



Senior Moments

with Emma Edwards

Anxiety? It helps to know who's in charge

"Twice as much husband, half as much money" is a definition of retirement that I recently fell upon.

Or another retirement thought: "Doesn't 'expecting the unexpected' make the unexpected expected?"

There are a jillion jokes, books and articles written about retirement.

Oh, the bliss of being retired.

Don't believe it! Some have said that when they retired, they lost their identity.

"What did you used to be," we are often asked.

In truth, we move on, perhaps from being a second-grade teacher to ... what? But we still like to think of ourselves as a teacher, a plumber, a nurse or a whatever.

Are we happier retired? So many different reactions in this new land of retirement when one considers whether it is a forced or voluntary retirement. Do we still run in circles at times (like me)? Some retirees say they are bored (not me).

There are many aspects of retirement common to all. One of the most common, I think, is that (like me) we are still prone to anxiety and maybe more prone.

Another side of retirement can develop into depression. Best cure for this is a sense of humor and forcing ourselves to be social beings.

Anxiety -- some use the phrase angst -- can kick in with no warning.

This anxiety or angst falls in place when we get a call that a tornado is around the corner (nine miles away) with eminent danger.

Remember Monday of this week?

I *think* I prayed; I'm not sure if it was before or after Bill Jr. reminded me that God is in control. And then I hurriedly spread the "news" to several other loved ones. I did all this while in the bathroom because one of my "kids" suggested going there for protection. My adrenaline was running high!

Did I experience anxiety? Fear? Yes, angst took over!

Not so long ago, I heard a whole sermon on worry.

I like how the text is worded in the Phillips' translation where it says, "*Don't worry over anything whatever; tell God every detail of your needs in earnest and thankful prayer, and the peace of God which transcends human understanding, will keep constant guard over your hearts and minds as they (you) rest in Christ Jesus.*" Philippians 4:6,7.

Monday, I learned that a weather "warning" means the event is "eminent"; a "watch" means it "could" happen. (I left the bathroom door open so I could hear all about that on the TV.)

You know, it gave us a glimpse into the grave situations and minds of hurricane victims back east who have been dealing with this for more than three weeks now.

In retirement, many find volunteerism the secret to finding a calm in your new life situation.

Gives you more time to think on important things like "Why is the third hand on the clock called the second hand?"

Finally, I'm glad I know *who* is in charge.

History: County is guardian for thousands of records

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sake of Burnside, a former community north of Knappa on the banks of the Columbia River.

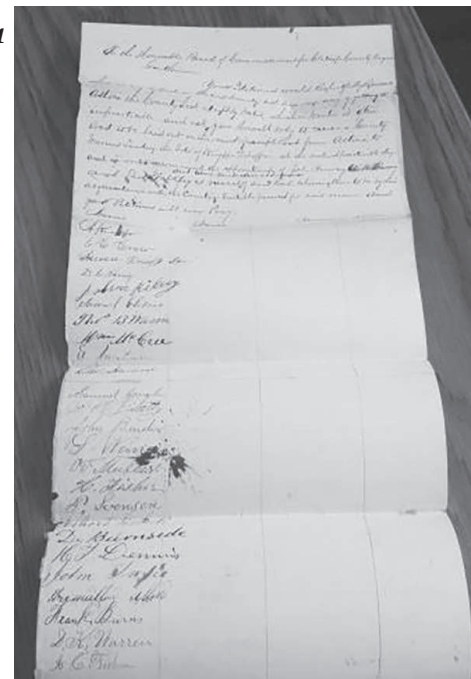
"These were the original signatures, which is neat," Swenson said.

The documents would be like a birth certificate for a person, except these are for a road, Clatsop County spokesman Tom Bennett wrote in the county's newsletter. "The records represent the very beginnings of the county, city and state road systems."

The County Surveyor's Office, along with the County Clerk and roadmaster, are working to better preserve, archive and understand the records to protect public and private property in Clatsop County, Bennett said.

"Holy cow, every month we'll find something more interesting," Swenson said. "There's all sorts of unique things. The most interesting thing is that they're useful today. To be able to take something that was written 120 years ago and be able to trace it back out on the ground is very rewarding and fun."

Most of the signers on the



A road petition bears the signatures of Svensen and Burnside namesakes.

Knappa to John Day River road petition wanted the road for economic reasons.

"They were asking the county to create a road, to consider putting a new road in," Swenson said. "That was a big deal back then because, if you owned a farm they wanted to get their products to market."

The county Surveyor's Office and the County Clerk's office are the mandated guardians of Clatsop County's permanent paperwork, land surveys, subdivision flats, road records and land deeds.

"There are thousands of documents in our vault and the clerk's vault has over a thousand books filled with hundreds of deeds," Swenson said. "And all those are permanent and extremely important."

How long must the county keep them?

"We're required to keep them forever," Swenson said. "A thousand years from now we'll still have them."

Legal Ad

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR THE COUNTY OF CLATSOP

In the Matter of the Estate of DOROTHY DARLENE SHACKELFORD, Deceased

Case No.: 17PB07108

NOTICE TO INTERESTED PERSONS

NOTICE IS HEREBY GIVEN that Sara A. Whitney has been appointed personal representative of the Estate of Dorothy Darlene Shackelford. All persons having claims against the estate are required to present them, with vouchers attached, to the undersigned personal representative at 13765 NW Cornell Road #250, Portland, Oregon 97229, within four months after the date of first publication of this notice or the claims may be barred.

All persons whose rights may be affected by the proceedings may obtain additional information from the records of the court, the personal representative, or the lawyer for the personal representative, Dean H. Shade, Attorney at Law, 13765 NW Cornell Road #250, Portland, Oregon 97229 (503) 644-5539.

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Dean H. Shade, Attorney at Law

Senior lunch menu

Monday, Sept. 25: Beef stew, roasted potatoes, carrots, romaine salad, pumpkin cake.

Thursday, Sept. 28: Chicken Parmesan, mashed potatoes with gravy, green beans, coleslaw, bread pudding.

The Warrenton senior lunch program is at noon (doors open at 10:30 a.m.) Mondays and Thursdays at Warrenton Community Center, 170 SW Third St. Suggested donation is \$5 for ages 55 and older; \$7 for those younger. For more information, call 503-861-3502.