

SENIOR NEWS

Just how old are we, anyway?

Last week a friend asked, “How old are you?” I’m not at that stage in my life when I can start bragging about my age, but I told her anyway; “I’m 72.” “Wow, you don’t look 72!” was her response. I knew she intended that to be a compliment, and I usually take it that way. But after thinking more about what she said, I thought, “But this is what 72 looks like!” And I wondered, what was her mental picture of 72? You may have experienced these well-intentioned but veiled ageist remarks based on what our youth-focused society thinks old age looks like. Should I have a wrinkled face? Should I see a walker as a sign of decline instead of a means to stay independent? Should I be disinterested in community events? Should I be technologically illiterate? Even though we know differently, we can still internalize these negative perceptions of older adults, which can affect our own



health: avoiding water aerobics because we don’t want to be seen in a swimming suit or no longer walking because of age. And I wondered, what was her mental picture of 72? You may have experienced these well-intentioned but veiled ageist remarks based on what our youth-focused society thinks old age looks like. Should I have a wrinkled face? Should I see a walker as a sign of decline instead of a means to stay independent? Should I be disinterested in community events? Should I be technologically illiterate? Even though we know differently, we can still internalize these negative perceptions of older adults, which can affect our own

an older adult. “Can I help you, young lady?” Why mention age at all? This comment just reinforces the cultural value that young is good and old is bad. “Old dogs can’t learn new tricks.” This generalizes that anyone who is old is not educable or trainable—such as the belief older adults can’t learn new technologies. It’s not that we can’t. It’s just that we ask the question, “Why?” “60 is the new 30.” Now what does that mean? In our 60’s are we supposed to be the same as when we were in our 30’s? And would we really want to be? Older adults are diverse, each with their own individual gifts, challenges and possibilities—as well as different levels of mobility, aptitudes and interests. There is not one picture of what our 70’s, 80’s or 90’s should look like. And yet—even knowing how these well-intentioned remarks can embody a deeper negative view of aging

and older adults—the other day when I learned a friend was 86 my first thought was, “Wow, he doesn’t look 86!” You’re lucky if you appreciate local history, because, as this is a leap year, there is an extra “Original Courthouse Regional History Forum” on Saturday, Feb. 29. This week’s forum is “Famous Visitors: Guess Who Came to Dinner?”, presented by Rodger Nichols, a man of many talents including that of local historian and member of the Courthouse board. Nichols will share stories about notable folks who have come to The Dalles in the past 215 years, plus some homegrown notables. The program begins at 1:30 p.m. in the 1859 courthouse behind The Dalles Chamber of Commerce Visitors’ Center. The hit television series (first aired in 1966) in which the IMF leader received his tape-recorded instructions

ending with “This tape will self-destruct in five seconds” was “Mission Impossible,” starring Peter Graves (the younger brother of Matt Dillion—I mean James Arness.) I received correct answers from Cheri Brent, Diana Weston, Lana Tepfer, Jess Birge, Marta and Guy Moser, Jeanne Pesicka, Dave Lutgens, and Ron Nelson, this week’s winner of a quilt raffle ticket. And last week I missed Elaine Lee. The following superhero could be found in comic strips, theatrical shorts and television cartoons since the 30’s, who was one of my favorites growing up in the 50’s. For this week’s “Remember When” question, what was the name of the character who sang (and you can sing along at home), “I yam what I yam and that’s all what I yam, I’m ...” Email your answer to mcseniorcenter@gmail.com, leave a message at 541-296-4788 or drop it off with a case

of a certain green vegetable. Well, it’s been another week, enjoying the early morning sunlight. Until we meet again, don’t look for what you don’t want to see. “We have to be able to grow up. Our wrinkles are our medals of the passage of life. They are what we have been through and who we want to be.” Meals-on-Wheels dinner served at noon at the Mid-Columbia Senior Center.

Menu
Thursday (27): Chicken Fried Steak (Music - Tom Graff)
Friday (28): Baked Potato and Chili
Monday (2): Stew
Tuesday (3): Meat Lasagna (Music - Andre and Others)
Wednesday (4): Oven Baked Chicken

A yearly tradition in Hood River, new to TD

Signups for the Hood River News’ 57th (um, we’ll discuss that shortly) annual Kids Subscription Campaign took place last week. It’s a pretty good gig for a kid, and my own have taken part in the past — not that they could win any of the grand prizes (employees’ children can sell for bonuses and commission only). Not only do they win monetary prizes for coming in first, second and third (with two runner-up spots),

but they also get bonuses for each new subscription and each filled subscription book (each containing 10 slips.) That’s in addition to commission earned on each sale. New this year, The Dalles Chronicle is joining the campaign, which means kids can sell in both Hood River and The Dalles for more chances to win bonuses. The campaign also benefits local schools; the schools with the most kids selling subscriptions — first, second and third — win \$175, \$100 and \$75, respectively, for their libraries. This is a new

tradition started last year. Regardless of how many sign up — this year we have a total of 14 in both Hood River and The Dalles — it’s always impressive to me how supportive the community is of these subscription campaign kids. Some wait for this time of year to roll around to subscribe simply because they want to help a kid garner points. A brief history. Ahem. So it occurred to me that it would be fun to write about the very first campaign the

News put on. If this is the 57th annual, as it says on the flyer, then that means the first campaign would have been in 1963. Right? Well ... maybe? I went all through the 1963 archive book, looking for a campaign notice. The closest thing I saw was an August advertisement selling a six-month subscription for the smokin’ deal of \$1. That ad appeared only once. Perplexed, I turned to 1964. That February, a subscription campaign for kids was detailed in a front-page article — with the grand prize

being a 3-year-old pony. (Let’s all just sit here a sec and appreciate this reality: A horse. As a prize. Who, exactly, thought that would be a good idea?) Next, I turned to 1962 — because what if we skipped a year? Nothing. And then I figured I’d gotten this far. I may as well look in 1965. THAT year, the grand prize was a trip to Disneyland, plus cash commissions “given to all workers not winning a major award” and a “50-cent ‘Milkshake Bonus’ on each full book of 10 subscriptions” (“This bonus is payable at the

time the book is turned in at campaign headquarters and is in addition to commissions and regular rewards,” reads the fine print). That trip to Disneyland was a grand prize for several subsequent years. These days, kids have to be content with a grand prize of \$1,000. And yes, signups were technically last week ... but Publisher Chelsea Marr says latecomers are welcome to enroll in the campaign this week as well—call her at 541-386-1234.



Geologist and photographer Dr. Marli Miller offers a virtual tour of the geology of the Columbia River Gorge Friday, Feb. 28, at the Columbia Gorge Discovery Center. Program begins at 7 p.m.

Marli Miller photo

Marli Miller presents a virtual tour of Gorge geology

Take a guided virtual road trip down Interstate 84 and Washington State Highway 14 through the Columbia River Gorge with renowned geologist and photographer Dr. Marli Miller on Friday, Feb. 28 at the Columbia Gorge Discovery Center. With its spectacular mountain ranges, lush valleys and tumbling rivers, the Northwest attracts nature lovers and travelers from around the world. But the landscape didn’t appear overnight. It formed through a variety of geologic processes over millions of years. University of Oregon geologist and photographer Miller will outline the geology of Oregon and Washington as seen mostly along our federal and state highways, as well as a few places off the

beaten path. Beginning with the plate tectonic setting of the Pacific Northwest, she will describe the process of continental growth that added slices of lithosphere to the continent’s edge and now forms the underlying but diverse “basement” of the region. Many of these rocks are readily visible in the Coast Range, North Cascades, Okanogan, Klamath and Blue Mountains. Following that, she’ll lead a photographic “roadtrip” up I-84 and Washington State Highway 14 in the Columbia Gorge to illustrate many of the younger features that make our landscape so unique. These features include the lava flows of the Columbia River Basalt, landslides in the Columbia Gorge and the river itself.

Tickets for the 6 p.m. dinner and program are \$18; the 7 p.m. program only is \$5. The evening’s crispy lemon herb chicken dinner is offered by ROOTED in the Gorge, now open in the Columbia Gorge Discovery Center. This event is offered in partnership with the Ice Age Floods Institute. For information and tickets, visit www.gorge-discovery.org or call 541.296.8600.

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Workers could see compensation

Martin-Marietta Aluminum Plant workers employed in The Dalles before 1981 diagnosed with various cancers are entitled to special benefits, according to Norris Injury Lawyers, who have an initiative to assist victims. Asbestos-laced products were used for decades at Martin-Marietta Aluminum Co. Neither employees nor management were aware of the asbestos risk. Lung, esophageal, laryngeal, pharyngeal, stomach, colon and rectal cancer, and mesothelioma, are frequently caused by asbestos exposure. To compensate cancer victims and the families of deceased cancer victims, Federal Bankruptcy Courts have required asbestos manufacturers to set aside hundreds of millions of dollars in private trusts for victims. Norris Injury Lawyers has announced an initiative to assist Martin-Marietta employees in recovering money set aside in these trusts. Victims or the families of deceased victims may call 800-478-9578 for a free evaluation.

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— Carol DuPont

IN BRIEF:
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| RETIRED THE DALLES SCHOOL DISTRICT | CERTIFIED US WATER FITNESS ASSOCIATION WITH MASTERS.

Carol attended aqua classes for 10 years before becoming an instructor. She teaches two different classes. Deep Water uses aqua belts to keep people off the bottom of the pool and helps the posture and core muscles. Silver Splash is great for everyone just starting to exercise who needs a low intensity workout. **Try a class today!**

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