

CLEANING UP DIAMOND ON THE



Volunteers Ila Bowles, Coach Jessica Garrigues, Emma Taylor and Abby Nofield.

VOLUNTEERS, PLAYERS HELP RESTORE PLAYING FIELD

By CARA MICO
For Seaside Signal

Jessica Garrigues, head softball coach for Seaside High School and Seaside Kids Inc. Softball Liaison, hasn't been in Seaside long but is already making significant strides in improving opportunities for local kids to play softball and baseball at the Wahanna Ballfield, a 4½-acre park located on South Wahanna Road owned by the school district.

Seaside Kids Inc. is a nonprofit that provides sports equipment and facilities for Seaside youth. Seaside Kids brought the community together to repair and renovate the Wahanna Ballfield, which is used by the school and others, in April of this year. Garrigues hopes to inspire an annual event.

When Garrigues first arrived in Seaside she was quickly identified by local players and parents as a great softball coach and took the position of head Seaside High School softball coach this year after serving as the assistant coach in 2018. Garrigues holds a master's degree in education and English for speakers of other languages, and has a passion for instilling a sense of leadership in the kids she mentors and trains. The Wahanna Ballfield cleanup is one way of teaching Seaside youth about the importance of

giving back.

Wahanna Ballfield was ranked in a 2018 Seaside parks master plan as one of the lowest quality parks in Seaside, second to only the Mill Ponds. Except for sports and school activities, park visitors are more likely to visit other area parks on a weekly basis.

Garrigues met with local youth and coaches to see what was needed to make the programs shine. After receiving laundry list of repairs Garrigues organized a group of SKI participants, parents and local volunteers to revamp the dugouts, repair the backstops, improve fencing and batting cages, and deep clean the concessions. Over 50 people, mostly players and their parents, helped out on the first day.

"After reflecting with the Seaside Kids Youth Softball Coaches on the season and discussing out biggest "wins" as a program, this event, where softball and baseball came together to make major improvements to the Wahanna fields and facilities, stood out as a gem," Garrigues said.

While most of the volunteers were current Seaside Kids players and their parents, some of the older players returned to "give back" to the program.

"Some of the older kids who aged out helped, it was neat to see their leadership skills," Garrigues said.

That leadership is exactly what Sea-



Preparation started early for the Wahanna softball field.

side Kids is hoping to instill in local kids as their catch phrase implies, "Active Youth Today ... Active Leaders Tomorrow!"

Garrigues wants to give a "huge thank you" to all of the business and people who donated materials, equipment, time, resources and energy to the Wahanna Ballfield cleanup including the volunteer players, parents and community members of SKI. She added an extra big thank you for Coastal Restoration, Jason Kraushaar Contracting, Forest Betts Construction, All Rents, Builders First Source, Sherwin Williams, A1 Con-

crete, Coaster Construction, Brims Farm & Garden, Trails End Recovery, Home Depot, Pacific Paint, Osburn Olson Construction, Ryan Osburn Plumbing, Dave Aho Roofing, Advanced Roofing, Whites Heating and Sheet Metal, Clean Sweep, Ace Hardware, Knife River, Keith Keranen Excavating, Clatsop Concrete and Clatsop Power.

Garrigues hopes to continue with an annual cleanup next April, keep an eye on their website or Facebook page for more information.

"There won't be as much work next time," she said with a laugh.

Medical Reserve Corps helps with post-disaster prescription drugs

By NICOLE BALES
The Astorian

CANNON BEACH — The Medical Reserve Corps held a learning session on Saturday, Sept. 7, at City Hall to teach people how to obtain prescription drugs after a Cascadia Subduction Zone earthquake and tsunami, as well as techniques to manage pain without medication.

The guest speakers were Nate Nerenberg, a pharmacist and manager of the pharmacy department at Columbia Memorial Hospital in Astoria, and Kathleen Bell, a registered nurse and teacher for the American Holistic Nurses Association integrative healing arts program.

Nerenberg taught people how to incorporate medication into their emergency kits, while Bell shared methods to relieve and manage pain and find increased levels of comfort.

Nerenberg told people to include a typed copy of their prescriptions, supplements and medical equipment and supplies. He said to update the list every six months and to include expiration dates and any drug allergies. In a disaster, if no computers are working, a pharmacist or



Hailey Hoffman/The Astorian

To prepare for a disaster, everyone should have medications in their emergency kits, according to Columbia Memorial Hospital pharmacist Nate Nerenberg.

doctor could use the lists to get people their medication.

Leaders of the Medical Reserve Corps have been training since 2015, but the learning session was the first public training. They hope to have an emergency preparedness event for the community every quarter.

The goal is to empower the community, said Lila Wickham, co-coordinator of the Medical Reserve Corps.

"Our demographics are older ... which means you're going to have more people with chronic disease. So that's why we focused on how can we help people be prepared," she said.

Using a survey conducted by the Medical Reserve Corps, they identified places where people who might have mobility issues live and used the findings to divide the city into six geographic areas.

"Our plan is to work in neighborhoods and create neighborhood captains who will do door-knocking and have neighborhood events where people are really engaged at their community level. Because if we have a major event, people will be isolated in their little communities if the roads are broken," Wickham said.

Clatsop County Com-

missioner Lianne Thompson, who represents South County, said training is essential to educating people and knitting communities together.

Thompson was part of the Nehalem Bay Community Emergency Response Team and Medical Reserve Corps and trained people on the Cannon Beach Community Emergency Response Team.

She said Nehalem Bay is leading emergency preparedness on the North Coast, but Cannon Beach is following and leading the way for Clatsop County.

"Nehalem Bay is grassroots and it draws from the grassroots all the way up and has the buy off so there's a clean, pure line," Thompson said. "Cannon Beach does wonderful things. In terms of Clatsop County, Cannon Beach is absolutely the leader."

Thompson said grass-

roots planning is critical to making sure people are prepared for a disaster.

"You empower people because you're not going to be able to command and control your way out of this," she said. "It's empowering the grassroots to do well — that's the answer because

it's fundamentally the relationships. I mean, you need skills, you need ... appropriate equipment and the skills to use them.

"Fundamentally, it's a matter of proper relationships, people relating to each other and empowering life-saving ways."

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T-shirt: \$15-\$17 each.
Chip-timing for all participants.

Bridge will be closed to vehicles from 8:30 to 11 a.m.

PUBLIC MEETINGS

Monday, Sept. 23
Seaside City Council, 7 p.m., City Hall, 989 Broadway.

Monday, Sept. 30
City Council/Planning Commission Joint Workshop, City Hall, 989 Broadway.

Sunset Empire Park and Recreation District, 5:15 p.m., board workshop, Bob Chisholm Community Center, 1225 Avenue A, Seaside.

Tuesday, Sept. 24
Seaside Airport Advisory Committee, 6 p.m., Seaside Municipal Airport, 2797 U.S. Highway 101.

Tuesday, Oct. 1
Community Center Commission meeting, 10:30 a.m., Bob Chisholm Center, 1225 Avenue A, Seaside.

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

Wednesday, Sept. 25
Necanicum Watershed Council, 4 p.m., Seaside Library, 1131 Broadway.

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

Wednesday, Oct. 2
Seaside Improvement Commission, 6 p.m., City Hall, 989 Broadway.

Gearhart City Council, 7 p.m., City Hall, 698 Pacific Way.

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