

Physical education a key to the school experience

With the change in season from summer to fall, so comes significant change for our community. The number of guests visiting our community rapidly diminishes and subsequently so does the flow of traffic. The days get shorter and the weather begins to turn, although it never really felt like we got to the meat of our summer weather this year.

Another change is the return for the children and youth of our community to begin school again. With just two years left until the new school buildings are open, each year and experience will be memorable as the future of the school district is beaming with anticipation.

I recall fondly my first days each year as a student first at Gearhart El-

SKY BOX
SKYLER ARCHIBALD



ementary then on to Broadway Middle School followed by four years at Seaside High School. Although it was some time ago, I can remember dressing up in my best school clothes for the big day and then promptly ruining them during the first opportunity for recess or outside physical education time.

When I moved back to this area four years ago, I was unpleasantly surprised when my kindergarten daughter told me that she only had

P.E. one day a week. That 30-minute session seemed too short to help those kindergartners get all their wiggles out!

That pattern has continued however both with my daughter and now my son. They've each had terrific experiences in physical education working with Mr. Sigler a devoted and experienced educator.

Now I know little of the requirements and restrictions that the school district experiences with managing the educational experiences of some 1,500 children so this thought is not a criticism. Rather, it's a bemoaning of the current state of our society where educators and administrators must choose between educating children for the future or helping them

get their appropriate exercise time — both are obviously worthwhile pursuits.

I was thrilled when I heard that each of the elementary schools in the Seaside School District would be getting their own P.E. teachers in the coming year, with the eventual goal of returning that important activity time to the schedule for every student every single day!

The legislators in Oregon certainly had a hand in this change with House Bill 3141 in 2007 and Senate Bill 4 in 2017 helping schools throughout the state with clarification and flexibility in phasing in the change to encourage more activity in students.

But the main point here is that

students today, perhaps more than ever, need that activity time found in physical education settings. Brent Courtney (D-Salem) said as much regarding the bill in 2007. "Physical education helps children maintain a healthy weight and build strong bones. It reduces the risk of obesity and related conditions such as diabetes and heart disease. It has even been shown to reduce anxiety and depression, leading to better mental health."

I echo Mr. Courtney's thoughts and urge all of us to make more time for physical activity in our lives. It benefits our children and youth yes, but it also benefits each of us to move and to play, and the more we do it, the better our bodies are!



R.J. MARX

Patty's Wicker Cafe.

The best kept secret in town

It is almost impossible to exaggerate the quality and charm of Patty's Wicker Cafe. There is a small spiral notebook for suggestions on each table. In 10 years and hundreds of notebooks, no one has ever made a suggestion. You can't improve on perfection.

Patty's is a romantic's gourmet with all the trimmings, a quiet place where she serves hash browns and eggs, succulent Reuben's and a seafood chowder that would have earned a nod from Julia Child. Seth, the maitre d' and head waiter has the polish and patience of a highly paid butler.

There is a whole room dedicated to Humphrey Bogart, Patty's obsession, posters, biographies, rare articles, and a life size replica of the "Mal-

GUEST COLUMN
BOB DIETSCHKE

tese Falcon." Exotic plants are everywhere, and some people come as much for the view as the cooking. A couple of cautions: don't ask for ketchup, turn down your cell phones. Patty is a confirmed Luddite with the old-fashioned belief that people ought to talk to each other.

If all the above sounds a bit thick, it's supposed to, because: If you haven't been to Patty's, you haven't been to Seaside.

Bob Dietschke, author of "Jump town: The Golden Age of Portland Jazz" and "Tatum's Town: The early years of Art Tatum."

MEETINGS

TUESDAY, Sept. 4

Seaside Community Center Commission, 10 a.m., Bob Chisholm Community Center, 1225 Avenue A.

Seaside Library Board, 4:30 p.m., Seaside Library, 1131 Broadway.

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

WEDNESDAY, Sept. 5

Seaside Improvement Commission, 6 p.m., City Hall, 989 Broadway.

MONDAY, Sept. 10

Seaside City Council, 7 p.m., City Hall, 989 Broadway.



SEAL'S THE DEAL

Seaside Signal

Public Works Director Dale McDowell captured this photo of a male California sea lion sunning himself near Quatat Park in downtown Seaside on Aug. 24.

DALE MCDOWELL

A simple smile can lift your mood and bring happiness in return

Having lived approximately half of my adult life amongst other cultures on other continents, I became accustomed to greeting everyone I encountered according to their respective, varied customs. However, what these greetings all had in common was a true and generous smile. To venture into a shop or to simply pass one on the street without extending such a greeting was not only rude but often insulting!

Not so here in the U.S. Courtesies of the past appear no longer in vogue, and people go about their business without much concern for others. There are of course, exceptions, and I don't believe that individuals are necessarily, purposely, being rude. However, working with the public on a daily basis and having read recent, local commentary about declining manners, I feel compelled to not only reflect the change I hope to see but to also write a short commentary to encourage others to do likewise!

And... if I were to choose one thing to encourage everyone to practice on

GUEST COLUMN
BARBARA HASSAN

a daily basis, it's to SMILE! The old saying proves true; that smiling is contagious! Seriously (no pun intended), it's scientifically proven! Research has also shown that smiling can make you appear younger, thinner, and actually increase your lifespan! No kidding! According to Wayne State University research (2010), pre-1950 major league baseball players who didn't smile in photos lived and average of 72.9 years; whereas those who smiled broadly lived an average of nearly 80 years!

That may be due to the fact that not only does smiling boost mood by increasing endorphins in the brain, but (according to biochemists) smiling releases tension down to the cellular level! Conversely, stress is a contributing factor to virtually all physical illness; as well as viral infections from impaired

immunity, allergies, asthma, and mental illness... So what's the downside of dopamine and serotonin releases similar to eating 2,000 bars of chocolate? All-that-and-a (conjectural) box-of-chocolates from a simple smile that costs nothing and is calorie free! Even a forced smile, detached from fear or anger, can produce similar health effects.

Studies also suggest that others will consider you more courteous, competent, and likable when you smile, and that relationships will prove more successful. And research supports the concept of "mood migration"; that your smile causes a release of mood boosting chemicals in the brains of others, simultaneously uplifting the mood of whomever your smile graces! Expressing happiness with a simple smile causes others to smile back; scientifically substantiating that when you smile, the world smiles with you! ...And you have a beautiful smile!

Barbara Hassan Retired RN/USAF; currently employed part-time as front desk staff at Sunset Empire Park and Recreation District

LETTERS

Sunset Empire bond would be a burden

I'm a regular user of the Seaside Empire Park and Recreation District facilities, and have heard all of the excitement regarding the expansion. We are a retired couple, on a fixed income and another addition to our taxes is a burden.

Has the commission assigned with this expansion exhausted all options of federal grants before putting this on the ballot this November? I, personally, have investigated grants and found several for a smaller community such as Seaside. I think it would be less expensive to hire a grant writer, and use the money we have already paid in taxes, than make us pay anew.

Lindsey Morrison
Seaside

Second thoughts?

I have been talking to several people who say they wish they could go back and vote on the Seaside High School bond, again. They would vote no!

It seems that there are surprises frequently popping up.

And, now it is the old developers' hat trick, mitigation again. I have always wondered how the fish and wildlife know how to travel the many miles, crossing highways, residential areas and towns to get to where they are now supposed to live.

Do the developers post maps on the trees and in the streams for the wildlife to follow?

It is no wonder there are so many endangered and extinct animals with their old habitats now mitigated many miles from where they have lived for centuries.

Claudia Stanton
Seaside

Oppose ruling at Sunset Lake

The Oregon State Marine Board wants to restrict towed water sports on Sunset (Neacoxie) Lake. The proposed amended rule (250-020-0041) would restrict towed water sports, on all Clatsop County bodies of water, where there is currently a 10-mph speed restriction. The current rule 250-020-0041 limits the speed to 10-mph.

I know many of you (like me) tow tubes on Sunset (Neacoxie) Lake without

incident. The lake has little motorized boat activity and is very well self-regulated. The south end of the lake has plenty of room to pull our kids and grand-kids around without boater conflict or endangering public safety. We view the lake every day and boat traffic is limited to an occasional kayak, fishing boat or tube being towed.

The restriction removes an activity that many homeowners in the area have enjoyed for years. Losing it also removes a valued amenity attached to the homes and property in the area.

Please join me in opposition to this ruling. In the Oregon State Marine Boards own words "The towed water sport restriction is needed to support the current regulations, enhance safety and assist in the reduction of boater conflict in light of changing boating use and technology." We do not need this restriction on Sunset (Neacoxie) Lake and I do not want to lose the valued activity.

Send written comments by mail, fax, or email by 30 September to June LeTarte, rules coordinator, Oregon State Marine Board

435 Commercial St NE, Salem, OR 97301; fax, 503-378-

4597; email, osmb.rulemaking@oregon.gov.

Patrick Duhachek
Warrenton

Thank you to Seaside

My family has been visiting Seaside and Gearhart from Portland for more than a half century. We've watched the area grow and change over the decades, but we still love coming back as often as possible, in no small part because it has never lost the familiar small-town feel of the communities. This was abundantly clear on a recent weekend, when an unknown thoughtful, honest person saved me a lot of time and trouble. After dropping my wife off at yoga, I parked at Broadway and Edge-wood, on the south side of the


street. I was crossing the street (confession: Dundee doughnut addiction) when I dropped some papers in the middle of the street. I knelt down to pick them up, with my keys still in hand.

Apparently, I later discovered, when I bent down to pick up the papers, a single key on a separate chain that I added to my chain just that morning — broke.

Much later, back in Gearhart, I realized the key to our condo was missing. Frantic searches turned up nothing. With almost zero optimism, I drove back to the intersection and looked under the car that was then parked

there, and found nothing. For no particular reason, I wandered across the street to the northeast corner of the intersection, and stood there vacantly for a few seconds, when I glanced at the garbage can there. The key and broken link chain were carefully placed on top of the can, waiting for my return. Five hours had passed since I lost the key. Someone thoughtfully placed it "safely" on the can, and then countless hundreds of residents and tourists passed it, leaving it there undisturbed.

Thank you, Seaside.
James C. Greenblatt
Portland



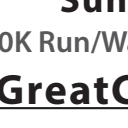
the GREAT Columbia CROSSING
10K run/walk

Sunday, October 14, 2018
10K Run/Walk across the Astoria-Megler Bridge
GreatColumbiaCrossing.com


Registration: \$40 per person.
T-shirt: \$15-\$17 each.

NEW THIS YEAR:
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