

Retain your self confidence as you age

Senior Living



Scott McKay

relationships, and more adventurous. In contrast, as older adults we often lose these roles as we enter the later stages of life.

The best way to regain confidence is to remind yourself of your capabilities, focus on what you can do and build from there while addressing what keeps you from feeling confident.

Here are five strategies that can help you gain greater confidence and realize that your best days lie ahead.

1. Look good. When you look good, you feel good — which my wife often reminds me when she buys that nice new outfit.

2. Challenge yourself physically. Set a goal you can realistically meet and create a plan to achieve it. Besides improving your physical and mental health, it can build confidence in your ability to be active. But I've always found the first month is the hardest.

3. Learn something. Activities like learning to paint or playing an instrument or studying a foreign language can show that you can accomplish new things — although for me it takes a little longer to learn something new — okay, a lot

longer! And if you make mistakes, it doesn't really matter.

4. Stay connected. Lack of confidence can make socializing a challenge. Try volunteering where you can meet new people, use your skills, and you find rewarding.

5. Seek help. If you feel down or anxious or you've found other obstacles to feeling more confident, help is always a good thing.

Finally, don't believe the age stereotypes. Age does not determine whether you have the ability to be successful at a given task. Often we fall into the trap believing we can't do something when there are many reasons we can.

It's true you can't do everything you once did but with confidence you can still live an active and satisfying life — just stay off that ladder!

“This morning I saw a neighbor talking to her dog. It was obvious she thought her dog understood her. I came into my house and told my cat. We laughed a lot.”

The name of the parking valet in the television series “77 Sunset Strip” who was constantly combing his “piled-high, greasy-styled teen

hair” was Edd “Kookie” Byrnes.

I received correct answers from Diana Weston, Sandy Haechrel, Lana Tepfer, Julie Carter, Sandra Fritz, Kim Birge, Tina Castañares, Carol Earl, Gene Uzen, Rose Shultz, and Ed Stager, this week's winner of a quilt raffle ticket.

I was more into soul music, but I know there are a lot of country and western music fans out there. For this week's “Remember When” question, who was the female singer who recorded “I Fall to Pieces”, “She's Got You,” and “Crazy” before her untimely death in a 1963 plane crash? Email your answer to mcseniorcenter@gmail.com, leave a message at 541-296-4788 or send it with a DVD of the 1985 motion picture Sweet Dreams.

Well, it has been another week, wondering, “Have I said that before?” Until we meet again, I can now look forward to spring guilt-free, having had our winter snowstorm.

“Do not take life too seriously. You will never get out of it alive.” — Elbert Hubbard

Nutritious home delivered meals and pick-ups for anyone over 60.

Hood River Valley Adult Center — For Meals-on-Wheels, call 541-386-2060. Pick up a drive-thru meal from 11:30 a.m. until 12:45 p.m.

The Dalles Meals-on-Wheels — Call 541-298-8333 to sign up for home-delivered meals. Call before 10:30 a.m. to pick up a meal at noon at the Mid-Columbia Senior Center.

The Sherman County Senior and Community Center — Call 541-565-3191 by 10:30 a.m. and leave a message with the number of meals needed and names of each person.

Klickitat County Senior Services — Call the Goldendale office (509-773-3757) or the White Salmon office (509-493-3068).

Skamania County Senior Services — Call 509-427-3990.

Seniors of Mosier Valley — Call 541-503-5660 or 541-980-1157 at least one day in advance to order a Grab-N-Go meal. Monday and Wednesdays from 11-11:30 a.m. Pick-up at the Mosier Senior Center. Delivery is also available.

GLENWOOD NEWS

Corbin Schuster makes his mark in disease research

By Mary Pierce
For Columbia Gorge News

A former Glenwood kid has had his research published by the National Institutes of Health (NIH) in Washington, D.C.



Mary Pierce

That's the exciting lead-in to this great news regarding Corbin (CJ) Schuster, son of Regina Hernandez of Glenwood.

Over the past few years, I have proudly shared news regarding CJ's studies in pursuit of a career in biomedical research. CJ is just a few months away from finishing his doctoral studies at Oregon State University and will receive his Ph.D. in

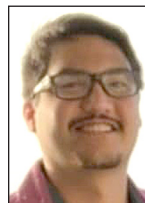
microbiology in April.

A recent news release from the NIH Office of Research Infrastructure Programs (ORIP) described CJ's biomedical research with an emphasis on microorganisms and infectious diseases. In fact, the title of the news release said, “ORIP Supports the Scientific Career of a Promising Young Investigator Studying Parasitic Infections in Zebrafish.” As a member of the Yakama Nation, CJ has focused his study on human diseases, most specifically, diseases that affect Native peoples. The news release states, “Mr. Schuster is interested in the study of human diseases that have a higher incidence among Native peoples, such as toxoplasmosis (a parasitic infection), as well as diseases of fish like salmon, which are central

to the food, culture, and religion of the Yakama people.”

The news release contains the following statement from Dr. Michael Kent, professor of microbiology and biomedical sciences at Oregon State University: “Mr. Schuster has qualities that are important in a biomedical researcher: He has the right demeanor for research. He works hard; he doesn't get flustered when things don't work. He's been really good in the lab.”

Congratulations, CJ. Here's a reminder that the Mt. Adams Community 4-H Club will soon be wrapping up its annual fruit sale. Please contact a 4-H kid or



Corbin Schuster

Bo Arnold if you're interested in buying delicious fruit such as apples, pears, oranges, grapefruit, and kiwis, and help support a great cause.

Laurene Eldred shared some of the recent wind-storm figures. On Feb. 4, her weather station recorded high gusts of 30 mph. On Feb. 5 the high was 36 mph, the Feb. 6 had 39 mph, and Feb. 7 had high gusts of 40 mph with an average of 27 mph, extremely high for here. We knew it was rough, as shown by all the downed trees, building damage, and power outages, but it's nice to have the numbers. Thank you, Laurene.

The snowy conditions resulted in canceling school last Friday, giving the Glenwood kids a four-day weekend. The road conditions also necessitated the Republic Services trash

pickup crews to cut their day short and return to their station.

We are sorry to hear of the passing of Charles “Charlie” Allen, one of the strong pillars of the Glenwood Rodeo Association for many decades. Charlie was well known and loved by many here in Glenwood. He was invited by Tye Murray to join the Glenwood Rodeo Association more than 50 years ago. His mechanical and carpentry skills were invaluable in completing the work that needed to be accomplished each year to repair and improve the arena and equipment. As the oldest active member, Charlie's incredible memory and knowledge of rodeo history and procedures were wonderful resources that were called upon often during each rodeo season.

Charlie also served in the capacity of either director or one of the officers of the association for many decades. There will never be another like him and there are not adequate words to express what a treasure he was to the Glenwood Rodeo Association. Charlie passed away last week at home with his grandson Jake, granddaughter-in-law Kellie, and beloved great-granddaughter Haylee by his side. Our deepest condolences go out to them and all the rest of his family.

Mark your calendars for future Kids Jams on March 19, April 16, and May 21. If you have any questions, you may call the Glenwood Church at (509) 364-3571.

Please send any news items for next week's paper to gmpierce09@gmail.com.

SUDOKU

DIFFICULTY RATING: ★☆☆☆☆

7	3		6					9	
	1			7	4			6	8
4			1	9	5			3	2
3		6				4	8		1
			6		1				
1	2	4					9		6
5	9		4	2	6				3
6	4		9	8					1
8				1		6			4

HOW TO PLAY: Each row, column and set of 3-by-3 boxes must contain the numbers 1 through 9 without repetition.

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NEA Crossword Puzzle

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ACROSS

- 1 Tease
- 4 “Arabian Nights” bird
- 7 Circus arena
- 11 Nest egg letters
- 12 Small amount
- 13 Mountain range near China
- 14 Skunks
- 16 Sonar's sound
- 17 Smuggles
- 18 Powerful magnate
- 20 Command to Fido
- 21 “Wild West” showman
- 22 Show host
- 25 Lascivious glance
- 27 Philosopher — tzu
- 28 Type of squad
- 30 Ride a wave
- 34 Thin coating
- 36 Trounce
- 38 Wire measure
- 39 Signs one's name to
- 41 Burro alternative
- 43 Lisa's brother
- 45 Feel remorse
- 46 Spud state
- 48 Very or too
- 52 Horsemanship
- 53 Imaginative
- 55 Shrek, for one
- 56 Cornbread
- 57 Eur. country
- 58 Writes Protein source
- 60 Natural moisture

DOWN

- 1 Tears
- 2 Golf club
- 3 Hay unit
- 4 How to cook your goose
- 5 Baseball great Mel
- 6 Throw out
- 7 Eagles and hawks
- 8 Homer opus
- 9 Au pair
- 10 Rock band booking
- 12 Yuckier
- 15 Alleviate
- 19 Goalie's millieu
- 22 Santa's little helper
- 23 Spring month in Paris
- 24 Army off.
- 25 Reporter — Lane
- 26 Common abbr.
- 29 Kind
- 31 Emma in “The Avengers”
- 32 Wheel part
- 33 Gulf st.
- 35 Illusions
- 37 Inelegant solution
- 40 Ultimate degree
- 42 Jacob's son
- 43 Hull's bottom
- 44 Dress up
- 45 Wet
- 47 Sorry!
- 49 Wife of Geraint
- 50 Hard to get
- 51 Squandered
- 52 Popinjay
- 54 Milne marsupial

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NEA Crossword Puzzle

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ACROSS

- 1 Wave cutter
- 5 Evergreen tree
- 8 — Aykroyd of films
- 11 Tiber city
- 12 — Khan
- 14 Geisha's tie
- 15 Aachen article
- 16 Prowl
- 17 Tennis return
- 18 Perk up
- 20 Scooters' cousins
- 22 — in the bag!
- 23 Otherwise
- 24 100 kopecks
- 27 Judge's garb
- 29 Belief
- 30 Strongholds
- 34 Humidity measure (2 wds.)
- 37 Same old routine
- 38 Tart
- 39 Brink
- 41 Easy gait
- 43 Skip over water
- 44 Hen or ewe
- 46 Stew ingredient
- 49 Letter after zeta
- 50 Bullfight bravos
- 52 Produced, as eggs
- 54 “You don't say!”
- 55 Sharp point
- 56 Disappointed cry (2 wds.)
- 57 Health resort
- 58 Calculate
- 59 Largest of the Marianas

DOWN

- 1 Opposite of post-
- 2 Muddy the waters
- 3 Old Dodge model
- 4 Flour infester
- 5 Fish stories
- 6 I, to
- 7 Pow!
- 8 Parcels out
- 9 Dwelling place
- 10 Robins' bills
- 13 It multiplies by dividing
- 19 Cousteau's summer
- 21 Implored
- 24 Eliminate
- 25 Function
- 26 Luxury car coating
- 28 Baseball's Mel —
- 30 LI doubled
- 31 Say incorrectly
- 32 Wheel nut
- 33 Sault — Marie
- 35 Daddy
- 36 Spotted feline
- 39 FedEx truck
- 40 Final words
- 41 Quit raining (2 wds.)
- 42 Nebraska city
- 43 Gave medicine
- 44 T-men
- 45 He directed Marlon
- 47 Waikiki setting
- 48 Tijuana tot
- 51 Conclusion
- 53 Monastic title

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