

# Feet: The 'mirror of health'

## Senior Living

Scott McKay



**W**HO WANTS TO TALK about feet? That is the part of my body I don't want anyone to see! (Actually, there are many other parts of my body I want to hide, but my feet rank near the top.) But taking care of your feet is important. According to the U.S. National Center for Health Statistics, impairment of the lower extremities is a leading cause of activity limitation in older people.

The human foot has been called the "mirror of health" because you can find signs of diabetes, arthritis and circulatory disease, which are more common in older adults. If you find in your feet dry skin, brittle nails, burning and tingling sensations, feelings of cold, numbness, and discoloration, you should talk to your primary care provider. Pain in your feet is never "normal"

and is often easily treatable.

To avoid foot problems, clean and inspect your feet daily. Are there unusual changes in color, cuts or strange bruises, nail distortions, and odd bumps?

Also, wash your lower limbs with warm water and soap, then pat them dry. If you struggle with dry skin as I do, apply moisturizer except between the toes. Keep your nails clipped straight across and not too long.

Make sure your shoes fit correctly. Footwear that is too narrow, too tight, or not supportive enough can contribute to lower limb pain. You need shoes that don't rub against your skin or squeeze your toes. Choose models that have wide toe boxes, arch support, and sufficient cushioning.

Our feet are the tires of our body and although the tread is worn, we need to care for them so we can maintain our mobility and keep moving for many more miles.

Let me get on my creaky soapbox one last time about vaccines. If we're going to stop the pandemic and get back to "the way it was," it's going to depend on us. Only we can stop the pandemic — not the

government. You just can't pass a law to keep the virus out.

So we should encourage, not tell, our friends to get vaccinated. According to the vast majority of the medical community, the vaccines are safe — but not 100 percent safe. As older adults, we know there are no vaccines or medications that are 100 percent safe. I take a blood thinner that reduces the chance of a stroke but increases the chance of internal bleeding and I have chosen to take it because the benefits outweigh the risks.

Before I step off my soapbox, I want to share one story. When I was 10, I remember being told if you don't know whether something is right or wrong, ask yourself what if everyone did it. Lying. What if everyone lied? Stealing. What if everyone stole? So, what about the vaccine? What would happen if everyone decided not to get vaccinated?

Granted, this test of right and wrong may be too simplistic, but I believe it holds some truth. And let me tell you, it worked for a 10-year-old!

"Through the Eyes of an Elder" shares informative, touching, and

inspiring stories from "elders" in our communities. This month, Paul Woolery shares what he has learned from poetry, including a wonderful collage of his poems. I think you'll find something that speaks to you.

The cigarette brand with the tagline "You've come a long way, baby," seen in the last cigarette ad on television, was Virginia Slims. I received correct answers from Steven Woolpert, Susan Ellis, Chuck Rice, Tina Castañares, Katherine Schlick Noe, Barbara Cadwell, Lana Tepfer, Patty Burnet, Cindy Winfield, Gene Ucen, Linda Frizzell, Pat Evenson-Brady, Rhonda Spies, Rose Schulz, and Marlene and Keith Clymer, this week's winners of a quilt raffle ticket.

In 1961, Walt Disney produced the comedy film "The Absent-Minded Professor" (who was one of my role models!) starring Fred MacMurray as Professor Ned Brainard. For this week's "Remember When" question, what was the name of the substance Professor Brainard discovered? E-mail your answers to [mcseniorcenter@gmail.com](mailto:mcseniorcenter@gmail.com), call

541-296-4788 or send it with a picture of a flying Model T.

Well, it has been another week enjoying the great outdoors. Until we meet again, as our parents told us before crossing the street, "Stop, look and listen."

"I've always had a duck personality. Calm above water, feet going crazy below."

—K. Flay, musician

Nutritious home-delivered meals and pick-ups are available for anyone over 60. For more information, you can call the meal site in your area.

Hood River Valley Adult Center at 541-386-2060;

The Dalles Meals-on-Wheels at 541-298-8333;

Sherman County Senior and Community Center at 541-565-3191;

Klickitat County Senior Services — Goldendale office at 509-773-3757 or the White Salmon office at 509-493-3068;

Skamania County Senior Services at 509-427-3990;

Seniors of Mosier Valley at 541-503-5660 or 541-980-1157.

## LYLE NEWS

# Burn bans for Zone 2 in effect starting May 15

By Mildred E. Lykens



Mildred E. Lykens

District No. 4 (LFD) has been busy responding to multiple car accidents along Highway 14 and Old Highway 8 Rowland Lake, along with multiple accidents along Highway 142. With the great weather we've been having, more people are venturing out to enjoy the outdoors. Please pay attention, watch for turning cars/motorcycles, and wear your seat belts.

Patty Elkins from the LVF/EMS has secured a WSDOT representative to attend Lyle Community Council's next council meeting (May 13 at 6:30 p.m.) to talk about accidents and congestion on Highway 14 and hear community input.

Correction, sort of, about the semi-truck wreck a couple of weeks ago: I drove by the spot where it left the highway, went over the guard rail and into Rowland Lake — it showed that it was not near the intersection

that usually causes the accidents. Klickitat County will be seeing a new group of EMT's in the near future. Always great seeing more community members volunteer their time and hard work supporting emergency services in our county.

The LFD will be signing the burn ban for Zone 2 at a county commissioner meeting and will start May 15. The fire danger has been raised to moderate. With the warmer weather and drying wind, vegetation and grasses are drying out quickly. Lyle and Klickitat County has already experienced grass fires, most started from burn piles that were not fully extinguished and rekindled. Your fire isn't fully out until it is cold down to the bare ground. Please do not attempt any burns when the wind is blowing, as it can take an innocent

ember and start a wild fire. For questions about Zone 2 (Lyle Community) burn ban, you can follow Lyle Fire on Facebook, or access Klickitat County Department of Emergency Management website.

Kelly Johnson, liaison for OLESS (Old Lyle Elementary School Supporters) stated that the organization is looking for motivated and helpful board members. If you are interested in volunteering and helping the community in which you abide, please email [lyleactivitycenter@gmail.com](mailto:lyleactivitycenter@gmail.com).

The Good Food program affiliated with Washington Gorge Action Programs (WAGAP) now has a sufficient supply of paper bags and we are going to stop collecting them until further notice. But they are now offering laundry detergent and dish detergent so are asking for clean glass jars/bottles to be donated so that we can fill them up with the suds. They are always

looking for extra food to share with the community. The best way to donate is to drop items off during their hours of operation. They are continuing with their spring hours of distribution, 10 a.m. to 1 p.m. and 2-4 p.m. at Lyle Activity Center.

Lyle's awesome birder Bob Hansen is once more heading up the annual Spring 2021 Klickitat County North American Migration Count on Saturday, May 8. Once again, we will be practicing appropriate social distancing, meaning I will not be assigning folks together in the same car to ride around for five to eight hours. So please let me know if you would like to participate, either solo or with a friend/partner/spouse of your choosing. And if you have a favorite area you would like to count, let me know that as well. By the way, this count coincides with the eBird Global Big Day — [ebird.org/news/global-big-day-8-may-2021](http://ebird.org/news/global-big-day-8-may-2021). Results of the Spring 2020

count can be found at [birdingwashing-ton.info/Klickitat/Spring2020.htm](http://birdingwashing-ton.info/Klickitat/Spring2020.htm) and the year by year Spring Count summary which includes 2020 can be found at [birdingwashing-ton.info/Klickitat/SpringNAMC.htm](http://birdingwashing-ton.info/Klickitat/SpringNAMC.htm). And last but not least, the Fall 2020 count is at [birdingwashing-ton.info/Klickitat/Fall2020.htm](http://birdingwashing-ton.info/Klickitat/Fall2020.htm).

On April 20, Lyle Community Council's Chair Julie Larson and member of the Access to the Sandbar and River Subcommittee Vern Harpole presented the Council's Proclamation on safe and legal access to the Lyle Sandbar at the Klickitat County Commissioners meeting. We are happy to report the commissioners unanimously voted to support the proclamation and will pass a resolution stating so in the next two weeks.

As discussed at the April Lyle Community Council meeting, the May 13 meeting at 6:30 p.m. will have an in-person,

COVID-compliant option. Please attend healthy, wear a mask and agree to stay 6-feet apart (meeting will be subject to change based on Public Health direction). The council meeting will also be available via Zoom, and the link will be posted on the Lyle Council Facebook page and the "What's Happening in Lyle" email publication. Save the date; more details will follow.

The Mary Sorensen family wishes to thank everyone for attending the graveside service on Saturday the 24th. A life-time family friend, Dennis Beeks, was gracious enough to read her obituary and her grandson Cameron had the honor of interring her ashes. Each person had a chance to speak their personal memories.

Mildred E. Lykens,  
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## GLENWOOD NEWS

# Staff changes coming to Glenwood School in the fall

By Mary Pierce

We are shocked and saddened to hear of the recent, sudden passing of Mary Anita Leaton Addington. Mary Anita was the daughter of Bill and Sylvia Leaton and spent her entire life here in Glenwood. She and her husband, Vern, raised their children, Vernadean and Bill, on the family ranch. Mary Anita always had a friendly smile and enjoyed visits when encountering friends at stores or yard sales. She was very hard working and very devoted to her husband, children, and grandchildren. She will be greatly missed here in our community. Our deepest condolences go to Vern, Bill, Vernadean and Jeff Dean and their sons and grandson, and sister and brother-in-law, Claudia and Carroll Hoffbauer.

With news of a sad loss of a friend, it's nice to be able to also share happy news of the newest member of our community. Lavender Ann Grace was welcomed into this world by her mama, Calista Yothers, on April 14. The beautiful little girl weighed 7 pounds, 3 ounces, and stretched out to 20 ½ inches. Congratulations to

the new mama and to excited grandparents Nikki and Dustan.

There are some big changes taking place at Glenwood School for the 2021-2022 year. Superintendent Heather Gimlin has submitted her resignation and has accepted a teaching position at a school in central Washington. As much as we don't want to have to say goodbye to Heather, many of us know teaching in a classroom is what she loves most and we are happy for her. Heather will continue as superintendent through June. Meanwhile, a superintendent search has begun for the school.

In other school news, many already know that Jay Anderson, a long-time science teacher here, will be retiring at the end of this year. Jay has had a very positive impact on all his students and will be greatly missed. The school has hired former Glenwood resident Abby Eldred as his replacement. Abby grew up in Glenwood and went through the Glenwood schools. She has many years of teaching experience and is currently teaching in the Kelso school district. I think the



Mary Pierce

following in her dad Tom's footsteps.

Charlotte Godon, who teaches art and Spanish, is resigning at the end of the year to pursue other endeavors. It sounds like she has some exciting changes ahead and we wish her well. Sara McFall, another Glenwood alumna, has been hired to replace Charlotte and will be teaching art, reading, and science classes. While working as a permanent seasonal employee at the Conboy National Wildlife Refuge, Sara has also been a substitute teacher here when needed as well as the middle school volleyball and track coach for many years. She supervised Youth Conservation Corps. crews during summer months at the refuge. The kids know her well and are excited they'll have her as a full-time teacher in their school next fall.

Besides middle school and high school track currently taking place, Glenwood kids are busy with other spring sports. Several Glenwood boys are on a combined Lyle/Wishram/Klickitat/Trout Lake/Glenwood (Lyle) high school baseball team. Liam McLaughlin, Derek Gimlin, and Ansel and Yadi Ruiz are all playing on the combined team. In addition, Liam plays club baseball for Northwest Futures in Vancouver.

In the Lyle combined team double header versus Riverside High School in Boardman, Liam struck out 18 of the 19 batters he retired and left the game with a no-hitter, two outs to go. Ansel Ruiz finished the game off for our team, for a 4-2 victory, earning the save. Derek Gimlin scored one of the team's runs and fielded the only ball Riverside put in play against Liam, throwing a batter out at first. Wow, what amazing pitching! Yadi Ruiz also pinch hit in the game. Way to go, Lyle combined team.

More exciting news regarding Liam is that he has been asked to pitch for Whitman College in Walla Walla next year and has

accepted. Congratulations, Liam. You have an exciting college year to look forward to and we will all be rooting for the Whitman Blues next spring.

In addition to high school baseball, we have several Glenwood kids playing Little League baseball and softball on White Salmon and Glenwood teams. Jacee Hctor and Ariana Jackson are playing on a girls' minors softball team in White Salmon. Jacee Hctor, straight off of coaching the high school volleyball season, is helping to coach the girls' team. Blaine Arnold is playing on a boys' majors team and James Bartek and Myles Jackson are playing on a boys' minors team, also all in White Salmon.

Meanwhile, here in Glenwood there's a lot of fun going on at the school ballfield. A tee-ball team coached by Jacee and sponsored by Mt. Adams Angus, has 10 little kids ranging in age from 5-8. Their practices so far have been on very windy days, but the ball stays on the tee and the little kids are having a blast while learning the basics of baseball. They had their first game recently. One fan

reported that, to him, tee ball is like herding cats, but having fun while doing so. And I just have to add, Jacee Hctor is probably the busiest mom in Glenwood right now. Thank you for all you do for the kids, Jacee.

High school and junior high school Rodeo teams have begun their spring competition. Glenwood kids competing are Joslyn Arnold in high school rodeo and Emma Patterson and Peyton Sanchez in junior high school rodeo. They will host a Washington State high school/junior high school rodeo here in Glenwood on May 21-22.

Christina Kuhnhausen is starting preparation for the rodeo parade this year and would like to get the word out that she is seeking parade entries. If you would like to participate in the parade, please call Christina at 509-364-3326. After having no rodeo and no parade last year, this one will be a great one, for sure.

Please send any news items for next week's paper to [gmpierce09@gmail.com](mailto:gmpierce09@gmail.com).

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