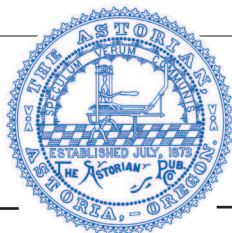


# OPINION

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# THE DAILY ASTORIAN

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## Water under the bridge



Compiled by Bob Duke  
From the pages of Astoria's daily newspapers

### 10 years ago this week — 2008

Courtney Standing woke up Saturday morning feeling relaxed and ready, but not necessarily royal. That no-sweat attitude must have helped Standing to sleep that night as the new Miss Clatsop County.

"Truthfully, I didn't expect to win," said Standing, shortly after being crowned Miss Clatsop County 2008.

The 17-year-old Seaside high school senior impressed the judges with her poise, thoughtfulness and her rousing tap-dance rendition of "Boogie Down."

Every contestant chose a platform as a point of activism and pride. Standing choose to promote child literacy. It's something she is clearly passionate about.

"I want to make sure each school in Clatsop County has a reading program that will benefit each child," she said.

**It took a decade and nearly \$7 million to set the stage for a performing arts center at the Liberty Theater.**

**Through tireless fund-raising and grant-writing efforts and countless contributions from volunteers, Liberty Restoration Inc. labored to bring the historic theater in the center of town from rags to riches.**

**Now, leaders of the nonprofit say they've reached a new milestone.**

**With the lion's share of the restoration complete, the Liberty is, at long last, an operating theater.**

The Humane Society of the United States, Wild Fish Conservancy and two citizens have filed suit in U.S. District Court to halt the authorized killing of sea lions at the base of Bonneville Dam in the Columbia River.

**The white stuff came with little warning Wednesday afternoon. One minute it was raining, the next the raindrops had turned into snowflakes.**

**The snow hit the North Coast for a 1 1/2 hour period and blanketed much of Clatsop County and Washington's Pacific County for a while.**

**Most of it melted as the rain returned, but then it turned to ice, and lingered on rural highways.**

### 50 years ago — 1968

It is sad news that the eight-story, 200-room John Jacob Astor hotel, once the city's pride, has finally been shut down by combined action of the federal and city governments, for non-payment of taxes and non-compliance with fire safety regulations.

The old hotel's fate is not unique, however. Big hotels in small cities have fallen upon evil times in many another community. The people who once lodged in them now find motels

## First Place Winner in Metro League Photo Contest



This photo by Terry Duoos, Astoria High School senior, won first place in the scenic classification in the first Metropolitan league high school photo contest in 1968.

more convenient, and one by one the old small city hotels have been abandoned or torn down.

**One gray vessel rides at anchor in Cathlamet bay, last survivor of a fleet of 225 ships that were mothballed under supervision of the Maritime Administration.**

**Pacific Far East Line has filed a proposal to buy the vessel and convert it to a cargo ship.**

**SS Lakeland Victory and a former navy ship, the Wisteria, left upriver Wednesday night under tow to be scrapped at the Schnitzner Bros. Yard in Portland.**

### 75 years ago — 1943

A descent over the 100 foot high Young's River falls was experienced Saturday afternoon by Dixon Scoffern, who not only lived to tell the story but apparently escaped serious injury. Scoffern is the 18-year-old son of Mr. and Mrs. Ray Scoffern, 595 Kensington Avenue.

According to the story told today, Dixon was showing a girl friend, daughter of a navy man at Tongue Point, one of the beauty spots of the Lower Columbia when the accident happened. The couple had walked along the upper level of Youngs River to the point where the river drops an even 100 feet through a narrow gorge of rocks.

Here it was the young Scoffern slipped and plunged headlong down the precipice, he says he remembers hitting a ledge

of rock or two on the way down, but before he realized what had happened he was at the bottom of the pool at the foot of the falls, unable to rise to the surface, because of the force of the water plunging down on him.

Conscious despite the fall, young Scoffern proceeded to swim out from under the falls and came to the surface of the river, where the down-coming water pelted him like hail stones.

**Almost half of the mothers with children at the three elementary schools are working either full or part-time outside their homes, according to a survey made by the parent-teachers associations at the John Jacob Astor, Robert Gray and Lewis and Clark schools. The survey was made at the suggestion of the community council, acting in its capacity as the defense council's committee on child care, health and welfare.**

Literally hundreds of Astorians are making sure today and Saturday that they will have bacon, a liberal chunk of beef, pork or veal roast, steaks and hams tucked away in their refrigerators come meat rationing on Monday.

In just one store, Fred Meyer's, the meat department did not open until noon today and the crowd of men and women was already three deep by the time sales began. The rush did not assume proportions of a riot, but the jostling, calling for attention and peevish expressions were significant sign of the times. The three clerks, two men and a woman, were kept hustling to fill all orders.

## GUEST COLUMN

# Socializing through games and movement improves health

Did you know that socializing and playing games can keep you healthier longer?

In the comfortable lobby of the Astoria Senior Center a few people are relaxing and talking. About 20 bridge players are in another room gearing up for an afternoon of cards. In the cafeteria, another 18 people gather to play pinochle.

Similar to the Bob Chisholm Center in Seaside, activities abound for residents to get out and do something.

Whether it is line dancing, music, yoga, exercise classes, free movies, cards, board games, education or a musical jam session, there are ways to engage and meet like-minded people.

The Astoria Senior Center is a great place to socialize, says Larry Miller, the center's director. The new space is designed for many activities that don't interfere with each other, such as playing pool, using computers or eating lunch.

"Everybody enjoys it," Miller says. "It is welcoming and friendly, and you can get lots of snacks and coffee. The coffee's always on."

The benefits of playing games  
Researchers have discovered that mentally challenging games such as bridge are well suited for older people because the games offer intellectual and social stimulation on a routine basis, according to the AARP. A study in 2000 at the University of California, Berkeley, found strong evidence that an area in the brain used in playing bridge stimulates the immune system.

Paul Buckman of Astoria was mourning after his wife died, he said. He tried group counseling, then took some bridge lessons. He found bridge was much more helpful than counseling.

Sue Kroning, a Seaside bridge instructor, said "You sit down at the bridge table and everything else just melts away."



Jeanne Nasby, left, Marion Blake and Jack Bland play bridge at the Astoria Senior Center.

Buckman says, "It's a fascinating game. It keeps me away from TV and napping on the couch."

He now assists Kroning, setting up tables for lessons and bridge games at the Bob Chisholm Community Center.

The main benefit of playing bridge is the social aspect, Kroning said. You can interact with friends.

"I don't like to call it a club, because it sounds exclusive, and it's not," Kroning said. "Membership is loose. You don't have to belong to a bridge club ... anybody can come and play."

"For people new to the area, it has wonderful benefits like meeting people and forming a social circle."

Playing in a bridge tournament in Seattle, Kroning recognized an accent from where she

grew up in Rhodesia (now Zimbabwe). When hearing the woman's name, she realized the woman was in her class in grade school.

"I feel like I can go anywhere and find a bridge game and meet new friends," she said.

Even though many players on the coast are older, young people are doing really well at bridge, Kroning said, pointing to an American Contract Bridge League publication. The Player of the Year is a 28-year-old from Denmark.

There are bridge games nearly every day in Seaside, Astoria or Long Beach, Washington. Lessons are available for people who want to learn the game or improve their skills. For information on lessons and games go to bit.ly/W2Wbridge or call Kroning at 503-738-7817.

Other activities, such as pinochle, bingo and board games, keep the brain active and offer

social interactions. All are available in Seaside and Astoria.

Movement for the body  
Jennifer Soprano teaches a number of classes at the Bob Chisholm Community Center, including tai chi and exercises for balance and strength.

"I see amazing changes," Soprano said about those participating in exercise classes. A husband and wife came in about a month ago and she saw significant improvement. "It's not about being perfect. It's about giving your body some attention and movement."

She has seen people become more confident, socializing more and improving their mood.

"People are excited for tai chi," she said. "They are here because they want to be."

People of all abilities and range of motion participate. Adult foster care visitors come once a week and interact with other adults. Everyone loves it when they come, Soprano said. "Everybody accepts each other."

The focus of all the classes is to make everyone feel included. The community center is a place to start, make friends and find that you belong somewhere.

The Astoria Senior Center helps get people out and socialize.

"Many elderly people sit at home with nothing to do," Miller said. "They get bored. They might drop in here or accompany a friend and realize it is a great place to socialize."

The Way to Wellville and its sponsor, Columbia Pacific Coordinated Care Organization, support healthy activities and encourage seniors to check out their opportunities.

• Find activities for seniors  
Bob Chisholm Community Center, Seaside: bit.ly/W2WSEPRD  
Astoria Senior Center: bit.ly/W2Wsenior  
Sue Cody, a former deputy managing editor of The Daily Astorian, is communications lead for The Way to Wellville in Clatsop County.