

Campus construction continues, with social distancing in place

By R.J. MARX
Seaside Signal

Work continues on new Seaside School District school buildings and renovations, with social distancing guidelines in place.

Building teams use online meetings in lieu of face-to-face meetings, project manager Jim Henry said Monday.

Contractors, following Oregon Health Authority guidelines, maintain 6-foot distancing at both construction sites.

Availability of workers has been “pretty good at this point,” he said. “Most subcontractors have a few workers who have family matters to attend to with the new rules and closings.”

The district has not added any out-of-town or out-of-state workers, utilizing the companies under contract.

While closed to visitors, local hotels accommodate the construction workers and other personnel considered essential.



View from the road up to the middle and high school in February.

R.J. Marx

As part of the \$100 million bond project approved by voters in 2016 to move students out of buildings in the tsunami inundation zone, high school and middle school students will attend classes at the new campus in

the Southeast Hills.

Crews are also working on a reservoir and pump station led by the city. Students from Gearhart Elementary School and The Heights will merge in the renovated and expanded building to

be called Pacific Ridge Elementary.

In early March, the district announced a need to replace the entire 81,500-square-foot roof at The Heights rather than only repairing areas impacted by seismic work.

Since most of the work on The Heights’ roof had been planned when school is out, the current closure may offer an opportunity to start the work sooner. The school district is working with Hoffman Construction “looking at all the options,” Henry said.

April 28 remains the schools’ reopening date scheduled by the state, he added.

The district has not seen added building costs or construction scheduling changes at this time.

In February, the district announced potential sales of Seaside High School and Gearhart Elementary School.

Nothing has closed yet, Henry said, and the district is “still working with two interested parties.”

OBITUARIES

Donald Bryce Hoyer

Seaside
June 17, 1925 – April 4, 2020

Don Hoyer was born June 17, 1925, in Astoria, Oregon, to Ragner and Ellen (Holmquist) Hoyer. He died at home in Seaside, Oregon, on April 4, 2020.

After graduation from Astoria High School in 1943, he enlisted in the Navy and served his country in the Pacific Theater during World War II. Upon his honorable discharge from the Navy in March 1946, he returned home to Astoria.

While strolling through town he met his classmate, Lois Hansen, asked her on a date and found the love of his life. Don and Lois were married on Sept. 22, 1946, at Trinity Lutheran Church in Astoria.

Don went to work for the U.S. Department of Commerce Maritime Administration Reserve Fleet, serving as a mechanic keeping the mothballed Navy ships in running order.

In 1961 he was presented the Meritorious Service Silver Medal, the government’s highest award for professional excellence by a civilian employee. When the Reserve Fleet left Astoria, Don went to work with his brother Dave at Hoyer’s Homelite in Gearhart and Seaside.

Don was very active in the American Legion, 40 et 8, and the Benevolent and Protective Order of Elks. He served as the Astoria Legion Post 12 commander in 1959 and the Oregon District No. 1

commander in 1963. He served as the Exalted Ruler of the Seaside Elks Lodge No. 1748 in 1992-1993.

Don had a beautiful singing voice, and sang in the Trinity Lutheran Church choir and in barber shop quartets. He was a member of Our Saviour’s Lutheran Church in Seaside since 1967.

Don loved dancing with Lois, camping, fishing, clamming, hunting agates and working in his yard. If something needed repairs, he was the man to call.

Don is survived by his wife of 73 years, Lois; his

brother, Dave (Lorraine) Hoyer; son Kerry (Teresa) Hoyer; daughter Holly (John) Baum; grandchildren Aaron Hartman, Josh (Katie Powell) Baum, Jake (Jennifer) Baum, Megan (Joey) Greenberg, Lacey Hoyer (Jasper Deveraux) and Libbi (Clint) Redding; great-grandchildren Xander, Ragner and Gavin (Josh and Katie’s), Rori, Laney and Quincy (Jake and Jen’s), Avery and Iris (Lacey and Jasper’s) and Jack (Libbi and Clint’s); nieces Cindy Wills, Nancy Lane and Becky Brubaker; nephew Jeff Hoyer; cousins Wally Holmquist and Louise Rose; and sisters-in-law Dorothy Hansen and Nancy Sabo.

Caldwell’s Funeral & Cremation Arrangement Center is in charge of the arrangements. Please sign our online guest book at caldwellmortality.com.



Projects: They will go on

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underground electrical wiring between utility vaults.

Smaller items to be completed include irrigation for planter beds, new street signage and cleaning up the site.

“Our scheduled date is still the end of May,” McDowell said. “We would like to finish early. It will come down to getting all of the existing wires off of the existing power poles so they can be removed and the concrete sidewalks can be finished.”

Other citywide public works tasks moving to the top of the list during the slowdown include maintenance and painting the city’s water pump station.

The Necanicum River boat ramp near Quatat Park is also seeing upgrades, designed to dock paddleboats, rowboats and kayaks.

The dock project, part of the city’s parks improvement plan, “is another item we decided to do now, because we can get something done when there’s not a lot of people here using it,” McDowell said.

KNOW BEFORE YOU GO

A guide to local public restrooms

Seaside Signal

Got to go?

You may have to hold it in Seaside, as the closure of the visitors’ center restroom, the restroom at the Turnaround and all park restrooms restrict access to visitors.

Three restrooms remain open: the Oceanway/Convention Center parking lot facility, Seltzer Park in the Cove and the restroom at 12th and Prom.

“Everything else is closed,” Seaside Pub-

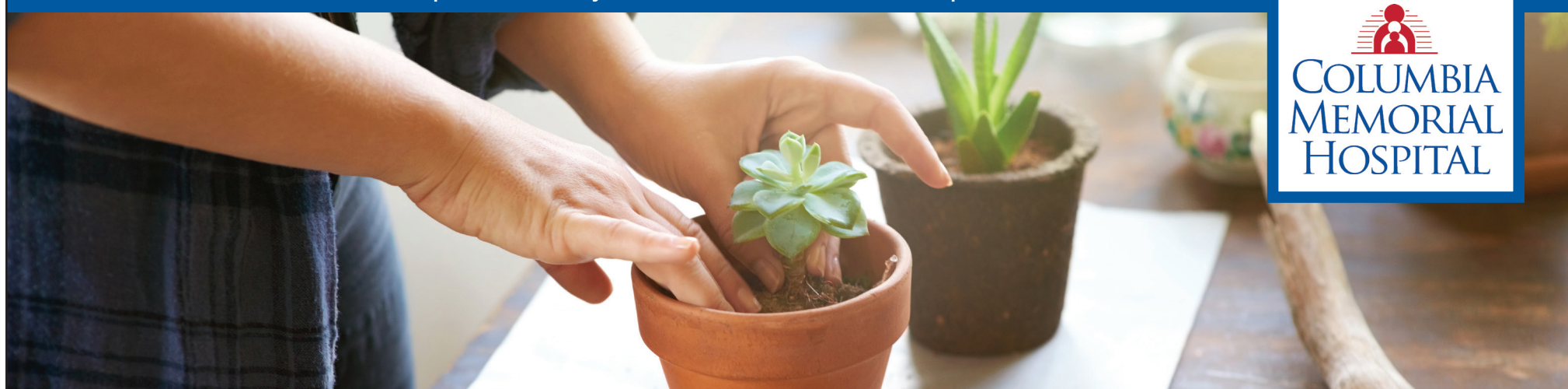


R.J. Marx

The restroom at the Turnaround is closed during the city’s closure to visitors.

lic Works Director Dale McDowell said Friday.

SPOTLIGHT ON HEALTH Sponsored by Columbia Memorial Hospital



Coping with COVID-19: Care for your mental health

This is a strange and difficult time for everyone’s mental health, to say the least. The uncertainty brought by the coronavirus pandemic can trigger anxiety, the isolation of social distancing can trigger depression, and the focus on washing hands can lead to compulsive behaviors.

In a situation like this, we need to be kind to ourselves and others by taking stock of our emotions and caring for our mental health.



ALLISON WHISENHUNT, LCSW
Manager of Care Management
Columbia Memorial Hospital

Coping with uncertainty

One danger of uncertainty is that it leads us to create stories and fill in the blanks. We do this all the time in normal circumstances, so it makes sense that we would fall back on this behavior in this time of stress. The trouble is that we often act on these stories.

For example, here and in many parts of the country, people made up a story about running out of toilet paper. Hoarding toilet paper became one way some people could regain a sense of control.

If you didn’t run out to buy a case of TP, it’s easy to feel judgment toward others who did. However, maybe toilet paper wasn’t your item of choice and you bought extra beans, rice, flour. Or, maybe you didn’t buy anything extra and instead became vigilant about diet, exercise, hand-washing, reading the news, etc.

Many of these activities are healthy—in proper doses. However, it’s good to keep our stories in perspective with these habits of mind:

- Recognize when you are making up a story, often with exaggeration. Watch for times you are using extreme words like “always” and “never.”

- Recognize how this story is making you feel. Are you tense? Breathing fast?
- Fact check your story with someone you trust.
- Distract yourself with something that will prevent you from focusing on the false story.

Focus on what you CAN control

Even in the most difficult times, you can control many things that directly affect your physical and mental health, including:

- What you put into your body. Healthy food and water are the best way to support your immune system.
- How you move your body. You can walk, run, stretch, or follow a workout video.
- Where you go and the exposure risks you create and take. Bottom line, stay home!
- Washing your hands often and not touching your face.

You can also protect your mental health by controlling your activities. Many people in our community have lost their daily routines because of school closures, businesses closing, layoffs, or being told to work from home. It’s so important right now to create your own daily schedule and stick to it. This starts with following your usual morning routine of waking up and getting ready for the day, including getting dressed. After that, you may work from home or spend time doing an enjoyable activity.

Perhaps you’d like to learn a new skill, research a topic you’ve always been interested in, get crafty with art and music, or try new recipes. The most important thing is to keep your mind and body active doing things that support your mental health.

Expressing emotion

You may be experiencing many emotions right now—grief, relief, sadness, anxiety, anger, joy, love—and sometimes all at once. Whatever you are feeling is okay. Allow yourself to feel and express your emotions in healthy ways. You could write in a journal; engage in a hobby you find therapeutic; talk to supportive people by phone, text or video chat; or

schedule a virtual counseling session.

Limiting information overload

As with so many things, social media can be both helpful and harmful. On one hand, it’s a way to stay in touch with friends and family; on the other, we may feel overburdened by the tragedy of what’s happening in the lives of acquaintances.

With social media, it is strongly advised you choose sites and apps that make you happy and leave you feeling inspired. Limit those that don’t. If you must check on friends with social media, set a timer and sign out before you get pulled into posts that are upsetting to you.

Be aware of how often and how long you are checking the news. Ask yourself how it’s making you feel. If it’s anything but good, walk away.

Science that tells us that excessive worry can weaken our immune system. This is such a different situation from anything we have experienced that our usual coping tools may not be enough. Please find what works for you to best accept the uncertainty and enhance your mental health which will further protect your physical health.

Free Mental Health Resources

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| National Suicide Prevention:
1-800-273-8255 | Text 273TALK to 839863 |
| The Samaritans:
1-877-870-4673 | Clatsop Behavioral Crisis Line:
503-325-5724 |
| Military Helpline:
1-888-457-4838 | Crisis Chat:
contact-usa.org/chat.html |
| Senior Loneliness Line:
503-200-1633 | Crisis Text Line:
crisistextline.org |
| YouthLine:
Call 1-877-968-8491
Text teen2teen to 839863 | IMAlive:
imalive.org |
| Lines for Life:
Call 1-800-273-8255 | Veterans Crisis Line:
veteranscrisisline.net/get-help/chat |