

# SENIOR NEWS

## Branch out and experience life with a New Year Resolution

The new year is knocking at our doors, and like a toddler trying to walk it will have many ups and downs—and eventually knock over everything in the house! And yet we survive, looking forward to another year.

At the beginning of a new year it is traditional to make your New Year's resolutions. But for us more experienced folks, we may ask, "Why do we need New Year's resolutions? Why would we want to change? I'm happy with my situation." And besides, as Doris Day sang, "Que Sera, Sera, Whatever Will Be Will Be," right?

But consider all the possibilities for this new year. There might be some new habits you want to make or some old ones you want to change. What was the doctor telling you? Enroll in an exercise class, like that yoga or Tai Chi class that can improve your balance? Eat better—by preparing healthy recipes found at OSU's "Food Hero" website, for example?



**Senior Living**  
Scott McKay

Or get out of the house more, spending time with old friends and making new ones?

There might also be new activities you want to experience: walking unfamiliar trails in the Gorge, taking trips into Portland to watch a NW Senior Theater musical, or building Lego structures with your grandkids.

Yet you may still feel New Year's resolutions are a great waste of time; you just want to keep doing the same old things—and there's nothing wrong with that. It is familiar and in a world that seems to be constantly changing, "the same old" feels reassuring.

But if you do decide New Year's resolutions might not be such a bad idea, here are

nine simple tips from the Happiness Project's website, www.happiness-project.com, that could help.

1. Write your resolution down and be specific. Instead of "make new friends" describe how—such as "start a movie group" or "join an exercise class."

2. Review your resolution constantly so you won't forget.

3. Hold yourself accountable. Don't make excuses.

4. Think big. Make your resolution inspiring and exciting.

5. Or think small. Something simple and doable.

6. Separate your resolution, no matter how small, into manageable tasks.

7. Work on your resolution every day. It is easier to do something consistently than to skip days.

8. Don't let the "perfect" be the enemy of the "good." The best exercise is the one you will actually do.

9. As mentioned before,

don't make excuses, but if you keep breaking your resolution there is no use in constantly beating yourself up. Try a different approach that will get you to the same goal.

New Year's resolutions are an opportunity to branch out and experience life in ways you may never have considered before. These nine simple tips can help you set and achieve your goals for a new year, whether seeking new experiences or creating new habits, that just might improve your health and help you live a little better and longer.

As Carl Bard once said, "Although no one can go back and make a brand-new start, anyone can start from now and make a brand-new beginning."

The name of the 1972 film in which an aged luxury liner on her final voyage is capsized by a giant wave on New Year's Eve was "The Poseidon Adventure." And since last week I was at my niece's wedding in Chicago

(where, contrary to what you would think, the weather was expected to be warmer than The Dalles), I will announce the quilt raffle ticket winner next week.

Once a month for the next several months I will be focusing on local businesses that have gone and been replaced by a different but similar type of business at the same location. (My apologies to the newcomers who have arrived in The Dalles in the last twenty years.) For this week's "Remember When" questions, what was the previous name for The Dalles Health and Rehabilitation Center (even before it was called Evergreen); and what was the name of the business that was located where Holsteins is today? Email your answer to mcseniorcenter@gmail.com, leave a message at 541-296-4788 or drop it off with a 1979 map of The Dalles.

Well, it's been another

week, trying to be optimistic in a world of cynicism. Until we meet again, some good advice I saw on a poster at The Springs: "Believe something wonderful is going to happen."

"One resolution I have made, and try always to keep, is this: To rise above the little things." —John Burroughs

Meals-on-Wheels dinner served at 12:00 at the Center.

### Menu

- Thursday (2):** Salisbury Steak (Music - Tom Graff)
- Friday (3):** Hot BBQ Pork Sandwich
- Monday (6):** Pork Chops
- Tuesday (7):** Roast Beef with Potatoes and Gravy
- Wednesday (8):** Pub Battered Fish

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## FOOD 'Healthy' food items reduce fees

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structures and connections to city utilities like water and sewer.

Type I and 2 food vendors will not be allowed to connect to public utilities and can provide outdoor seating (4 tables with 6 seats at each table maximum) only when a restroom facility with a hand washing station is available within one-quarter mile walking distance or within a five-minute walk from the mobile food unit.

Type III vendors include those seeking to connect to public utilities, those requesting additional structures or seating areas other than the allowed outright uses, or those requesting more than one food truck to be located on the same lot. Long term vendors will be required to complete a site review, which is a planning process that addresses parking and permanent or semi-permanent structures, like dining canopies.

Under the new regulations, the City will require documentation showing where

water will be collected from and how waste (wastewater, oil and grease) will be disposed of.

Councilor Rod Runyon asked what options were available for the type 2 vendor if the two year limit was not enough.

"They would have to move to a new location," said associate planner Riley Marcus. "A food cart that remains over two years is more like a restaurant, less like a mobile vendor. It ends at that location."

Councilor Russ Brown asked if the new regulations would impact events like the carnival, and was told that city-sanctioned events were exempt from the permit requirements.

Marcus noted that there had been issues in recent years regarding grease being dumped in storm drains, and RV dump stations being used for waste disposal. "We are proposing waste collection services," Marcus said.

Currently a \$10 investigation fee and a separate license fee is required to apply for a transient merchant license. The current license fee for one month or less is \$25 and an annual fee is \$50, a total of \$35 or \$60 dollars with the investigation fee. With the proposed changes,

the investigation fee for a Transient Merchant License and a Mobile Food Vendor will be \$20. To help offset the higher cost of the investigation fee, the \$20 will apply towards the license fee.

The new license fees for mobile food vendors are Type I, \$30 (valid for 30 days) and \$25 per extension; Type II, \$150 (Valid for 12 months) and \$130 for an extension (valid for one additional 12-month period). Type III will require a site plan review fee of \$440.

If a Mobile Food Vendor offers at least two "healthy" items on their menu, they will receive a 15 percent reduction in permit fees.

Vendors will be allowed on private property in various commercial zones, but in residential zones they will only be allowed in areas zoned as neighborhood centers.

The new regulations were approved unanimously following a public hearing, in which no comments were made.

When asked about the approved regulations, Samir

Marquez, who operates a food cart at Jefferson and Second streets, said rules specific to food vendors would be welcomed. "We aren't just general street vendors, it could help to have rules specifically for food trucks," Marquez told the *Chronicle*.

He has been a vendor since 2008, and is in his third year at his current location. He said what is or isn't allowed by the city has been inconsistent. "We hope to stay here," he added. "Hopefully next year will be another good year."

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**ANSWER**  
CROSSWORD  
DOWN: 1. FEAR, 2. LOBE, 3. LOBE, 4. LOBE, 5. LOBE, 6. LOBE, 7. LOBE, 8. LOBE, 9. LOBE, 10. LOBE, 11. LOBE, 12. LOBE, 13. LOBE, 14. LOBE, 15. LOBE, 16. LOBE, 17. LOBE, 18. LOBE, 19. LOBE, 20. LOBE, 21. LOBE, 22. LOBE, 23. LOBE, 24. LOBE, 25. LOBE, 26. LOBE, 27. LOBE, 28. LOBE, 29. LOBE, 30. LOBE, 31. LOBE, 32. LOBE, 33. LOBE, 34. LOBE, 35. LOBE, 36. LOBE, 37. LOBE, 38. LOBE, 39. LOBE, 40. LOBE, 41. LOBE, 42. LOBE, 43. LOBE, 44. LOBE, 45. LOBE, 46. LOBE, 47. LOBE, 48. LOBE, 49. LOBE, 50. LOBE, 51. LOBE, 52. LOBE, 53. LOBE, 54. LOBE, 55. LOBE, 56. LOBE, 57. LOBE, 58. LOBE, 59. LOBE, 60. LOBE, 61. LOBE, 62. LOBE, 63. LOBE, 64. LOBE, 65. LOBE, 66. LOBE, 67. LOBE, 68. LOBE, 69. LOBE, 70. LOBE, 71. LOBE, 72. LOBE, 73. LOBE, 74. LOBE, 75. LOBE, 76. LOBE, 77. LOBE, 78. LOBE, 79. LOBE, 80. LOBE, 81. LOBE, 82. LOBE, 83. LOBE, 84. LOBE, 85. LOBE, 86. LOBE, 87. LOBE, 88. LOBE, 89. LOBE, 90. LOBE, 91. LOBE, 92. LOBE, 93. LOBE, 94. LOBE, 95. LOBE, 96. LOBE, 97. LOBE, 98. LOBE, 99. LOBE, 100. 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