



## Senior Moments

with Emma Edwards

### Bad attitudes like flat tires

I often read a little devotional booklet called "Our Daily Bread."

One day it zeroed in on the subject of attitude. Got me to thinking. It talked about how we each have our own journey of learning to trust God with hard circumstances.

That day, the lesson was from the epistle of James. It reminded me of a quote written by our 16th president, Abraham Lincoln, "We can complain because rose bushes have thorns, or rejoice because thorn bushes have roses."

It is said that life is 10 percent what happens to us and 90 percent how we react to it. As we age, it becomes apparent that we can't change our past any more than we can change how people will act.

Frankly, I hate to admit it -- maybe because I include myself here, but some of us seniors can act like children. (No, that can't be you or me!)

As parents, when our six children were growing up we observed a lot of attitude. Mine especially, I suppose, because four of them were girls.

In our home, we had an expression, "attitude change," that we used to suggest one was necessary.

The kids knew what that meant, but, as I think back, sometimes it was us who needed to change our attitude.

In psychology, we learn from authors Eagly and Chaiken that attitude can be defined as "a psychological tendency that is expressed by evaluating a particular entity with some degree of

favor or disfavor."

A bad attitude is like a flat tire, the expression goes. If you don't change it, you'll never go anywhere.

Allen Saunders is credited with the expression or sentiment that "Life is what happens to you while you're busy making other plans."

We seniors can be cranky, including yours truly. However, for all the supposing about the pros and cons of our "problems" and wishing things would change, sometimes it's so hard to determine the solution.

There comes a time when we must realize the solution to our problems might be our very own attitudes. And the perspective with which we look at the situation doesn't have to be negative.

Gratitude is the best treatment for attitude. As we age, we realize that life hasn't been easy or perfect or what we may have dreamed of.

However, we can make a choice. We can choose to be happy and grateful no matter what comes in our pathway or react like children.

It would be a good idea to shout "attitude change" to our own selves sometimes. It's up to us!

## Late Pearl Harbor survivor's jacket stolen

Losing her dad was hard on Donna Barnett, who served as caretaker during the last years of Spurgeon Keeth's life.

Someone stole his coat and hat from her car shortly before Christmas.

"I discovered the items missing shortly after his death as I wanted to include them in a memorial service display," Barnett said. "It could've happened here in the driveway or at the grocery store, Post Office, etc., and I inconsistently locked the vehicle, depending on how big of a hurry I was in."

Keeth, who was Clatsop County's last known Pearl Harbor survivor, died Dec. 28 at Barnett's home in Ham-

mond. He was 92.

A military honor celebration was held Jan. 6 at Camp Rilea and the coat and hat were to be part of a display there.

The coat was a Cherokee-brand tan zip-up style light casual jacket with a large round Pearl Harbor Survivors Association patch sewn on the back. The hat was white and dark blue and trimmed in yellow. It, too, had a Pearl Harbor patch on the side.

Keeth was given a place of honor during VFW ceremonies and in Warrenton's Fourth of July Parade.



Keeth

He was just 16 when he joined the military and was sent to Pearl Harbor. Within months his base was under attack by the Japanese and he saw many friends die.

He later served in the Solomon Islands, in Guadalcanal and Munda. He missed death more than once and suffered through six bouts of malaria, according to old newspaper accounts.

Anyone who may have seen the jacket or hat or who may have information about the theft is urged to contact Officer Jeff Dalrymple at the Warrenton Police Department, 503-861-2235.

## Recycling: Solution sought for messy situation

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Most frustrating are the folks who dump things there that aren't recyclable: furniture, concrete blocks, household waste.

The city set aside \$70,000 in the current budget to rebuild the recycling center on Southwest First Street behind El Compadre Mexican Restaurant.

Plans are to pave it to improve maintenance and cleanliness, add lights and set it up in a more user-friendly way.

That comes as a relief for Maria Avelar, owner/manager of El Compadre.

"It's something we always struggle about," she said. "We lock our garbage (bins) and people come and leave their bags next to them. It's always messy. We've done so many things to try to keep it clean. If it's windy, it's nasty."

Sometimes city employees will find addresses in the bags of household waste left in the recycling area and contact the people responsible.

Public Works Director Collin Stelzig did not return phone calls Wednesday seeking comments on when improvements will be made at the recycling center.

Recology, the company Warrenton uses for its recy-

cling services, is trying to alleviate some of the problems there.

"We just recently exchanged the carts there for carts that have wind latches on them," said Rhonda Green, waste zero specialist for Recology. "If they do tip over, hopefully the items stay inside."

Warrenton residents who want wind latches on their own recycling bins can request them by calling the city at 503-861-0914 or Recology directly at 503-861-0578. The city of Warrenton pays for the wind latches. Those who live outside city limits will be charged \$15.

### Senior lunch menu

**Monday, Jan. 29:** Baked chicken, cornbread dressing, gravy, green beans, squash soup, apple pie.

**Thursday, Feb. 1:** Menu was not available.

*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.*

## Tuesday event to benefit AHS band

A night of music, good food and good cheer to benefit the Astoria High School band is set for Tuesday, Jan. 30, at Fort George Brewery, 14th and Duane streets in Astoria.

The Astoria Band Boosters Benefit Night helps the non-profit boosters support and

improve music education in the Astoria School District through financial and logistical support for music education.

The event is from 4:30 to 10 p.m. on the second-floor dining room. The high school's jazz band will perform.