



Senior Moments

with Emma Edwards

Brain boosts come in pleasantries

Did anyone figure out why it took that caterpillar so long to get its tennis shoes on?

Okay, as promised, here is the best answer I could find when I put it to Mr. Google: Seems that the number of legs caterpillars can have varies with the variety and sometimes with its stage of development.

Usually, but not always, butterflies and moths of the same family have caterpillars with the same number of legs. Most larger moths and butterflies have three pairs of true legs, and most have five pairs of prolegs on their tummy.

The best answer would be that most often caterpillars have 16 legs.

I do get on some odd subjects, but if we weren't continually seeking knowledge of this or that, maybe we'd be withering away faster.

A few years back, the Wall Street Journal ran an article about boosting one's brain power. The author was Beth Howard, a writer from North Carolina.

Guess what was No. 1 on the list?

"MRI tests showed that recent retirees who took drawing or painting classes improved connectivity between regions of the brain (according to researchers at the University of Erlangen-Nuremberg in Germany)," she wrote. "Many brain functions rely on the interplay between regions."

Art instruction also increased participants' scores on measures of psychological resilience, according to the article. Resilience is the ability to cope with stress and negative environmental and social factors.

Also on the list of boosting

one's brain power was exercise. Most of us can identify that when we are exercising, it is easier to think outside of the square.

One that surprised me: Watching a movie in 3-D actually boosts cognitive performance and increases heart rate and blood flow to the brain.

Just one more I cannot resist sharing: The Harvard Medical School did a study on us older adults with hypertension and diabetes.

In the study, researchers had the group drink two cups of cocoa a day and after one month scores on basic cognitive tests jumped 30 percent. That study credited cocoa's flavonols for increasing blood flow to the brain.

Okay, one more brain booster is the ability of music, but not just listening. It seems "belting out show tunes three times a week for four months made big improvements on tests of memory and other mental abilities." However, just listening to music did not help.

I know, so much to learn and so little time. But I encourage you to make the most of the time we do have, to make it make a difference.

Admittedly, sometimes it's easier to live in the past. But when you think of it, that doesn't give our brain the jump start it needs. I think we need to leave the past where it is.

I plan to enjoy the advice of author Mary Ellen Porter. "Enjoy the moments that are given to you and the people who are in those moments. Once they're gone, you can't get them back."

I think I will stop and enjoy a cup of cocoa.

Bank's chief to give talk on state of economy

Denise Portmann, president and chief executive for Bank of the Pacific, will speak at a luncheon to update business professionals on the economy.

The luncheon is 11:30 a.m. to 1 p.m. Wednesday, Nov. 1, at Columbia River Maritime Museum's Barbee Center, 2042 Marine Drive, Astoria.

Portman will cover topics such as local and nation-

al economic issues and the banking industry.

Lunch will be provided by Bank of the Pacific.

For reservations, call Lisa Pittard at 503-861-6552 or lpittard@bankofthepacific.com.

Senior lunch menu

Monday, Oct. 30: Ham, scalloped potatoes, broccoli, chicken soup, bread pudding.

Thursday, Nov. 2: Lasagna, Italian sausage with red sauce, mixed vegetables, romaine salad, ice cream.

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.

Letter to the Editor

Library closure would leave hole

Librarians hold the keys to the best and most relevant information available on the planet.

The citizens of Warrenton are fortunate to have a library of their own in the center of their town. It is not just a building full of books, but a center of creativity and research for all age groups. Reading programs and craft sessions for children, guest speakers, computers for all to use and large-print books for seniors are but a few of the advantages of having an active library that is open to everyone.

According to a 2015 Pew Research Center report, 78 percent of Hispanics say closing the library would have a major impact on their community; 72 percent of women say this compared with 58 percent of men; 70 percent of parents of minors assert that a library closure would have a major impact; 70 percent of those ages 50 and older say closing the library would have a major impact.

Join me in voting in favor of measure 4-189 to save our community library. If our library were to close, it would leave a hole in our community and our hearts.

Frank Becker
Warrenton

WARRENTON-HAMMOND SCHOOL DISTRICT SEEKS BUDGET COMMITTEE APPLICANTS

Warrenton-Hammond School District is hereby taking applications for Budget Committee members.

The budget committee will have the responsibility for reviewing the financial program of the district, reviewing the proposed district budget as presented by the superintendent and recommending an annual or biennial district budget in keeping with the provisions of applicable state laws.

- Members are appointed by the Board of Directors
- Members must live and be registered to vote in the Warrenton-Hammond School District
- Members must not be an officer, agent or employee of the Warrenton-Hammond School District
- Members normally serve a three-year term, but some positions are completing other terms of office and may be shorter in duration.

Position 1	Three year term
Position 2	Three year term
Position 4	Three year term
Position 6	Three year term

Applications and additional information are available at the school district office located at:

820 SW Cedar Ave., Warrenton

Phone: (503) 861-2281

Legal Ads

NOTICE OF SHERIFF'S SALE

On December 5, 2017, at the hour of 10:00 AM at the Clatsop County Sheriff's Office, 1190 SE 19th Street in the City of Warrenton, Oregon, the defendant's interest will be sold, subject to redemption, in the real property commonly known as: 736 Avenue Q, Seaside, OREGON. The court case number is 16CV31608, where FEDERAL NATIONAL MORTGAGE ASSOCIATION ("FANNIE MAE"), A CORPORATION ORGANIZED AND EXISTING UNDER THE LAWS OF THE UNITED STATES OF AMERICA is plaintiff, and SCOTT M. WARRELL AKA SCOTT MITCHELL WARRELL; BELINDA OVERFIELD-WARRELL AKA BELINDA CASSIDY OVERFIELD; OCCUPANTS OF THE PROPERTY is defendant. The sale is a public auction to the highest bidder for cash or cashier's check, in hand, made out to Clatsop County Sheriff's Office. For more information on this sale go to: <http://oregonsheriffssales.org/> (OR), <http://files.co.clatsop.or.us/ccso/foreclosures.pdf>
Publish October 27, November 3, 10 and 17, 2017.