

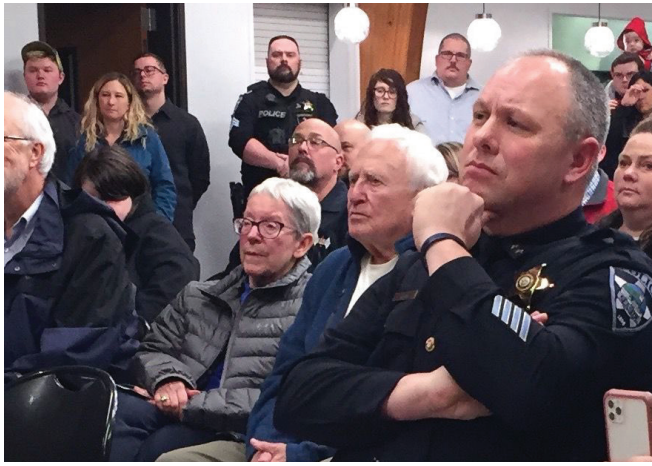
Vigil honors fallen hero Sgt. Jason Goodding

Officer killed making felony arrest in 2016

By R.J. MARX
Seaside Signal

Law enforcement, friends and members of the community came together Wednesday, Feb. 5, for the fourth anniversary of the death of Sgt. Jason Goodding, the Seaside police officer shot and killed while attempting to make a felony arrest on Feb. 5, 2016.

Goodding was 39 at the time of his death and is survived by a wife and two daughters.



LEFT Seaside Police Chief Dave Ham at the Jason Goodding memorial vigil.



R.J. Marx

Lt. Bruce Holt, Seaside's longest-serving police officer, remembered Goodding

for his encouragement to others, both "on and out of the field."

"Each of us have a commitment to ourselves, our families, and our co-work-

ers, and to all in our community to make it a little better each day," Holt said to the crowd at the Bob Chisholm Community Center. "He had passion for what he believed in, and a competitive spirit about him. It was part of all he was involved in."

After a ceremony, country ballads (Goodding was a country music devotee) and benediction, Police Chief Dave Ham said the memory of his colleague remained strong.

"Everyone here is feeling the same," Ham said. "The same wanting to have him back, missing Jason to a point where they still feel compelled to come to this service."

Ham attributed the large crowd to the sense of community and the pride people have in their first responders and in the police department themselves. "When somebody as innocent as Jason who is doing the basics of law enforcement gets killed in the downtown streets of Seaside, it's hard not to want to be a part of that."

"It's hard not to feel something for him when you hear about what a great guy he was, on the job, off the job," he continued. "Even if you didn't know him, you feel like you knew him. You want to have known him. I think people want to be part of it, want to remember."

PUBLIC SAFETY LOGS



Feb. 1
10:27 a.m., Police headquarters: A person came in to register as a sex offender.

1:46 p.m., N. Prom: A disturbance is reported.

7:04 p.m., The Cove: Police assist Portland police attempting to locate a suicidal subject.

Feb. 2
1:09 p.m., 1900 block Spruce: Caller reports people arguing in a unit adjacent to her residence. Police speak with the occupants who say they are playing a video game. They agree to keep it down and close their window.

7:02 p.m., 1300 block 12th Avenue: A person is arrested and charged with DWI at the scene of a motor vehicle accident.

8:42 p.m., Avenue J and S. Roosevelt: A person is transported to detox.

11:08 p.m., 400 block Avenue A: A second person is transported to detox.

11:10 p.m., 88000 block Mallard Court: Police assist county deputies with a disturbance call.

Feb. 3
10:51 a.m., Mill Ponds: Litter is reported.

2:34 p.m., 12th Avenue Bridge: Police conduct a welfare check on an intoxicated man on the bridge.

Feb. 4
12:44 p.m., 300 block Fifth Avenue: A caller concerned about straw in a neighbor's driveway blowing everywhere is advised no code violation or crime was committed. Police spoke with the straw-spreading homeowner who said he was using straw to absorb mud in his driveway.

5:56 p.m., Police headquarters: A person came in to register as a sex offender.

11:21 p.m., Alpine: Suspicious circumstances are reported.

Feb. 5
5:07 a.m. 1000 block Avenue F: Subjects are advised of trespass.

10:17 a.m., Police headquarters: A person came in to register as a sex offender.

Feb. 6
8:25 a.m., 800 block 12th Avenue: A missing person is reported.

Feb. 7
1:13 p.m., 400 block Broadway: Subject is arrested on an OSP warrant and trespassed indefinitely from a location.

Feb. 8
12:51 p.m., 1800 Spruce: Forgery/fraud is reported.



Feb. 1
2:04 p.m., 1100 block N. Roosevelt: Emergency medical response.

3:04 p.m., 13000 block N. Roosevelt: Emergency medical response.

6:12 p.m., 1000 block S. Holladay: Hazardous materials condition reported.

Feb. 2
10:26 a.m., 300 block Ninth Avenue: Emergency medical response.

3:39 p.m., 800 block Beach Drive: Emergency medical response.

Feb. 3
3:51 p.m., 1200 block S. Wahanna: Police assist Medix

and the fire department on a medical call.

8:52 p.m., 1000 block Second Avenue: Fire investigation.

Feb. 4
8:02 p.m. 1200 block S. Wahanna: Police and fire respond to an emergency medical call.

Feb. 5
11:38 a.m., 1400 block S. Wahanna: Fire alarm.

5:49 p.m., 1300 block N. Holladay: Emergency medical response.

Feb. 6
10:47 a.m., 900 block Beach Drive: Emergency medical response.

8:57 p.m., 500 block N. Wahanna: Emergency medical response.

11:25 p.m. 3200 block Bayview Terrace: Emergency medical response.

Feb. 7
5:04 p.m., Second and Prom: Water rescue.

Feb. 8
5:04 p.m., 1800 block S. Downing: Emergency medical response.

6:51 p.m., 1900 block S. Roosevelt: Vehicle fire.



Lands in ditch

A 60-year-old Seaside man was transported to the hospital by ambulance Feb. 3 after he lost control of his car on an icy road.

While traveling eastbound on Highway 26 near Wunsch Road, he lost control and crossed the westbound lane, crashing into the westbound ditch.

His vehicle sustained minor damage and was towed from the ditch by Classic Towing.



Gearhart Volunteer Fire Department presented its yearly incident volume at the February City Council meeting.

The 2019 yearly incident volume included 491 incidents, divided as follows:

- 237 incidents City of Gearhart
- 189 incidents Gearhart Rural Fire Protection District

• 43 automatic/mutual aid to Seaside Fire Department

• Seven automatic/mutual aid to Warrenton Fire Department

• One automatic/mutual aid to Cannon Beach RFPD

• Six automatic/mutual aid to Olney RFPD

• Four automatic/mutual aid to Hamlet

• One automatic/mutual aid to Astoria

• One automatic/mutual aid to Lewis and Clark RFPD

• One automatic/mutual aid to Elsie Vinemaple RFPD

Of 2,307 incidents over a five-year period, 1,058 of those were city of Gearhart response, or 45.8%; Gearhart Rural Fire Protection District responded to 971 incidents, or 42.1%; and 278 incidents were reported as automatic/mutual aid response, or 12.1%.

Gearhart saw a 38% increase in incident response volume in the last 10 years.

The city reported 3,675 total personnel for incident response and 5,588 total training hours in 2019, 9,263 hours training and incident response total.

SPOTLIGHT ON HEALTH Sponsored by Columbia Memorial Hospital



Cut Your Risk: 5 Tips for Heart Health



It's a sobering fact that gets to the heart of the matter: According to the National Heart, Lung, and Blood Institute, heart disease remains the leading cause of death and disability for American women and men.

- Triglycerides less than 150 mg/dL
- Blood pressure less than or equal to 120/80
- Fasting glucose less than 100 mg/dL

Changes you can make today

Here are some tips to help you get to these numbers:

1. Exercise regularly. Try for at least 30 minutes of brisk walking or more vigorous exercise every day. Take a 10-minute walking break. If you sit behind a computer most of the time, get up for a quick stroll several times a day. Sitting less and moving more is good for your heart and your body overall
2. Eat a healthful diet that is built around whole grains, fruits, vegetables and low-fat dairy products. Avoid unhealthy snacks. Bring a piece of fruit to work. Eating more fruits (and veggies) is a heart-healthy choice. Plus, many fruits are portable (think apples and oranges), which makes them an easy snack option. When hunger hits, having a piece of fruit at your work area will help you avoid less-healthy options from the vending machine. Compare food labels for sodium content. Too much sodium can increase your blood pressure, which is hard on your heart. Different brands of foods can have differ-

ent sodium amounts. It only takes a moment to read food labels and to choose the brand with the least amount of sodium.

3. If you smoke, quit. During the year after you quit, your risk of heart disease will drop by more than half. If you need help to quit smoking, don't hesitate to ask your doctor and discuss your different options/strategies.
4. Ask your doctor to help you keep track of your blood pressure and cholesterol. Try to keep them in a healthy range.
5. Maintain a healthy weight. If you are overweight, even a modest weight loss can reduce your risk for developing heart disease.

Be in the know. If you haven't already, bring up heart health with your doctor. Discuss your risk factors and what you can do. Remember, the only way to know your numbers (cholesterol, triglycerides, blood pressure, glucose levels) is by checking them on a regular basis.



DIANA RINKEVICH, MD
Cardiologist
CMH/OHSU Cardiology Clinic

Some risk factors for heart disease can't be changed—such as getting older or having a family history of heart problems. But you can control many factors that put you at risk by making small changes in your daily life.

First, "know your numbers," including your cholesterol levels, blood sugar, and blood pressure. And be proactive in achieving optimal values. Optimal values are:

- LDL cholesterol (bad cholesterol) less than 100 mg/dL
- HDL cholesterol (good cholesterol) greater than or equal to 50 mg/dL

Diana Rinkevich, MD, is board-certified in cardiovascular disease and echocardiography. She has more than 30 years of experience and is recognized as a leader in women's heart health and echocardiography. She is the medical director of the CMH/OHSU Cardiology Clinic.