

Oregon Secretary of State candidate gets boost from Deb Boone in Seaside

Deb Boone backs Cameron Smith

By R.J. MARX
Seaside Signal

Cameron Smith wants your vote for Oregon's secretary of state.

He is one of three candidates remaining for the Democratic primary May 19. The 41-year-old Portland resident, a Marine veteran who served three tours in Iraq, was accompanied by former state legislator Deb Boone at a meet-and-greet at the Mary Blake Playhouse in Seaside on Thursday, Feb. 20.

The current secretary of state is Republican Bev Clarno, appointed to the position following the death of Dennis Richardson in 2019. Clarno will not run for re-election. Kim Thatcher is the sole candidate in the Republican primary.

Smith submitted his resignation from the Department of Veterans' Affairs in November, when he made the decision to run for secretary of state.

Along with Smith, Mark Hass and Jamie McLeod-Skinner are on the Democratic primary ballot. Former House majority leader Jennifer Williamson dropped out of the race early this month.

Smith said he saw the crowded Democratic field as an opportunity for a first-time candidate. "I knew it was a crowded primary going in, but it's almost that crowded nature that allows a first-time candidate and untraditional candidate like myself," he said.

He said Oregonians are looking for "a healthy independence" in their secretary of state.

He hopes to focus on election security, same-day voter registration and expanding access to the ballot.

The next secretary of state will need to weigh in on fair and equitable campaign contributions and finance reform, he said, "to get more

everyday Oregonian voices heard in the process."

Smith participates in a Clackamas County Democratic forum Thursday night in Oregon City and in League of Women Voters' debates in Eugene and Bend.

Boone, a Hamlet resident, met Smith in Salem when she served on the House Committee on Veterans and Emergency Preparedness and Smith was director of the Oregon Department of Veterans' Affairs.

"We were able to get a lot done," Boone said. "Everything he runs he runs well and people like him. He's likable, has two beautiful children, and I think he's really the best choice for this."



Former state representative Deb Boone with Democratic Secretary of State candidate Cameron Smith in front of the Mary Blake Playhouse in Seaside.

PUBLIC SAFETY LOGS



Feb. 15

7:53 a.m., 1900 Spruce Drive: Emergency medical response.

8:03 a.m., 2300 block Mill Creek: Emergency medical response.

Feb. 17

8:38 a.m., 400 block S. Prom: Emergency medical response.

Feb. 18

10:28 a.m., ShopRite: Motor vehicle accident with injuries.

9:39 p.m., 2300 block N. Holladay: Fire investigation.

10:18 p.m., Avenue A: Fire alarm.

Feb. 19

9:21 p.m., 1900 Spruce

Drive: Emergency medical response. Medix on scene.

Feb. 20

2:41 p.m., 1400 block S. Columbia: Structure fire.



Feb. 14

5:01 p.m., 1100 block Necanicum: Caller reports woman attempting to open car doors. Police are unable to locate.

11:39 p.m., First and Columbia: A dead raccoon is removed from the sidewalk.

Feb. 15

3:04 p.m., Cove: A person is arrested on a warrant.

9:26 p.m., 800 block S. Lincoln: A woman reports hearing someone in her backyard. Officers responding

are unable to locate anyone in the yard.

11:32 p.m., Beach and Avenue I: A person is arrested on a warrant.

Feb. 16

1:20 a.m., Ocean Way: Persons are warned for unlawful lodging.

9:10 p.m., 1100 block Avenue A: A person is arrested for violating a restraining order.

11:00 p.m., Police headquarters: A person comes in to register as a sex offender.

11:20 p.m., 400 block N. Prom: Police respond to a request for a welfare check on two individuals who say they are fine. No further action taken.

Feb. 17

11:09 a.m., 2000 block Spruce: A couple of dogs reported at large are corralled

by their master before police arrived.

10:55 p.m., Prom and Avenue U: Suspicious circumstances are reported.

Feb. 18

12:06 p.m., 400 block S. Franklin: Caregiver requests welfare check on a subject who missed a meeting. Police speak to the person who is fine and said they didn't hear the caregiver knocking.

1:30 p.m., Bagels By The Sea: A person is arrested on a warrant.

3:55 p.m., East End Avenue B: A person is arrested on a warrant.

Feb. 19

12:00 noon, 1600 block Whispering Pines: FedEx driver reports transient going through trash in neighborhood where packages are being delivered; caller shares his concern packages might

be stolen. Subject is located and advised to move along.

9:56 p.m., Turnaround: Transients reported spreading out and making themselves comfortable as gone prior to police arrival.

Feb. 20

8:34 a.m., 700 block S. Wahanna: Caller reports suicidal subject last seen in Astoria who may be in Seaside.

8:39 a.m., 900 block N. Holladay: Caller reports he has a neighbor who is letting air out of his tires.

11:13 a.m., 300 block S. Roosevelt: A person is arrested on a warrant.



Feb. 16

At 2:29 p.m., a multivehicle

accident occurred when three cars traveling northbound on Highway 101 near milepost 25 all stopped for a car driving in front of them that turned left across traffic.

The result was multiple rear-end collision with three of the vehicles having to be towed from the scene by Gary's Towing.

Minor injuries were sustained by one passenger; police transported that person to the hospital in Astoria.

Feb. 21

On Feb. 21 on Highway 101 near milepost 17 a man was pulled over for speeding.

He told police he had a valid Washington concealed carry permit for the firearm concealed on his right hip.

The firearm was taken as evidence and the man issued a criminal citation for unlawful possession of a firearm.

SPOTLIGHT ON HEALTH Sponsored by Columbia Memorial Hospital



3 simple ways to eat for heart health

Sadly, having heart trouble is becoming the new normal for many adults.

Nearly half of all adults in the United States have some form of cardiovascular disease.¹ This year, one million people will suffer a heart attack or die from coronary heart disease, according to the American Heart Association News.



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But don't lose heart! Fortunately, you can prevent cardiovascular disease by adopting a healthy lifestyle. Good nutrition and moderate exercise can help to prevent and treat many of the risk factors for heart disease.

Here are a few ideas to help you improve your diet:

Limit sodium in your diet.

Why: By eating a low-sodium diet, you can lower your blood pressure, putting less strain on your heart. Experts recommend less than 2,300mg of sodium per day, which is equal to about one teaspoon of salt.² On average, Americans consume 3,400mg of sodium per day.

How:

- Try new spices. Many of the grocery stores and spice shops offer spices in bulk, so you can buy a small amount to sample.
- Experiment with vinegars, citrus and other liquids like broth, wine or beer to help season food. This can also help you use less oil in the cooking process.
- Read labels! Check the Nutrition Facts panel on packaged foods and be sure to read the ingredients list. Watch out for high sodium in canned foods such as soup and tomato products, as well as salad dressings and snack foods.

Eat more fruits and vegetables.

Why: Fruits and vegetables are high in potassium, which can help lower blood pressure. They also help you control your weight without feeling deprived.

How:

- Make a goal to try one new fruit or vegetable a week. There are so many colors, flavors and textures to discover!
- Replace sweets with fruits to load up on nutrients and fiber with fewer calories.
- Incorporate veggies into your breakfast. Veggies are great raw, steamed or roasted using some of the seasoning suggestions from above.

Eat more meatless meals.

Why: Saturated fat combined with dietary cholesterol is particularly bad for heart health. This deadly duo is found only in animal products.

How:

- Look to nuts, beans and lentils, whole grains, soy products like edamame and tofu, or tempeh as your plant-based protein sources.
- Limit the amount of oil you use in cooking. Aim for oils that are high in mono-unsaturated fat such as olive, canola, avocado or peanut.

Note: Although animal foods are the only source of dietary cholesterol and the main source of saturated fat, saturated fat is also found in palm and coconut oils. Many snack foods, commercial baked goods and other processed/convenience food products use palm or coconut oils. These foods should be eaten as occasional treats.

I'd also like to encourage you to move more. Exercise helps lower total cholesterol and LDL (bad) cholesterol levels and raises HDL (good) cholesterol levels. If you're not currently active, please talk to your doctor about beginning a new exercise regimen.

Vann Lovett is the manager of food and nutrition services, diabetes education, and medical nutrition therapy at Columbia Memorial Hospital.

¹ Cardiovascular diseases affect nearly half of American adults, statistics show

² 2015-2020 Dietary Guidelines for Americans