

A helping hand for the holiday

It was a tradition that was unmatched in my childhood. Early Thanksgiving morning, I would wake up with excitement in the air. Thanksgiving means great food, time with the family and a special occasion to feel gratitude. But for a young boy, it also meant football, and more specifically, the Turkey Bowl!

Friends and families would gather, traditionally at the park in Gearhart on the corner of Pacific Way and Marion Ave, usually in some combination of cold, wind and rain for some touch football.

Typically, the game would remain a friendly mixture of old and young, talented and not-so-talented and a chance for me to get to play football either with or against my older brothers, something that didn't happen too frequently.

With the change in season upon us and Thanksgiving and other seasonal holidays approaching, I've had cause for some reflection on a more recent-

SKY BOX
SKYLER ARCHIBALD



ly established Thanksgiving tradition.

Some number of years ago, a grassroots movement in Seaside began humbly: a traditional Thanksgiving meal, served to anyone in need, free of charge and without judgment. That early concept developed and grew, and grew, and grew.

For the last two years and continuing this Thanksgiving on Thursday, Nov. 23, various community enterprises have teamed up to offer this community Thanksgiving and the Sunset Empire Park and Recreation District has been fortunate to host the meal at the Bob Chisholm Community Center.

Each year, volunteers from the staff of Helping Hands Reentry

as well as Our Savior's Lutheran Church, The Seaside Chamber of Commerce, local Boy Scout troops and others, spearhead the efforts in serving a delicious and traditional Thanksgiving Dinner. Safeway generously donates and prepares the turkey and mashed potatoes and many other wonderful people and organizations donate time, resources and talents.

While impact may be hard to measure, the dinner serves more people each Thanksgiving and last year provided a meal to 300 people in our community, including many that may find themselves on the fringes of our society: the widowed, the financially stricken and the homeless.

It's a great opportunity for me and my family, a new tradition, to participate in this dinner. I feel grateful to connect with friends and associates from this tight-knit community and to lend a tiny offering of



On Thursday, Nov. 23, community groups team up to offer a community Thanksgiving at the Bob Chisholm Community Center. COURTESY SEPRD

support and time.

You can even start your morning with the Turkey Trot, a 5k run/walk that takes place in downtown Seaside, through the Sunset Empire Park & Recreation District.

I encourage each of us, particularly during this season, to seek opportunities to serve others and to strive for empathy and compassion. New traditions are sometimes

hard to adjust to. I miss those Thanksgiving mornings of my childhood: catching a pass, sharing a laugh and coming home cold, wet and perhaps smelly. But this new tradition isn't bad either.

If you'd like more information about contributing to the community Thanksgiving, please contact me at 503-738-3311 or sarchibald@sunsetempire.com.

Borgen named as new publisher at Seaside Signal, sister publications

Seaside Signal

Kari Borgen will assume leadership at EO Media Group's North Coast operations on Dec. 1.

Borgen, 57, will be the group publisher and revenue director for the Seaside Signal, The Daily Astorian Cannon Beach Gazette, Chinook Observer and the regional Coast River Business Journal.

Borgen and her husband, Kerry, will relocate to the North Coast area. They have three grown children and enjoy the outdoors with their two dogs in their free time.

She is an Oregon native with deep roots in the media industry.

"I'm looking forward to joining the team, and meeting readers and businesses on the North Coast," Borgen said. "It's a beautiful and diverse landscape of communities with strong traditions, opportunities to grow and an appreciation for community journalism. We're excited to become a part of it."

Heidi Wright, EO Media



Kari Borgen



Heidi Wright

Group's chief operating officer, said Borgen rose to the top of a strong pool of candidates.

"We are very fortunate to have Kari join our company," Wright said. "She has ties to Oregon and a passion for high-quality community newspapers."

Borgen has a degree in business administration and marketing from the College of Idaho. She has worked for Western Communications, based in Bend, since 1998. Most recently, she served as its corporate revenue officer and regional publisher for the Baker City Herald and The Observer in La Grande. She enjoys engaging in the community and has served on the

boards of the Baker County Community Literacy Coalition, Rotary, United Way, Red Cross and YMCA.

She will take over business operations from David Pero, plus assume direct management of advertising sales. Pero left the company on Tuesday and former Advertising Director Betty Smith's position has been vacant since she retired at the end of June. Matt Winters, publisher and editor of the Chinook Observer and Coast River Business Journal, will report to Borgen.

"There is a precedent for what we are doing that can be found in our family's ownership of the Astorian," said Steve Forrester, president and CEO of EO Media Group. "In 1960, during Astoria's prolonged postwar adjustment, my parents and my aunt hired a publisher out of Alaska, Morgan Coe. He was a business-side publisher. At the same time, the veteran newspaperman Fred Andrus was promoted to the role of editor."

Following that model, Jim Van Nostrand is being pro-

moted from the role of managing editor to editor. Derrick DePledge will become managing editor.

"All of this is about our family's commitment to the future of this community daily newspaper at a time when traditional print media is adjusting to a new reality," Forrester said. "In Kari, we have a proven leader who will help ensure our financial viability for the long term. In Jim and Derrick, we have newsroom professionals who will meet the challenge of engaging readers in print as well as digital platforms."

Forrester added that the newest fourth-generation member of the company's board of directors is his son, Harrison, elected in August. His daughter, Susan Rana, has served on the board for four years and is corporate treasurer.

Forrester will be in the Astoria offices Wednesday through Friday. Wright will spend much of November in Astoria until Borgen comes on board.

LETTERS

Rolling in his grave

My father, Harry Miller, is rolling over in his grave re: "Food bank shake-up leads to a temporary closure. (The Daily Astorian, Oct. 23, 2017) The South County Food Bank was his "baby" for many years. To see what's happening now would absolutely break his heart.

It's a shame the board can't get their act together. Instead of actually speaking with all the volunteers, as well as Karla Gann, they chose to simply fire everyone. I don't know why this "shake-up" took place but I'd certainly bet the problem lies more with the board, not the volunteers. It's too bad the volunteers and the public were, apparently, left out of this decision.

It would have been nice to try to fix it before such a rash decision was made. It was a huge slap in the face to all the hard-working

volunteers of the food bank. I have no doubt Ms. Gann is correct when she says 90 percent of the staff will not be back. My heart breaks not only for the people who need help but all the volunteers who can no longer help them. Dad used to say, "They (the board) haven't got the sense God gave a soda cracker." Yep, Dad was right. Let's see who's going to pick up all those cracker crumbs now.

Sylvia Herrley
Seaside

Kudos for Karla Gann

I am not writing this letter to criticize anyone, only to give my experience with the food bank and their volunteer manager Karla Gann.

I was very surprised with the firing of Karla after five years of volunteer service. My family and myself have donated

many food items, and lately, clothes also. We were always pleased with the appearance of the interior of the building and also with the well-organized way they handled things. Karla was always there even on her days off and if we had a donation and she wasn't there, all we had to do was call her at home and she would be right down to receive our donation.

Also, what a blessing to be able to give out clothes, warm gloves, hats, etc.; most of my friends say the Goodwill is too high on their things. I would rather give to the food bank so that those who can't afford other places would not have to go without.

I am sorry this happened and I wish something could have been worked out so that the community would still benefit from her management.

Nadine Brien
Seaside

Study sheds new light on nutrition, pregnancy

By Susan Cody
For EO Media Group

How does your baby grow? Can nutritional advice, food choices and cooking classes improve the growth and health of your baby? Researchers hope to answer these questions and more in the Clatsop-Astoria Maternal Partnership Study.

"We are seeking 100 women in the first trimester of pregnancy to participate in the study," says Wendy D'Agostino, the study coordinator. All participants will receive nutritional information and half will receive a 12-week cooking classes at the North Coast Food Web.

"We want to see if cooking classes improve overall health and wellness."

In addition to the free cooking classes, an incentive of up to \$85 is offered for monitoring, which will be performed by D'Agostino, who is a registered nurse.

Women in the study must also be at least 18 years old, planning to deliver their baby

at Columbia Memorial Hospital and speak fluent English. To learn more or to sign up, contact D'Agostino at 607-369-4907. Information is also available at the Women's Center at CMH.

"We are now in the fourth generation of people not cooking," says D'Agostino. She said this sets the stage for ill health and a shorter life.

"The 2016 census predicted longevity for Americans will decrease for the first time in 100 years," D'Agostino said. "A low-nutrient, high-calorie diet leads to obesity and malnutrition, type 2 diabetes and heart disease. We want to see if cooking classes improve overall health and wellness" of pregnant women and their babies.

Clatsop County is one site in a series of studies by Oregon Health Science University's Knight Cardiovascular Institute to answer questions about fetal development, disease prevention and nutrition. These studies focus on how certain factors in the prenatal environment can make people more susceptible to heart disease and obesity.

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MEETINGS

Monday, Nov. 13
Seaside City Council, 7 p.m.,
City Hall, 989 Broadway.

Seaside Transportation Advisory Commission, 6 p.m.,
City Hall, 989 Broadway.

Wednesday, Nov. 15
Seaside Tourism Advisory Committee, 3 p.m., 989
Broadway.

Tuesday, Nov. 21
Seaside School District Board of Directors, 6 p.m.,
1801 S. Franklin, Seaside.

Thursday, Nov. 16
Seaside Tree Board, 4 p.m.,
City Hall, 989 Broadway.

Seaside Planning Commission, 7 p.m., work session,
City Hall, 989 Broadway.

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