

Spring is in the air

Senior Living

Scott McKay



The sun is out, the days are warmer, and suddenly I have this urge to start cleaning and getting rid of "stuff."

I even start thinking it might be time to downsize; find a smaller place to live. Or even fit all my possessions into a Sprinter van (an upgrade from the Volkswagen van of half a century ago) and travel to new destinations full of excitement and possibilities! But when my head clears, and I realize downsizing is more a struggle than an adventure.

I have read about where to begin: Old technology (the three old laptops stored under my desk), stuff you'll never use or wear (if it hasn't been used in two years, it's gone!), old hobbies (does anyone want a box of miscellaneous postage stamps?). And how to get rid of the

stuff: Yard sales, non-profit thrift stores, unsuspecting friends?

But after raising two children in the same house with 35 years of accumulated stuff, shrink-wrapped in memories, my biggest challenge is the emotional difficulty of downsizing.

What anyone else would consider junk ignores my emotional attachments: The broken folding chair my dad gave me before I left for college; the first board game I played with my children; picture notes I drew for my daughter to go with her school lunches.

When I look at those unusable objects, I experience feelings I have not felt in years. And I admit, I'm afraid if I toss those memory triggers, I will also be tossing those comforting memories — out of sight and out of mind — forever. And forever is a long, long time.

There are other reasons why downsizing is difficult for older adults, according to David Ekerdt, professor at the Gerontology Center at the University of Kansas. You may feel what you give away will not be appreciated as much by someone else. Or downsizing may force you to face reality: Maybe you

aren't going to read all those books you have kept and you aren't going to learn to play that electric guitar stored in the basement and tour the world with Mick Jagger. When you must make decisions about what is important to you, you are really defining who you are.

But after downsizing, most folks are glad they did. You are no longer a prisoner of your past and by deciding what you want to keep, as Professor Ekerdt states, "You are choosing what you are going to be and this can be very gratifying."

And you may even find less stuff can mean more happiness.

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"Powerful Tools for Caregivers" is a six-week educational program designed to help unpaid family caregivers take care of themselves while caring for a spouse, family member, or friend. The class meets virtually by ZOOM from 10 a.m. to noon on Fridays beginning May 21. Class size is limited. The cost is \$30 and scholarships are available. To register, contact Britta Willson at 541-387-6404 or brittany.willson@providence.org.

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The name of the kissing game

popular among teens was spin the bottle. I received correct answers from Betsy Ayers, Louise Wooderson, Mary Pearce, Virginia Johnson, Barbara Cadwell, Lana Tepfer, Carl and Leslie Trabant, Linda Frizzell, Dave Lutgens, Margo Dameier, Gene Uezen, Kim Birge, Patty Burnet, Mike Yarnell, and Krista Thie this week's winner of a free quilt raffle ticket. And somehow last week I missed Lana Tepfer.

In the '60s there were many supergroups such as Crosby, Stills and Nash and the short-lived Blind Faith. But it was not until 1985 when country music had its first supergroup, The Highwaymen.

For this week's "Remember When" question who were the four artists (or at least two), known for their influence on outlaw country music, in this supergroup? Email your answer to mcseniorcenter@gmail.com, leave a message at 541-296-4788, or send with the DVD of Stagecoach, the 1986 made-for-television remake of the 1939 film starring John Wayne.

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Well, it has been another week, trying to see the future in my

rearview mirror. Until we meet again, wisdom often comes from keeping your mouth shut and your eyes and ears open.

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"Here is the test to find whether your mission on Earth is finished: if you're alive, it isn't!"

— Richard Bach

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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 the 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.

LYLE NEWS

Opening announced on Twin Bridges Museum Board

By Mildred E. Lyken

If you, or anyone you know, has thought about "giving back" to the community or "paying forward," now's your chance.

Recently there has been an opening on the Twin Bridges Museum Board. This is a great way to share your love of history, especially local history, and share that love with like-minded volunteers. If this isn't your cup of tea, talk to your family and friends, especially those who do not subscribe to the newspaper. It's hard to get the word out otherwise.

A reminder that Mary Sorensen's graveside service is Saturday, April 24 at 1 p.m. A gathering of family and friends will meet to see her ashes interred, but her funeral service will be held later in the summer, possibly

the 4th of July weekend, which was her favorite time to have a potluck barbecue.

Simultaneously, there will be an Estate Sale of Mary's earthly belongings held on that same weekend. (The sale beginning on the previous Friday the 23rd) at her home in Dallesport at 504 Third St., from 9 a.m. to 5 p.m. If need be it may even carry on to the next weekend on April 30 and May 1, same hours. From antiques to "stuff," you'll find it there.

The Washington State Parks and Recreation Commission will offer one more free day in April, which is Thursday, April 22 — Earth Day. Get out there and enjoy a day of fresh air and sunshine — we all need vitamin D from the sun and the fresh air is good for the soul. Just try to park your car accordingly and watch when you

pull out onto the highway. We've had enough accidents at the park and hike areas.

There will be multiple daytime lifts of the Hood River-White Salmon Interstate Bridge lift span between the hours of 9 a.m. and 3 p.m. starting Monday, April 26 through Friday, April 30 as bridge engineers and port crews conduct extensive inspections of the bridge lift mechanical and electrical systems.

Motorists should expect delays of up to 30 minutes depending on traffic volume during these hours. Each lift will last approximately 15-20 minutes, but heavy traffic may increase delay time following each lift. Up to six



Mildred E. Lyken

lifts are planned per day, with lift heights ranging from less than 10' to full height. On Tuesday, April 27, no lifts are planned, but work crews will be on the bridge and flaggers will direct traffic around the moving work zone between the hours of 9 a.m. and 3 p.m. Minimal delays are expected during these hours. Engineering crews will be performing electrical and mechanical testing to the bridge's lift span, counterweight guides, ropes, and trunnions. For more information, contact the Port of Hood River via email to porthr@gorge.net.

A "Spring Gift Sale" is planned with a preview on Friday, April 23 from 6-8 p.m. with the sale starting on the 24th from 10 a.m. to 5 p.m., and the 25th from 10 a.m. to 4 p.m. Hand crafted gifts just in time for Mother's

Day. Wreaths, candles, soaps, metal yard art, mosaic flower pots, birdhouses ... and even some homemade tamales, salsa, and frozen cookie balls! How can you go wrong? You know Mom would love something homemade. Find it all at 521 Columbia Drive in Lyle.

Posted Tuesday, April 13: It's time to get your little one signed up for kindergarten or pre-kindergarten. Check with the schools. Call them to get your child on the list for the 2021-2022 school year. They will have a meet-and-greet and school tour later this summer. For more info, phone 509-365-2211.

This nice weather we're experiencing is somewhat bitter-sweet. As you enjoy getting out in that beautiful sunshine and feel the warmth of the sun and wind in your faces, please realize

too that this also brings on the fire season. As you hike the trails or even bar-b-q in your back yard, be aware that the drying Gorge winds have done their job and what was wet weeds and grasses are now fire ready. Because of the low humidity, and those winds, outdoor burning is not recommended.

Something has got to be done before someone is critically injured about the parking off the highway in designated areas for hiking. A semi-truck left the highway, went over the guard rail and into Rowen Lake last week — maybe there could be a turning lane that would permit some cars to pass while others wait to cross the path of oncoming cars? I don't know what to suggest about drivers pulling out into traffic without first checking to make sure it's

GLENWOOD NEWS

So much good news' includes college honor rolls

By Mary Pierce

We have so much good news to share this week, it's hard to know where to begin. The Glenwood Middle School girls' volleyball team finished their season with a win in Klickitat last Friday night to complete an undefeated season. We here in Glenwood are very proud of our girls and their coach, Sara McFall. The three eighth grade girls on the team, Jayla Avila, Brenna Beeks, and Emmerson Gimlin, were recognized before the game began. All three girls are outstanding players and will be a welcome addition to the high school team next year. All the girls on the team, from the three eighth grade girls down to the three fifth grade girls, played very well in their final game and finished their season on a high note. Now we're all looking forward to next year with the hope that it will be a normal fall season, as in years past. Congratulations, Eagle girls.

The Glenwood and Klickitat combined high school volleyball team, Klickwood, finished their abbreviated season last Friday night, facing Trout Lake on the Glenwood court. The girls played hard and well and the games were close. Even though our girls lost in four hard fought games,

winning the third game to necessitate the fourth, they should be proud of how well they played as a team and how incredibly far they have come since the beginning of the season. In the fifth game, the younger girls also came very close to winning and should feel good about the way they demonstrated their skills and teamwork. Way to go, Klickwood girls and Coach Jaecee Hoxter. We all hope you get to have a regular fall season next school year and we can fill the bleachers to cheer you on.

Here is some very important information from Glenwood Volunteer Fire Department Chief Brent Gimlin. Most Glenwood residents received a ballot in the mail earlier this month for the Glenwood Fire Department levy. This is NOT another levy. The last levy that was voted on two years ago was voided because Klickitat County determined it wasn't worded correctly. This is the same levy that our community passed last time and we hope to have your vote to pass it again to enable our Fire Department to better

serve you. Ballots must be postmarked or deposited by April 27.

A celebration of the lives of Charlie and June Allen will be held at the Glenwood Rodeo dance hall on May 1 at 11 a.m. All who knew Charlie and June are welcome to attend and share memories of the couple. Both Charlie and June devoted decades to making the annual Glenwood Ketchum Kalf Rodeo a success and both are greatly missed as planning begins for this year's rodeo. A catered luncheon will be served, but those members of the Rodeo Association who remember how much Charlie enjoyed the desserts at the workday potlucks are asked to bring desserts to share for the luncheon.

Andy McFall, a 2020 graduate of Glenwood High School and son of Adam and Sara McFall, made the President's List at Neumont College of Computer Science in Salt Lake City, Utah. Andy has made this list for his first two quarters at the college, and that list has a very high bar. Students must achieve a 3.75 to 4.0 grade point average in order to receive the honor. Congratulations, Andy. We are all proud of you back home in Glenwood.

I am also pleased to share



Glenwood Middle School's volleyball team was undefeated this year. Pictured are eighth graders and their coach: Emmerson Gimlin, Brenna Beeks, Coach Sara McFall, and Jayla Avila. Photo courtesy of Amy Beeks.

the news that Kinley Troh, a 2019 Glenwood High School graduate and daughter of Toni and Bill Troh, made the Dean's List for winter quarter at Columbia Basin College. To be chosen for this honor, students must

earn at least 12 credits in 100-level or above courses within the quarter and achieve a quarterly grade point average of 3.85 to 4.00. Kinley is studying to become a radiological technician and is enjoying the hands-on

experience she is receiving by doing clinicals two days a week at Lourdes Medical Center in Pasco. Way to go, Kinley. We are all proud of you here in your home town. Send news items to gmpierce09@gmail.com.

Attention Hunters!

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