



Senior Moments

with Emma Edwards

Would you turn back time?

Which would you rather have, a trunk full of nickels or a trunk half full of dimes?

Now that we are seniors, we have more time to ponder such thoughts. Think hard and I'll try to remember to put the answer at the end of the column.

I got to thinking the other day (and probably most of us think more at this stage of our lives) about how we have seen the results of many an invention and simply marveled.

I was pondering the other day over the possibility of "un-inventing" things. You know, things like the telephone or cell phones? Elizabeth Akers Allen, who was born in 1832, had similar thoughts. Later in her life, she wrote the hymn "Rock Me to Sleep." Here's the first verse:

*Backward, turn backward,
O Time, in your flight,
Make me a child again just
for tonight!*

*Mother, come back from
the echoless shore,
Take me again to your
heart as of yore;*

*Kiss from my forehead the
furrows of care,*

*Smooth the few silver
threads out of my hair;*

*Over my slumbers your
loving watch keep;*

*Rock me to sleep, mother,
rock me to sleep!*

Years later, another author changed the third line to "Un-invent telephones just for tonight!"

Yesterday, I was in the pickle/relish/olive row at Fred Meyer when I got an important call on my cell phone. I was thankful, but was sure I was a distraction to others. Then I looked up to find two other people on their phones.

What do you wish to uninvent?

On a more serious side, I was reminded the other day to be sure my end-of-life options were written down and signed by the doctor. The new year is a good time to ensure we're covered medically for things like ambulance insurance (Life Care) or helicopter rides if needed for emergency treatment (Life Flight). And, most important, we should be registered through our doctor with Oregon Polst Registry (portable order for life-sustaining treatment).

To learn more about this last option, go to www.OregonPolst.org and watch an informative video explaining all of this.

I used to look at it as something to do for myself, but the older and/or more frail we get, I think we owe it to our loved ones to give them peace of mind, too. All three stickers are posted on my outside door to greet emergency personal should I have a crisis.

Now, the answer to that opening brain twister: Nickels are worth half as much as a dime, and take up quite a bit more space. Because of this, a trunk half full of dimes would be worth more and weigh less as a lot more would be needed to fill half the space.

Senior lunch menu

Monday, Jan. 14: Salmon, parsley butter potatoes, peas, broccoli soup, berry trifle.

Thursday, Jan. 17: Baked chicken, mashed potatoes and gravy, green beans, 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.

Boys and girls teams win back-to-back victories



Bruce Dustin/The Columbia Press

Jake Morrow and Ayden Stephens watch Dalton Knight garner another of his game-leading 26 points Tuesday night against their opponent from British Columbia, Southridge High School.

Trip offered to Roe v. Wade march

Rides are being organized for the annual Roe v. Wade Memorial and March in Portland on Jan. 19. The event marks the 46th anniversary of the Supreme Court decision to legalize abortion.

Speakers include Catholic Archbishop Alexander Sample and "Becky" from Stand-UpGirl.com, a resource for young women seeking alternatives to abortion.

Sundial Travel has donated a van to take those who sign up to Courthouse Square in Portland. The van will leave Columbia Memorial Cancer Hospital's rear parking lot

at 11 a.m. Saturday, Jan. 19. Cost is \$15, which covers gas and includes a sack lunch and water. To reserve a space, call Kathleen Hudson at 503-861-2802.

BY BRUCE DUSTIN
The Columbia Press

The Warrenton Warriors girls basketball team prevailed over Willamina last Friday night in a hard-fought 44-38 win.

They then came back the next night, Saturday, with a 63-25 tromping of Taft. Claire Bussert had 19 points Saturday along with Kenz Ramsey's 14.

Warrior boys basketball fans might need their hearts restarted after last Friday's 46-45 win over Willamina, which was followed by a 43-41 win against Taft on Saturday.

Thanks to Dalton Knight's 33 points Saturday, the Warriors improved their home-court record to 7-1.

The Warriors played Southridge School from British Columbia Tuesday night, beating them 54-47.

Both boys and girls teams play Taft on Saturday.

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