



Senior Moments

with Emma Edwards

Serious thoughts on aging

I thought growing old would take longer. Who knew the years would pass so quickly?

I can't remember the famous person who said that, but I agree.

Is it part of aging? We still have the privilege of living on planet Earth and realize what a privilege it is -- at least that's how I feel about it.

A great thing about getting old is that you can get out of all sorts of social obligations by saying you're tired. Another thing is those 10 percent off days and other senior discounts.

The meaning of life, as I understand it, is still a profound mystery. I and many of my peers often lament over what still needs to be done.

Once, at a rather busy time, Winston Churchill was said to gaze at the ceiling and mutter, "So much to do, so little time." I fall into that slump sometimes myself. But then I remind myself that it isn't all about me, so leave it to God, Em!

This is a good time of year to make resolutions about our future.

Some say, "What good is a five-year diary at age 85?" But then I remember a lady who started writing in one at age 90 and lived to celebrate her 103rd birthday.

I know. Think positive.

Maybe I'll get a 10-year diary.

Aging is simply the process of becoming older.

There are so many books on aging, and most are light-hearted.

We used to think age 63 was well into that process. But most of my "kids" are 60-plus now and wondering who

they'll be when they "grow up."

Here's a definition of old age that I like: "You just wake up one morning, and you got it."

Some say old age is a time when your grandchildren are more important than visiting the Grand Canyon.

Serious thoughts that I picked up from Wikipedia (the free online encyclopedia) in the realm of aging: One should consider encompassing physical, psychological and social changes.

It gives me a chuckle that in giving all the stages of life that source goes from "adolescence" to "adult" and then on to "middle age" and, ultimately, to "old age."

Therefore, we are no longer adults when we wake up "old."

Have you noticed when purchasing tickets and the like that we're often grouped with children. Such as "\$7 for adults and \$4 for children and seniors."

We seniors do enjoy hugs, not just over the holidays but throughout the year. However, someone said "be gentle" as some of us (not me) don't have a lot of fat on our bones and a tight squeeze can bruise or hurt. And be sensitive because some don't want to be hugged.

Food for thought: "How old would you be if you didn't know how old you were?"

Charles H. Spurgeon was quoted as saying "*The Lord will make a way for you where no foot has been before. That which, like a sea, threatens to drown you, shall be a highway for your escape.*"

Karen Radich, wife, mother, former WAVE, dies in Astoria

Karen A. Radich, a former Navy "Wave" who worked at Tongue Point Naval Base until its closure, died Dec. 6. She was 96.

Radich was born in Koed, Denmark, and immigrated to the United States with her parents when she was 2. The family initially settled in Utah and moved to Oregon in 1931.

After graduating from Astoria High School in 1941, she joined the Women's Naval Reserves, known as the WAVES (Women Accepted for Volunteer Emergency Services). She served as a pharmacist mate, 2nd class, and worked as a storekeeper supervisor at Hill Air Force Base south of Ogden, Utah.

In 1946, she married Lloyd Hagnas and they had two children, Linda and Carl. The

couple divorced in 1956. In addition to Tongue Point, Radich worked in local fish canneries, at a flour mill and as a house renovator.

She married Luka Radich in 1962 and the couple sealed their relationship in the Seattle Church of Jesus Christ of Latter-day Saints Temple in 1986. Luka Radich died in 1993.

Karen Radich was active in her church, the Danish Society, TOPS and Veteran Ladies. In her earlier years, she loved dancing, bowling, traveling, clam-digging, gardening and sport-fishing.

Later in life, she enjoyed playing pinochle.

Survivors include her son, Carl Hagnas of Warrenton; her daughter, Linda Millard of Corvallis; a sister, Verna Hellberg of Asto-



Radich

County's new planning head comes from Florida

Gail Henrikson, a planning director from Florida, has been hired as Clatsop County's Community Development Department director.

She replaces Heather Hansen, who served in the position from June 2014 to November 2017. Henrikson currently is an ad designer for the Daily Astorian. She will join the county Jan. 8.

Henrikson brings 13 years of experience in land-use

planning to the position, most recently as the director of planning and zoning for the city of New Smyrna Beach, Fla. She earned a bachelor's degree in English language and linguistics and a master's degree in urban and regional planning from the University of Wisconsin, Madison.



Henrikson

"Gail's experience and talents will be very beneficial to the ... Community Development Department," County Manager Cameron Moore said.

The department oversees:

- Land use planning, such as reviewing and issuing permits for development in unincorporated parts of the county, and making sure the county's comprehensive land use plan is in compliance with Oregon law;
- Building Codes, ensuring compliance with structural, mechanical, plumbing and electrical building codes for new and altered structures;
- Code Compliance, providing public awareness of code requirements throughout the county.

Senior lunch menu

Monday, Dec. 18: Pork loin roast, mashed potatoes and gravy, red cabbage, split pea soup, berry pie.

Thursday, Dec. 21: Turkey, cornbread stuffing, mashed potatoes, green bean casserole coleslaw, pumpkin pie.

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.