avenue A, Seaside, 503-738-3311, www.sunsetempire.com, free. Enjoy a matinee movie and popcorn every Thursday at the community center.

Friday, July 31

Chamber Breakfast

8:30 a.m., Twisted Fish Steakhouse, 311 Broadway, Seaside, 503-738-6391, www.seasidechamber.com.

Low Impact Walking

9:30 a.m., locations vary every Friday, 503-738-7751. Sponsored by AAUW.

Lunch in the Loft

Noon, Beach Books, 616 Broadway, Seaside, 503-738-3500, www.beachbooks37.com, \$25. Author and musician Willy Vlautin will read from his current book "The Free." Reservations required.

Canoe Adventures

2 p.m., Sunset Pool, 1140 Broadway, Seaside, 503-738-3311, www.sunsetempire.com, \$20 to \$30 per trip. SEPRD leaders will lead canoe trips along the river and upper estuary system near the Necanicum confluence. Registration required.

Saturday, Aug. 1

Beach Clean Up

9 a.m., Seaside Beach, meet at Seashore Inn on

the Beach, 60 N. Promenade, Seaside, all ages.

Join volunteers from Beach Drive Buccaneers, Seaside Downtown Development Association and City of Seaside in "Treasure the Beach Community Beach Clean Up" every first Saturday of the month.

Gearhart ArtWalk

2 p.m., celebrate creative art forms during the monthly Gearhart ArtWalk at businesses and galleries in Gearhart. There will be artist's demonstrations, discussions and receptions. Look for the "Welcome to the Shore" flag at participating merchants.

Artist Reception

3 p.m., Trails End Art Gallery, 656 A St., Gearhart, 503-717-9458. An artist reception will be held for Richard Newman featuring his work in "Window to the World Photography."

Summer Workshops

4 p.m., Seaside Yoga, 609 Broadway, Seaside, 503-717-5129, \$10 to \$15 donation.

Saturday Art Walk

5 p.m., enjoy original artwork, live music and refreshments during Seaside's monthly First Saturday Art Walk at local businesses and art galleries, and includes art discussions and demonstrations. Look for the art walk signs at participating merchants.

DJ Dance Party

10 p.m., Twisted Fish Steakhouse, 311 Broadway, Seaside, 503-738-3467, www.twistedfishsteakhouse.com, no cover, 21 and older.

Monday, Aug. 3

Art on Woodblock

9 a.m., CCC Seaside Campus, 1455 N. Roosevelt Drive, Seaside, 503-338-2402, www.datsopcc.edu/schedule, \$35. Create a fun seasonal themed art piece using pen/ink and watercolor pencils on a woodblock panel. Cost includes supplies. Preregistration encouraged.

Theater Arts Camp

10 a.m., Coaster Theatre, 108 N. Hemlock St., Cannon Beach, 503-436-0609, www.coastertheatre.com, \$245, 8 and older. This two-week camp will focus on three common aspects of theater arts: acting, singing and dancing.

Knocklers Pinochle

1 p.m., Bob Chisholm Community Center, 1225 Avenue A, Seaside, all ages, \$1 per session per person.

Learning to See

6 p.m., Trail's End Art Gallery, 656 A St., Gearhart, 503-717-9458, www.trailsendart.org, \$25 to \$100. This workshop is held on five consecutive Mondays in August and will focus on specifics of drawing: line, value, perspective and volume.

Tuesday, Aug. 4

TOPS Meeting

8 a.m. weigh-in, North Coast Family Fellowship Church, 2245 N. Wahanna Road, Seaside, 503-861-2904.

National Night Out

6 p.m., Cartwright Park and Broadway Park in Seaside, City Park in Cannon Beach, all ages. Join members of your neighborhoods and local police officers at this annual event, helping to make neighborhoods a safer place to live.

Wednesday, Aug. 5

Seaside Farmers Market

3 p.m., American Legion 99, 1315 Broadway, Seaside, 503-738-7393, www.seasidemarket.org.

Trivia at Salvatore's

6:30 p.m., Salvatore's Café & Pub, 414 N. Prom, Seaside, 503-738-3334, free.

Gearhart City Council

7 p.m., City Council Chambers, City Hall, 698 Pacific Way, Gearhart, 503-738-5501, www.ci.gearhart.or.us. Regular city council meetings are held every first Wednesday of the month.

Thursday, Aug. 6

Ham Radio Breakfast

8 a.m., call for location, Seaside, 503-738-9692.

SDDA Breakfast

8 a.m., Pig 'N' Pancake, 323 Broadway, Seaside, 503-717-1914, www.seasidedowntown.com.

Kiwanis Club Meeting

Noon, West Lake Restaurant & Lounge, 1480 S. Roosevelt Drive, Seaside, www.facebook.com/pages/Kiwanis-Club-of-Seaside-Ore.

Bereavement Support

2 p.m., Bob Chisholm Community Center, 1225 Avenue A, Seaside, 503-338-6230, 18 and older. Support is given through journaling and discussion to help healing after a loss. Hosted by Lower Columbia Hospice.

Accepting New Patients

David Kaba, MD, PhD is an Ear, Nose & Throat (ENT) specialist with additional training in allergy and sleep medicine.

- PE Tubes
- Tonsillectomy/Adenoidectomy
- Nasal & Sinus Surgery
- Hearing & Balance Loss
- Allergies
- Voice and Swallowing Problems
- Tumors of the Head & Neck

To make an appointment, call:
(503) 815-2292



Adventist Health
Medical Group

Tillamook Medical Plaza
1100 Third Street, Tillamook, Oregon
TillamookRegionalMC.org

VOLUNTEERS NEEDED Seaside Senior Dining Center

- **The Seaside Senior Dining Center at the Bob Chisholm Center Serves more than 13,000 meals a year to senior citizens.** Over 7000 of those meals are delivered to seniors who are homebound or are unable to cook for themselves. This could not happen without the help of a dedicated volunteer team, committed to serving seniors in the Seaside area.

Meals on Wheels volunteers are desperately needed right now

- **Volunteer Meals on Wheels drivers not only help ensure good nutrition but also check on our senior citizens well-being and connect them with vital resources in the community.** Often times, the Meals on Wheels drivers are the only people homebound seniors will see during the week.
- **Drivers may use their own vehicles and receive .575 per mile reimbursement or use the agency vehicle.** All drivers must pass a criminal background check and have a valid driver's license prior to starting work. Lunches are delivered on Monday, Wednesday and Friday and take about 2-3 hours.
- **Come join our cheerful, "can do" volunteer team at the Seaside Senior Dining Center.** Call Michelle Lewis at NW Senior and Disability Services at 503-861-4202 or the Bob Chisholm Senior Dining Center at 503-738-9323 for more information.

