

OBITUARIES

**Mark Dante Terranova**

Seaside  
May 9, 1955 — Aug. 8, 2020



Mark Dante Terranova, 65, of Seaside, Oregon, passed away on Aug. 8, 2020, in Seaside.

Mark was born in Los Angeles, California, to Joseph and Norma (Caledrone) Terranova, on May 9, 1955. He went to school at Canoga Park High School, where he was a standout football and track and field athlete.

He received football all-city and all-state honors in high school, and was a defensive back and tailback on the Brigham Young University football team from 1973 to 1977.

Mark was fond of his memories playing football, especially the opportunity he had to play in the Tangerine Bowl and to be on a Western Athletic Conference championship team. He graduated with both his bache-

lor's and master's degrees in recreational therapy from Brigham Young.

Most recently, Mark worked as a private counselor in Seaside. Mark was recognized by Gov. Barbara Roberts for exemplary service to the developmentally disabled community in Oregon, and was appointed to the governor's Oregon Disabilities Commission from 1995 to 1997.

Over the years he coached youth sports teams and

chaired various community boards. He is remembered for his deep compassion for those who were poor and vulnerable, as well as his love of Bob Marley music, his Italian heritage and his family.

Mark was preceded in death by his father, Joseph, and his mother, Norma.

Mark is survived by his partner, Kay McGuire; children, Amber (Ron) Tegland, Gary (Becky) Terranova, John Terranova and Daniel Terranova; his sister, Lesley (Barry) Dauphinee; his brother, Jack (Cathy) Terranova; his grandson, Marc Terranova; and his granddaughters, Genesis Terranova, Noelle Terranova and Paige Terranova.

A celebration of life for Mark's family and close friends will occur at the end of the month.

**Shirlie Ann Defoe**

Cannon Beach  
July 1, 1936 — Aug. 11, 2020



Shirlie Ann Defoe, born July 1, 1936, drove her buggy to heaven on Aug. 11, 2020, after a swift bout with cancer.

She is survived by her son, Matt Ziegler; daughter-in-law, Annette Ziegler; sister, Gloria Davis; five grandchildren; 15 great-grandchildren; two great-great-grandchildren; five nieces; six nephews; and many greats.

She was preceded in death by her parents, Ruth and Graydon Pace; son, Mark Ziegler; and sisters, Hallie Burch and Claire Nichols.

She was raised in Cannon Beach, Oregon, and graduated from Seaside High School in 1954. During her younger years, Shirlie had many jobs, such as paper routes, babysitting, trail guide and restaurant work. She felt that what she learned from elders was her education.

In the 1960s, she was a deputy city recorder for Cannon Beach. She

moved to La Pine, Oregon, in 1970, and began her real estate career. Eventually, Shirlie became an escrow broker and owned Cascade Realty.

Shirlie attended her first Ian Tyson concert in 1980 and knew right away she was hooked and would be a fan forever. She was surprised he didn't have a fan club, so she offered her services to start one. He graciously accepted, and she had the honor and privilege of being Tyson's Fan Round Up president for 40 years.

Moving again in 1990, this time to the small town of McDermitt, Nevada,

she went from real estate contracts to the night life. She owned and operated the Desert Inn Bar and Casino.

Visiting friends in Tucson, Arizona, Shirlie fell in love with the area and made her final move there in 2006. Shirlie spent the last 14 years working at Rincon Country West RV Resort in sales. She made many, many good friends and acquaintances during this time selling 300 park models. She loved all her family, friends, horses, Shih Tzu puppies, cowboys, country music, sunshine and the beach. She retired in April.

In lieu of flowers, please hug the people you love, and remember every day is a gift.

Shirlie has requested no service, so a Smile-box photo slideshow will be created in her honor. If you would like a copy please send an email to [basquemarvel@gmail.com](mailto:basquemarvel@gmail.com)

"Stay in the Buggy." [bit.ly/ShirlieDefoe](http://bit.ly/ShirlieDefoe)

OBITUARY POLICY

The Seaside Signal publishes paid obituaries. The obituary can include a small photo and, for veterans, a flag symbol at no charge. The deadline for all obituaries is 9 a.m. the business day prior.

Obituaries may be edited for spelling, proper punctuation and style. Death notices and upcoming services will be published at no charge. Notices must be submitted by 9 a.m. the day of publication.

Obituaries and notices may be submitted online at [www.dailyastorian.com/forms/obits](http://www.dailyastorian.com/forms/obits), by email at [ewilson@dailyastorian.com](mailto:ewilson@dailyastorian.com), placed via the funeral home or in person at The Daily Astorian office, 949 Exchange St. in Astoria. For more information, call 503-325-3211, ext. 257.

PUBLIC SAFETY LOG



Aug. 7

**2:37 a.m.**, 1100 block Avenue A: Suspicious circumstances are reported.

**9:25 a.m.**, Miss Tami's Daycare: A person is warned of unlawful lodging.

**2:13 p.m.**, Cannon Beach: Police are alerted by another agency of a stolen vehicle. Unable to locate.

**3:02 p.m.**, 85000 block U.S. Highway 101: Car accident with injuries.

**5:49 p.m.**, 2000 block Spruce Drive: A construction worker

accidentally locked inside the gate at a job site is assisted and released.

**5:59 p.m.**, Avenue G and the beach: Caller reports an intoxicated woman reported stumbling around with a child. Police are unable to locate.

**7:18 p.m.**, 2300 block Ocean Vista Drive: Barking dogs are reported.

Aug. 8

**3:17 a.m.**, 1200 block S. Holladay: Police responding to a burglar alarm on arrival detect no sign of forced entry. The keyholder is notified.

**2:35 p.m.**, 100 block S. Prom: Caller reports cars parked in the fire lane; one subject is described pouring beer and driving. Police on arrival are told the person pouring beer has

left the area.

**4:10 p.m.**, Seaside: A person reports losing his wallet while riding in a surrey somewhere in Seaside.

**5:09 p.m.**, 300 block S. Roosevelt: Police are advised of protesters in the area blocking driveway access to a business. Officers on scene remind everyone to keep it peaceful.

**5:38 p.m.**, Police headquarters: Someone turns in a found wallet.

**7:07 p.m.**, Ocean shore: A found wallet is turned over to police.

**9:54 p.m.**, U.S. Highway 101, Gearhart: Car accident.

Aug. 9

**1:12 a.m.**, Turnaround: Public works is notified of graffiti on the wall.

**7:45 a.m.**, 200 block Ninth Avenue: Dogs at large are reported.

**8:06 a.m.**, 200 block First Avenue: The owner of a dog reported howling in a car is notified of the complaint; they say the issue will be resolved.

**4:48 p.m.**, Cooper and Wahanna: A person is arrested on a warrant.

**8:13 p.m.**, 800 block Fourth Avenue: Caller reports an unknown dog in their yard. Officer retrieves dog; owner claims it a short time later.

**8:44 p.m.**, Avenue E and the Prom: A man reported playing conga drums and chanting loudly is gone prior to police arrival.

Aug. 10

**8:27 a.m.**, 2600 block

U.S. Highway 101: Person reports their one-year old Golden retriever missing.

**8:56 a.m.**, Bank of Pacific, Avenue G: Officers meet new employee who accidentally set off the alarm.

**11:23 a.m.**, Estuary: Subjects reported with alcohol by their car say they're taking their beverages to the beach.

**1:08 p.m.**, OceanWay: A screaming man is unable to be located.

**9:55 p.m.**, Eleventh and Queen: A person is cited for a fireworks offense.

Aug. 11

**9:05 a.m.**, 900 block S. Holladay: Police check on a person who expressed thoughts of self harm. The subject said they

were fine and not going to hurt themselves. No further action taken.

**1:23 p.m.**, S. Holladay: A person reported yelling at swans is gone on police arrival.

**2:20 p.m.**, Cove: Caller says two black wetsuits have gone missing.

**2:23 p.m.**, Beach and Lifeguard Tower: An intoxicated man reported bothering people on the beach agrees to leave others alone and move along.

**4:26 p.m.**, Cove: Police respond to a report of a disturbance in the parking area. Both parties agree to separate.

**4:39 p.m.**, 1000 block Avenue F: Caller reports woman with belongings strewn in the roadway. Police assist the woman getting her things back on the sidewalk.

SPOTLIGHT ON HEALTH Sponsored by Columbia Memorial Hospital

'Back to school' in a pandemic

As I'm writing this, many families still don't know when or if their children will be able to return to school in the fall. While you might decide to put off buying new backpacks, there are some back-to-school preparations you shouldn't neglect.



**KELLY PEEKSTOK, MD, MPH**  
Pediatrician  
CMH Pediatric Clinic

Even years after school ends, many of us still feel a rush of energy and a sense of renewal in the fall. It's a time for learning, growing and reconnecting with friends. Please use this time to help a child you care about be well physically and emotionally.

Health checks

At the CMH Pediatric Clinic, we often see a lot of kids at this time of year for their annual well-child visit. These visits are an important part of protecting your child's long-term health.

Rest assured that we are doing everything we can to keep you and your child safe while in the clinic. We schedule well-child visits at the beginning of the day and have a separate waiting room for people coming in for sick visits. Our medical assistants disinfect the exam rooms after each patient and the entire clinic is thoroughly cleaned nightly.

At your child's well visit, the pediatrician or nurse practitioner will check that your child is growing and reaching developmental milestones, talk with you about any health concerns, and screen for mental health issues. It's also vital that you keep your child up-to-date on vaccines (per CDC and American Academy of Pediatrics guidelines), even if they won't be attending in-person classes at school.

Kids need to socialize

During the pandemic, I've seen many toddler- to school-aged children who are having difficulty reaching their developmental milestones in social skills, such as sharing, making friends, being patient, etc. These are skills that we often learn in school, on sports teams and with friends. It's very important that you child have time to socialize with other children.

Virtual play dates are great, but masked activities outdoors are also considered low-risk. You might try taking a bike ride or playing lawn games. Some families have agreed to create a "COVID circle" of up to 10 people who all agree to practice social distancing with everyone outside the circle.

Schooling at home

It looks like some or all of the 2020-2021 school year will

be done remotely. Families who have adapted well to remote schooling have one thing in common—routine.

Keeping a daily routine will improve your child's emotional well-being, school performance and behavior. Just like a school day, your child should wake up, do their morning hygiene, get dressed, and eat a healthy breakfast. Depending on the age of the child and the routine that works best for your family, you might do school work in the morning, eat lunch, then spend the afternoon doing arts and crafts, chores and playing outside.

I strongly recommend designating an area or room in your home as the "school zone," meaning that only school work is performed in that area. This helps kids stay on-task and provides them with a sense of separation between school and home.

If you have an older child who will be home alone, sit down together to talk about expectations. Hold them accountable, just like you would if they were at school. Consider using a daily checklist together so that they know what they need to accomplish each day, including age-appropriate chores to help them feel like they're contributing to the family.

If your child has special needs such as ADHD or a learning disability, you may be facing some additional challenges as school starts up again. Be proactive about contacting your pediatrician if you think your child's medications or therapies need to be adjusted.

Coping with anxiety and depression

You may notice that your child has been acting out. Talk with the other adults in their life. Be sure that you're consistent with your expectations for behavior and with discipline. Make time to talk with your child. Ask what's on their mind. Answer their questions about the pandemic and current events honestly and at a level they can understand.

The start of a new school year may also trigger feelings of anxiety and depression, especially among teens who feel like they're missing out or who are worried about the future. If your child withdraws from family, friends or activities they enjoy, call your pediatrician for an evaluation.

Our behavioral health consultants offer in-person and virtual visits. Sometimes it helps to have someone outside the family to talk with. Kids are very receptive to a parent's emotional state. They will follow your lead in dealing with difficult emotions, so be sure to seek help when you need someone to talk with.

*Dr. Kelly Peekstok is a pediatrician with the CMH Pediatric Clinic. She enjoys hiking, snowboarding, horseback riding, scuba diving and spending time with her dog and two cats.*



RESOURCES FOR PARENTS:

**Pediatric care is available in Astoria and Seaside.** Call today to make an appointment for your child:  
• CMH Pediatric Clinic in Astoria, 503-325-7337  
• CMH Medical Group-Seaside, 503-738-3002

**"Parenting During a Pandemic"**  
[columbiamemorial.org/parenting-during-a-pandemic/](http://columbiamemorial.org/parenting-during-a-pandemic/)  
Online learning and mental health resources from the CMH Pediatric Clinic's behavioral health consultant, Misty Bottorff.

**HealthyChildren.org**  
Health information for parents from the American Academy of Pediatrics.

**MD 4Kids App**  
[ohsu.edu/doernbecher/md-4kids](http://ohsu.edu/doernbecher/md-4kids)  
App for parents from OHSU's Doernbecher Children's Hospital. Includes a symptom and dosage checker.