

Being human, we are meant to create

Senior Living



Scott McKay

WHETHER IT IS PAINTING a sunset illuminating the Columbia Gorge, writing a poem expressing the indescribable joys of grandchildren, or creating a walking stick out of a hand carved handle attached to a discarded pole, these are all creative acts: Fashioning something unique and personal out of the ordinary.

As part of the human race, we are meant to create — evident by young children building forts out of discarded boxes or our prehistoric ancestors drawing on cave walls. It is who we are. But many of us have been told verbally and silently — we aren't good enough. And we got the message. We lost interest in the creative arts and the creative process and spent our time pursuing careers, raising families and rooting for our favorite basketball

teams — Go Blazers!

But as older adults, we are finally able to free ourselves from those internalized constraints learned over so many years and start exploring new forms of self-expression. We can start enjoying what we once lost, stumbling toward new personal discoveries by trying, testing and trying again. It can start today or next week in art classes, at home or in the workshop — whether you are 65 or 95.

And just maybe, as an added benefit, while absorbed in these creative pursuits, the aches and pains and daily challenges we all face might just be forgotten — at least for a while.

In this month's "Through the Eyes of an Elder," page 15, Antonia Rojas shares her story of how she found her creative spark as a young child and nurtured it, turning that small spark into an enduring flame. She writes about how she now sees that "life is art," how "dreams are the stuff real life is made of" and that you can express yourself "where no one sees." If you haven't already, I encourage you to read Antonia's beautiful story of how she found her passion and still pursues it to this day.

I know Amy Mallett at the Hood River Valley Adult Center and myself in The Dalles have been receiving a tremendous number of calls regarding AARP Tax Aide Program.

They have been working hard but are very limited in number of volunteers and resources, so please be patient. (Patience seems to be a theme during this pandemic!) Next week, I will share the latest information, or you can skip the middleman and email Tax Aide at gorgetaxaide@gmail.com.

Some advice from the "all knowing" Internet:

1. You do not need a parachute to skydive. You only need a parachute to skydive twice. 2. To be sure of hitting the target, shoot first and call whatever you hit the target. And my favorite, 3. You're never too old to learn something stupid.

The female singer who recorded "I Fall to Pieces," "She's Got You," and "Crazy" before her untimely death in a 1963 plane crash was Patsy Cline. And there are plenty of Patsy Cline fans out there because I received correct answers from John

McEwen, Anna O'Donnell, Steven Wolpert, Barbara Cadwell, Candy Armstrong, Tina Castañares, Jim Ayers, Lana Tepfer, Anne Saxby, Sandra Fritz, Diana Weston, Sandy Haechrel, Dave Lutgens, Vern Johnson, Margo Dameier, Kim Birge, Keith Clymer, Verna Browne, Pat Evenson-Brady, Lou Gehrig, Gene Uenzen, Nona Moore and this week's winner of a quilt raffle ticket, Sandra Fritz, who believes Patsy may still be "Out Walk'n After Midnight." And last week I missed Jim Ayers.

This book is often referenced in political discussions because of its themes of nationalism, surveillance, and censorship. For this week's "Remember When" question, what is the title of this classic literary example of political fiction published in 1949 that popularized commonly use terms such as "Big Brother," "doublethink" and "Thought Police"? Email your answer to mcseniorcenter@gmail.com, leave a message at 541-296-4788 or send it with a poster of the Party's three slogans.

Well, it has been another week, wondering "Why?" Until we meet again, there are many older adults

who could learn the new technologies but just refuse to — and there are days when I think they made the right decision.

"In retrospect it becomes clear that hindsight is definitely overrated!" Quote from Alfred E Neuman, the "What, me worry?" kid.

Nutritious Home delivered meals and pick-ups for anyone over 60:

Hood River Valley Adult Center — Call 541-386-2060.

The Dalles Meals-on-Wheels — Call 541-298-8333.

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 — Goldendale office call 509-773-3757 or the White Salmon office call 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.

Hood River County Reads kicks off 2021 season

By Trisha Walker
Columbia Gorge News

Hood River County Reads is getting ready to kick off its 2021 season with its 2020 title, "The Highest Tide" by Jim Lynch, beginning in March.

Friends of the Hood River County library had given away 500 books at Hood River, Parkdale and Cascade Locks events and had a variety of activities planned to celebrate the annual community-wide event in 2020.

And then COVID-19 happened. The program, like so many others in the Gorge, was put on hold, and finally

canceled.

Now, a year later, Hood River Reads is back — with a full schedule of online and socially distanced events throughout March and April, culminating in a virtual writing workshop and webinar with Lynch Saturday and Sunday, April 17-18 (full schedule is below; events are also listed in What's Happening, printed weekly in *Columbia Gorge News*).

Free books will again be distributed, this time outside the Hood River Library, from 10 a.m. to 2 p.m. on Saturday, March 6; free copies will also be available at Parkdale and Cascade Locks

branches.

"Hood River County Reads is a county-wide project sponsored by the Friends of the Library," reads a press release. "Our goal is to encourage readers of all ages to read and discuss books. We choose books and authors that reflect the diversity of our community and that will be shared widely with our county's individuals and families."

Hood River County Reads events

Events are as follows; all Zoom events can be accessed at us02web.zoom.us/j/88692198217 (Meeting ID: 886 9219 8217) or by phone (+1 253 215 8782; Meeting ID: 886 9219 8217).

March 6 — Kickoff at all

Hood River County Library branches, 10 a.m. to 6 p.m.

March 25 — Zoom presentation, "Powered by Science: from Rachel Carson to Greta Thunberg," 6:30 p.m., presented by Dr. Antonio Baptista. Participants are invited to watch the film prior to the program on Kanopy (hoodriverlibrary.org): "Rachel Carson: The Woman Who Launched the Modern Environmental Movement."

March 27 — Tree Planting with Bill Weiler, 10 a.m. to noon at Barrett Park. For all ages. Parking is available; bring a shovel, gloves and mask. Email info@hoodriverlibrary.org or call 541-386-2535 to register.

April 3 — Zoom presentation, "Warming of the Gorge and the Impact on

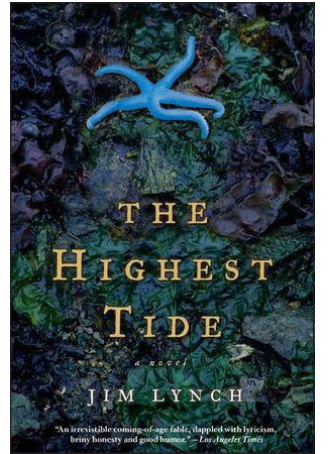
Mountains, Mammals, and Humans," 2 p.m., presented by Bill Weiler.

April 7 — Virtual Hood River Library Book Club: "Migrations" by Charlotte McConaghy, 6:30-8 p.m.

April 17 — Zoom Writing Workshop with Author Jim Lynch, 10:30 a.m. to noon (beginners) and 2-3:30 p.m. (intermediate or advanced); registration starts March 6. For information or to register, email nfo@hoodriverlibrary.org or call 541-386-2535.

April 18 — Zoom Presentation by Author Jim Lynch, 2 p.m. All are welcome.

Other highlights of this year's Hood River County Reads event are posters, created by middle and high school students, on display



at Columbia Center for the Arts, 215 Cascade Ave., Hood River; the poetry post in the Hood River Library lobby; and Zoom discussions with students by the author.

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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

ACROSS

- 1 Chute material
- 5 Chatty alien of TV
- 8 Curved path
- 11 Last word
- 12 Sugar Loaf site
- 13 Take out of the freezer
- 15 Faster
- 17 Colleen's home
- 18 Took by the hand
- 19 Mole's work
- 21 Rather
- 24 Guffaw
- 25 Not even
- 26 Rubble-maker
- 27 Curbed
- 30 Toon light bulb
- 32 Give — — break
- 33 River in Asia
- 37 Splendor
- 38 Flight stat.
- 39 Chromosome part
- 40 Softhearted
- 43 Collection of tales
- 44 Cost

DOWN

- 1 Stockholm carrier
- 2 Sitter's handful
- 3 Film director
- 4 Prepared to propose
- 5 Moistureless
- 6 Lib
- 7 Fub
- 8 Two fives for — —
- 9 Animal with one horn

ACROSS

- 10 Gave a darn
- 14 Use a blowtorch
- 16 Antlered ruminant
- 20 Hawaiian guitar
- 21 Ear cleaner (hyph.)
- 22 Reverse
- 23 Bit of gossip
- 24 Investment returns
- 28 Aura
- 29 Burrowed
- 31 Well-chosen
- 34 Five hundred sheets
- 35 Green Gables redhead

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NEA Crossword Puzzle

ACROSS

- 1 Sunburn remedy
- 5 Toyota competitor
- 10 Intelligence
- 12 Where Leo is
- 13 Big name in trains
- 14 Winter sight
- 15 Small job
- 16 Psychic's power
- 18 Scratch out a living
- 19 Change
- 21 Singer — Cara
- 25 Cruel king
- 29 Kitchen tool
- 30 Not give — —
- 32 Cuba neighbor
- 33 Express doubts
- 34 Second-hand
- 37 Nail groomer
- 38 Microsurgery tool
- 40 Hive occupant

DOWN

- 1 Tune from an opera
- 2 Country in Asia
- 3 Cry from the sty
- 4 Compass pt.
- 5 In — signo vines
- 6 Fat cat's friend
- 7 Shaver's woe
- 8 Carnegie or Evans
- 9 First-rate
- 10 Deli order
- 11 Husky's vehicle
- 12 Full of pep

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HOME and GARDEN

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