



Senior Moments

with Emma Edwards

Easter thoughts should turn us to the positive

"You can't change the past, but you'll ruin the present by worrying about the future."

I'm not sure who said that, but it made me think of the Lion King movie, when Rafiki tells the future lion king that he can run from his past or learn from it.

I think I'll bring out my Fire Stick and see if I can find that movie and watch it again.

Each of us has a place in God's tapestry. Having worked with seniors over the years, I find a lot of time is spent reviewing or reflecting on our past.

Now that I'm an "older senior," I realize it's easy to slip into that way of thinking, even if we recognize the futility of regret.

It doesn't stop our minds from wondering "what if?" which can lead into an almost nonreturnable state of depression.

A good thought I read recently: "Forget who hurt you

yesterday, but don't forget those who love you every day. Forget the past that makes you cry and focus on the present that makes you smile. Forget the pain, but never the lessons you gained."

On another happy note, did you notice that Arthur and Ethel have returned to the slough across from Warrenton Community Center? Many of you may remember five years ago when I decided to name the ducks. Every year since then, they have returned.

I tried so hard to get a picture of them in the water, but they just posed on land for me again this year. I walked across the street and pretended not to notice them and they walked or flew back into the water. But when I tiptoed over to the edge to get a picture they immediately headed for land once again.

A few years back, one of the seniors eating at the Warren-

ton meal site told me she read that the U.S. government had allotted \$385,000 to study mallard duck's body parts that year. Oh yes, you can bet I googled it and there it was!

I won't tell you what part they are studying this year; you'll have to look it up. Hey, we take our ducks seriously!

One more thought; I love Easter time.

In years past, I remember the joy of finding my Easter basket Easter Sunday morning. I had three big brothers and a younger sister and we counted to be sure we got the same number of candy and goodies in that basket.

There came the day when I realized there was more to Easter than baskets and candy. However, I still like all of that!

I wish for you the peace of Jesus, whom God sent into the world (to you and me) not to condemn the world but to save the world (John 3:17).

Willamette steelhead making a comeback

Wild Willamette winter steelhead, an iconic run that is considered by many to be the most imperiled fish in Oregon, are posting some their best returns in three years.

Oregon Department of Fish and Wildlife biologists hope this is the beginning of a turnaround, and evidence the fish are responding positively to the removal of one of their most voracious predators, California sea lions.

By April 3, more than 2,400 winter steelhead had crossed Willamette Falls into the upper river and its tributaries on their way to spawn. Based on passage numbers, ODFW is projecting the total return this year will come in around 3,200

winter steelhead. That would be nearly double last year's return of 1,829 fish, and fourfold increase from the record low return of just 822 fish in 2017.

"We're excited to see some of the best winter steelhead returns in recent years," said Dr. Shaun Clements, ODFW senior policy analyst. "We're

encouraged by the fish numbers and by the success in implementing the sea lion removal program. We've definitely been able to reduce predation this year and provide some relief to the fish."

Sea lions were consuming up to 25 percent of the winter steelhead run.

Senior lunch menu

Monday, April 22: Shrimp quiche, roasted potatoes, peas, seasonal fruit salad, lemon cake.

Thursday, April 25: Spaghetti with Italian sausage, garlic bread, broccoli, 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 \$6 for ages 55 and older; \$7 for those younger. For more information, call 503-861-3502.

IN MY EASTER BONNET



(L-R) Terry (Enke) Arnall, Arlee Jensen, Katy (Perry) Fitzpatrick and Trudy Enke (Terry's sister), prepare for Easter services about 60 years ago. Everyone still lives locally and, below, the girls got together recently for Terry and Trudy's mother's birthday, although in slightly different order. That's Terry, Katy, Trudy and Arlee.



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