

SENIOR NEWS

Protect yourself from wildfire smoke

Senior Living
Scott McKay



A mask is one way to protect yourself when outdoors. We have all become accustomed to wearing cloth masks during the pandemic, but cloth masks offer little protection against wildfire smoke because they do not effectively catch the harmful small particles when you breathe in. But as we know, the masks are effective in slowing the spread of COVID-19 by blocking respiratory droplets you breathe out.

N95 and KN95 particulate respirator face masks can provide protection from both: Wildfire smoke and from getting and spreading COVID-19. The benefit of an N95 and KN95 respirators is that they filter up to 95% of particles in the air as long as they meet the right requirements, are not counterfeit/fake, and fit properly.

But many folks find them uncomfortable — when they fit properly, they often require more effort to breathe. They also are more expensive and are meant to

be used only once.

N95 NIOSH-approved masks, which are commonly used in the United States, are the gold standard and the supply has increased significantly over the last several months. Make sure you purchase a NIOSH approved N95 mask. KN95 respirators are commonly made in China and are similar to N95 masks, but only a few Chinese manufacturers have been approved by the FDA for emergency use. You can find online a list of the NIOSH approved N95 and the FDA-approved KN95 respirator face masks.

Besides wearing a protective mask when the air quality deteriorates because of wildfire smoke, you can create a cleaner air space at home. Keep doors and windows closed, and if you have one, continuously run a portable air purifier in one or more rooms.

If you don't have an air purifier, an inexpensive and surprisingly effective alternative is making your own

DIY filtration unit by sealing a 20-inch square furnace filter (which you can find at any hardware store) with clear pro-strength packing tape to a 20-inch box fan.

If you have a forced-air system in your home, you may need to talk to a qualified heating and cooling professional about different filters and settings you can use to reduce indoor smoke. (Set to "recirculate" and "on" rather than "auto.")

If you want to know more about the air quality in your area, you can find up-to-date information by going to AirNow.gov on your computer or smartphone. AirNow is a one-stop source for air quality data including the air quality index (AQI) for your area, a smoke and fire map, and AQI forecast.

You can also find air quality information on several weather apps such as Weather Bug.

Besides spoiling the scenic beauty of the Gorge, wildfire smoke can be detrimental to our health and should be

avoided if possible. Because we know who's at risk. Us!

Some of my most vivid memories are from watching the evening news: The assassination of President John F. Kennedy, the Vietnam War, Watergate. This week's "Remember When" question is who was the broadcast journalist who served as anchorman for the CBS Evening News for 19 years, often cited as the "most trusted man in America" and always signed off with "And that's the way it is?" E-mail your answer to mcseniorcenter@gmail.com, call 541-296-4788 or send it with the last episode of The Twentieth Century.

The comedian/actor who found his greatest fame occupying the middle square of the game show Hollywood Squares was Paul Lynde. Since I will be out of town (yes, again, this time for the annual reunion with my sister and brother), I'll mention those who submitted correct answers next week.

Well, it's been another week running so fast I feel like I'm moving backward. Until we meet again, when the going gets tough, the tough — take a nap?

"If stupidity got us into this mess, then why can't it get us out?" — Will Rogers

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.

Saving the Criterion Schoolhouse

The Criterion Schoolhouse was cut in half in 1976, moved from its location in Maupin and onto the Oregon State Fairgrounds, and has served as a typical example of early schoolhouses to this day.

For more than 20 years, the Oregon Retired Educators Association (OREA) has provided docents to host visitors of the Criterion Schoolhouse during the Oregon State Fair. Seventy-three volunteers hosted 3,500 visitors in 2019.

The roof of the building began to fail after 40 years. In 2016, OREA, along with the help of key allies, launched a campaign to repair the roof, address life-safety issues, restore the original windows

as well as to paint the exterior of the building. These repairs cost \$26,251.66, with all funds provided through donations from numerous individuals and organizations as well as three grants. OREA Unit No. 1, Portland, provided two emergency loans to help save the schoolhouse.

Additional recent actions taken by the committee include accepting a bid to put gutters on the building and applying to the City of Salem Historic Preservation Program for the schoolhouse to be added to its registry.

A formal building inspection was conducted in June this year to identify issues that need to be addressed in the near future. The Criterion



The Criterion Schoolhouse, both past (at right) and present. OREA is raising funds for further improvements to the building, now located at the Oregon State Fairgrounds in Salem. Contributed photos

Schoolhouse Committee has prioritized the following issues to be addressed as soon as funds are available:

1. Repair/replace the ADA ramp
2. Install smoke alarms
3. Upgrade the electrical system to meet code
4. Repair exterior wall surfaces and dry rot

5. Repoint the chimney mortar and install a chimney cap.

OREA has partnered with the Oregon State Fair Foundation in order to raise the funds for the above critically needed repairs and upgrades. Tax-deductible donations payable to the Oregon State Fair Foundation can be

mailed to Oregon State Fair Foundation, 2330 17th Street N.E., Salem, OR 97301.

Add the comment "For the Criterion Schoolhouse Project" to the check. For tax purposes, use the EIN number 84-1628762.

The committee continues to be committed to

preserving, restoring and enhancing the Criterion Schoolhouse for future generations to enjoy. Questions and comments can be directed to either Carol Greeno, 503-362-6015 or Pat Eck, 503-262-4970.

EWU announces Dean's List

Eastern Washington University has two Gorge students on its 2021 Spring Dean's List: Fatima Marquez-Garcia of Hood River and Conner Hanson of White Salmon.

An undergraduate student who earns 12 quality hours (QHRS) and receives a GPA of 3.5 or better is placed on the Dean's List. EWU has an overall enrollment of 12,300 students.

SUDOKU

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

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 " — House"
 - 7 Consomme
 - 12 Team spirit
 - 13 Weep noisily
 - 14 Is of use
 - 15 Discernment
 - 16 Dapper
 - 17 Havens
 - 18 Cruising
 - 19 Make tracks
 - 20 Calls it quits
 - 24 No future

- DOWN**
- 42 A Little Woman
 - 43 Sci-fi landers
 - 47 Do in
 - 49 Market worth
 - 50 Dough
 - 53 Treaty ratifier
 - 54 Worm seekers
 - 55 Sounded like a clock
 - 56 Cactus defense
 - 57 Mocks



1	2	3	4	5	6	7	8	9	10	11		
12						13						
14						15						
16						17						
18						19						
			24	25				26				
27	28	29				31	32		33			
34				35					36			
37				38				39				
41						42			43	44	45	46
				47	48				49			
50	51	52						53				
54								55				
56								57				

NEA Crossword Puzzle

- ACROSS**
- 1 Long-handled implement
 - 4 Ignited
 - 7 Barbarian
 - 10 Web addr.
 - 11 Physicist Nikola —
 - 13 Thurman of "Gattaca"
 - 14 Affirmative vote
 - 15 Oust
 - 16 CD fore-runners
 - 17 Takes potshots
 - 19 Dalai Lama's city
 - 21 Engage in rivalry
 - 22 Sigma follower
 - 23 Roomy
 - 26 Pouring forth
 - 30 Sketch
 - 31 Pamplona cheer
 - 32 Milne marsupial
 - 33 That senora
 - 34 Movie director — Craven
 - 35 Emblem
 - 36 Kiev locale
 - 39 Inert gas

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DOWN

- 40 "Mystery!" channel
- 41 Nest egg letters
- 42 River floaters
- 45 Foul-ups
- 48 "Future-world" name
- 49 Post or Dickinson
- 51 Spigot
- 53 Time span
- 54 Dressed to the —
- 55 USN officer
- 56 Mattress problem
- 57 " — It Be"
- 58 Kind of jump

DOWN

- 1 Very, in Veracruz
- 2 Unrefined metals
- 3 Arrange for
- 4 Sandbags, maybe
- 5 Osiris' beloved
- 6 "Creep" group
- 7 Storytelling dance
- 8 Game officials
- 9 Cape Canaveral acronym