

# A lot of initials, but they all spell h-e-a-l-t-h

**SKYBOX**  
SKYLER ARCHIBALD



**'THE REPORT CONCLUDED THAT THE STATE OF OREGON SAVES \$1.4 BILLION ANNUALLY IN HEALTHCARE COSTS DUE TO OREGONIANS' PARTICIPATION IN OUTDOOR ACTIVITIES.'**

As part of my responsibilities and passions in this vocation, I often get exposed to neat opportunities to involve myself in terrific projects. Such is the case with my small involvement with several projects associated with the Oregon Parks and Recreation Department.

My involvement with OPRD has been mainly related to two separate projects. The first is the Oregon Regional Trails Advisory Committee (ORTAC) and I hope to talk more about that in a future column. The second, is a small amount of participation in the Statewide Comprehensive Outdoor Recreation Plan, or SCORP. There's a lot of acronyms in government it seems.

The SCORP enables the state to remain eligible for Land and Water Conservation funds but it also provides guidance for OPRD programs, including the valuable grants that many agencies across the state access for assistance with completing or kick-starting amazing projects in the many communities across the state. The SCORP also guides the State Park System in their decisions and processes in providing great programs and facilities for Oregonians.

While the current SCORP (2019-2023) edition is now under review and will be available soon,

the previous version provided the data that helps quantify the value of exercise and spending time outdoors, as it pertains to our mental and physical health. The study was conducted by economists with Oregon State University who developed a method to quantify the savings that people

engaged in outdoor activities — walking, hiking, paddling, skiing, soccer, tennis and other activities were considered — throughout the state. The results were staggering!

The report concluded that the State of Oregon saves \$1.4 billion annually in healthcare costs due

to Oregonians' participation in the previously mentioned activities. The study also estimated that the energy expended by Oregonians in outdoor activities in 2017 alone was equivalent to 144 million pounds of body fat. That's a great deal of weight loss, simply for getting outside and taking

advantage of the beautiful scenery available in our state!

These figures add further levity to the premonition that parks and recreation programs and facilities play a crucial role in the health and wellness of our lives, both at an individual and community level. The bottom line is clear: when recreation is easily accessed and available, people are healthier and when people are healthier, healthcare costs go down.

We can encourage each of our community residents and guests to come swim, try a fitness class or even eat healthier. We've found that they may or may not listen to us, and that's OK! But perhaps people will listen to this evidence of health as it relates to fiscal conservation: exercise and activity will save you money in the long run because you'll be healthier!

The report also found that the activities that provided the most savings across the state in healthcare costs were walking or running on local streets and sidewalks and walking on local trails and paths. What better evidence do policy makers and elected officials need in terms of where to invest their resources in future projects?

Every day I feel more and more grateful for the opportunity to live here, in a community where recreation and activity options are abundant and I have the opportunity to serve the residents of our community in providing more opportunities. I hope that each of us invest in recreation and activity, for now but also to see the benefits down the road!

## A focus on our quality of breathing

The spring gray whale migration is almost upon us. And, each year we delight in catching glimpses of these majestic creatures as they pass by, thrilling us with spouting displays as they blow out streams of warm air and water from their lungs after a deep dive.

In contemplating this annual event, it is easy to see how important it is for whales to be able to manage their respiration so that they can survive their journey from Alaska to Mexico, the longest migration of any mammal on earth. Deep breaths with 90 percent oxygen absorption, held for up to 30 minutes allow these creatures

**GUEST COLUMN**  
JENN VISSER

to meet their full potential year after year.

While gray whales can do without air for 30 minutes, we humans can only do without air for a mere two minutes on average!

This puts "air" in the No. 1 spot, well ahead of sleep, water and food as a priority for healthy bodily function.

Yet, it is something that we never seem to think about, unlike sleep (resting well), food (eating well) and water (staying hydrated).

If we focus on the quality of our breathing, we can

definitely take lessons from our beloved gray whales.

Stressed breathing tends to be rapid and shallow. If a whale wasn't breathing properly it would never make it down from Alaska with this kind of breathing pattern.

To breathe well, focus on "intentional respiration" to calm and nourish yourself.

Here is a simple breath exercise:

Place hands on the diaphragm (about a hand's width from the navel towards the chest).

Breathe in and feel the hands expand for four seconds.

Hold breath for four seconds and exhale for another four and hold at the end for

another four seconds. Repeat two to three times and notice the difference in your mind and body. This is called breath work.

You can also practice belly breaths all day. Inhale and focus on the breath filling your midsection.

Taking the time to learn to "breathe well" will reap great rewards by improving overall well-being. In addition to replenishing our oxygen, breathing helps to stabilize our emotions and to detoxify our bodies. Since we all take in and let out about 24,000 life-giving breaths per day, why not focus on learning to do what the whales do so well!

Jenn Visser is a certified health coach

## Community Calendar

### Friday, March 15

#### Arthritis Exercise

10:15 a.m., free, Bob Chisholm Center, 1225 Avenue A, Seaside, 503-738-7393.

#### Senior Lunch Program

11:45 a.m., Bob Chisholm Community Center, 1225 Avenue A, Seaside, 503-738-7393, www.sunsetempire.com. \$3 suggested donation, for those 60 and over; \$6.75 for those under 60.

#### Dance Fitness

6:30-7:30 p.m., Bob Chisholm Community Center, 1225 Avenue A, Seaside, 503-738-7393.

#### Music at McMenamins

7 p.m., St. Patrick's Day "Music Across the Land," McMenamins Gearhart Hotel, 1157 N Marion Ave, Gearhart; www.mcmenamins.com/gearhart-hotel; 503-717-8159.

### Saturday, March 16

#### Dance Fitness

8:30 a.m., Bob Chisholm Community Center, 1225 Avenue A, Seaside; www.sunsetempire.com, or call 503-738-3311.

#### Play the ukulele

9:45 a.m., learn to play the ukulele, for beginners, conference room, Bob Chisholm Community Center, 1225 Avenue A, Seaside, 503-738-7393

#### Celtic Calligraphy

1-3 p.m., with local artist Rebecca Read, Seaside Public Library, 1131 Broadway; 738-6742.

#### Pouring at the Coast

3 p.m., The Seaside Chamber of Commerce is partnering with Seaside Brewing company to present the 10th Annual Pouring At The Coast Festival. Seaside Civic and Convention Center, 415 First Ave., Seaside.

**Canary and the Rooster**  
7 p.m., American Legion, 1315 Broadway, Seaside, 503-738-5111.

### St. Patrick's Day at McMenamins

1- p.m., McMenamins Gearhart Hotel, 1157 N. Marion Ave., Gearhart. For more information, visit www.mcmenamins.com/gearhart-hotel, or call 503-717-8159.

### Sunday, March 17

#### Music at McMenamins

1-7 p.m., McMenamins Gearhart Hotel, 1157 N Marion Ave, Gearhart. For more information, visit www.mcmenamins.com/gearhart-hotel; 503-717-8159.

### Monday, March 18

#### Coffee, Crafts and Conversation

10 a.m., Bob Chisholm Community Center, 1225 Avenue A, Seaside; visit www.sunsetempire.com, or call 503-738-3311.

#### Arthritis Exercise

10:15 a.m., Bob Chisholm Community Center, 1225 Avenue A, Seaside. For more information, visit www.sunsetempire.com, or call 503-738-3311.

### Tuesday, March 19

#### TOPS Meeting

9:15 a.m., Take Pounds Off Sensibly/North Coast Family Fellowship, 2245 N Wahanna Rd, Seaside; 503-738-7453.

#### Excel, Level 2

8:30-10:30 a.m., at South County Center Lab, 1455 N. Roosevelt Dr.; register at bizcenter.org/centers/clatsop-sbdc/our-class-ces or call 503-338-2402.

#### Tabata

6-7 p.m., high intensity interval

training; Bob Chisholm Community Center, 1225 Avenue A, Seaside, 503-738-7393.

### Taco Tuesday

6:30 p.m., American Legion, 1315 Broadway, Seaside, 503-738-5111.

### Wednesday, March 20

#### Good Morning Seaside

8 a.m., Weekly coffee and networking; Seaside Chamber of Commerce; contact for details, www.seasidechamber.com.

#### Preschool storytime

10 a.m., Seaside Library, 1131 Broadway; 503-738-6742.

#### Seaside Prom Walk

1 p.m., Seaside Prom walk. Walk will be along the Prom on the Pacific Ocean past the seaside Aquarium. Call hike leader is Phuong Van Horn, 503 325-2115 or 503 791-5748 to participate.

#### Listening to the Land

6-8 p.m., Resolving conflicts with beaver using natural science and design, presented by Necanicum Watershed Council, featuring naturalist Jakob Sharkey; Seaside Library, 1131 Broadway, Seaside; 503-717-1458.

#### Hands & Hearts Benefit

6 p.m., benefit for Clatsop County court-appointed special advocates; Bridgewater Bistro; for tickets, 503-338-6063.

### Thursday, March 21

#### SDDA Breakfast

8:30 a.m., Pig 'N' Pancake, 323 Broadway, Seaside, 503-717-1914, www.seasidedowntown.com. Weekly speakers, discussions and a no-host breakfast.

#### Seaside Rotary Club

Noon, meets Thursdays, An-

gelina's Pizzeria, 1815 S Roosevelt Drive, Seaside. Lunch is still \$15 for non-members.

#### Get Fit!

6-7 p.m., balanced strength and conditioning program, Bob Chisholm Community Center, 1225 Avenue A, Seaside, 503-738-7393.

#### Music at McMenamins

7 p.m., Bruce Thomas, McMenamins Gearhart Hotel, 1157 N Marion Ave, Gearhart. For more information, visit www.mcmenamins.com/gearhart-hotel; 503-717-8159.

### Friday, March 22

#### Karaoke

8 p.m., American Legion, 1315 Broadway, Seaside, 503-738-5111.

#### Bruce Thomas Smith

7 p.m., annual birthday bash, McMenamins Gearhart Hotel, 1157 N. Marion Ave., Gearhart; 503-717-8159.

### Saturday, March 23

#### Play the ukulele

9:45 a.m., learn to play the ukulele, for beginners, conference room, Bob Chisholm Community Center, 1225 Avenue A, Seaside, 503-738-7393.

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