

The Week Ahead

Public Meetings

MONDAY

• **Warrenton Senior Citizens Inc. directors**, 4 p.m., Community Center, 170 S.W. Third St.

• **Rural Development Initiatives Roadmapping** meeting, 5:30 p.m. Community Center, 170 S.W. Third St.

TUESDAY

• **Warrenton City Commission**, 6 p.m., City Hall, 225 S. Main Ave.

WEDNESDAY

• **Clatsop County Board of Commissioners**, 6:30 p.m., 857 Commercial St., Astoria.

THURSDAY

• **Sunset Empire Transportation District Board of Commissioners**, 9 a.m.,

Transit Center, 900 Marine Dr., Astoria.

• **Clatsop County Recreational Lands Planning Committee**, 1 p.m., 800 Exchange St., Fourth Floor, Astoria.

Groups & Events

WEDNESDAY

• **Take Off Pounds Sensibly**, 10 a.m., First Baptist Church, 30 N.E. First St. Info: 503-338-8214.

• **Kiwanis Club of Warrenton**, 1 p.m., Fultano's, 78 Harbor Dr.

• **Warrenton Rotary Club**, 6 p.m., Dooger's, 103 S. Highway 101.

Road Work

ASTORIA

• Bridge repairs are under way along with waterfront. Seventh, Ninth and 11th streets will be under reconstruction through May. Sixth, Eighth and 10th streets will be worked on next year.

CLATSKANIE

• A new crosswalk that includes

a flashing beacon and concrete island "refuge" will be installed in downtown Clatskanie. It will be in front of Safeway, east of the Highway 47 intersection. It's expected to be complete by the end of November.

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Senior Moments

with Emma Edwards

Miracle pills can't replace good old honey!

I received great news on my birthday a few weeks ago that there's now a pill that reverses aging! However, the bad news (by law) had to be shared with me, too.

"Side effects may include fatigue, hair loss, indigestion, creaking joints, back pain, hypertension, clogged arteries, constipation and possibly memory loss."

I was then instructed to contact my doctor in case any of these should appear after taking the miracle pill.

Some wee cartoon man with a large yellow head (sometimes has one eye and other times two eyes) was quoted recently (and by the way, I totally agree with him), "Just once I would like to read a medication label that says 'Warning: May cause permanent weight loss, remove wrinkles and increase energy.'"

I think I'll settle for advice once given by Erma Bombeck:

"Never go to a doctor whose office plants have died."

Lately, we've been bidding a fond farewell to several of our snowbirds who head to drier country for the winter. It's nice that some continue to receive their hometown newspaper (The Columbia Press) either online or via the post office. Hello to each of you if you, indeed, are reading this issue from far, far away already.

It will make you feel so much closer to home and you won't miss us quite so much.

Interestingly, we have friends who are leaving for their yearly reverse-snowbird winter. I'm speaking of a couple who spend the winter near family in Denver. Recently, they subscribed to "our" newspaper online so they won't miss any pertinent news. Just go to thecolumbiapress.com or call 503-861-3331 to subscribe.

One more gem of knowledge to share. A lot of us seniors out there prefer honey to sugar. In learning about honey, I found it's the only food on the planet that won't spoil or rot. It does crystallize if left around for an excessive period of time, but when melted it is good as new.

The mistake some make with honey is to put it in the microwave to liquefy. That kills the enzymes in honey. Lots of diseases can be cured with a combination of cinnamon and honey. In fact, I'm told the drug companies aren't anxious for us to know this fact.

Honey can be used without any side effects for many diseases. Funny thing: When I told my friend, Oriole, that I was excited with all I'd learned about honey, she replied, "You mean the two-legged kind?"

We can dream!

Life Flight's medical director named tops by OHA

Life Flight Network's medical director, Dr. Jim Bryan, has been honored as Medical Director of the Year by the Oregon Health Authority for his commitment to excellence and education in emergency medical services.



Bryan

The Oregon EMS Awards Banquet, held Sept. 28 in Salem, honors those who stand out among the thousands of EMS professionals helping to save lives around the state.

"We want to congratulate Dr. Bryan on this exciting honor," said Michael Griffiths, chief executive of Life Flight Network. "Dr. Bryan has dedicated his entire career to

improving emergency medicine in Oregon.

At Life Flight Network, he is actively involved in maintaining the highest level of quality care we deliver every day to patients and the communities we serve."

He has been Life Flight's

medical director for 10 years.

Bryan oversees and provides hands-on training to 300 medical professionals in the network.

Life Flight Network, a non-profit air medical service, has a base of operations at the Astoria-Warrenton Regional Airport.

Senior lunch menu

Monday, Oct. 22: Chicken Parmesan, spaghetti carbonara, green beans, tomato soup, apple pie.

Thursday, Oct. 25: Meatloaf, mashed potatoes and gravy, corn, coleslaw, 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.