



Senior Moments

with Emma Edwards

Help! I've fallen (off the wagon) and I can't get up

If a cow doesn't produce milk is it a milk dud or an udder failure?

Why don't we connect the word failure with us seniors very often?

Sometimes, I hear seniors lamenting things for which they'd like a redo. But we're simply beyond the failure definition, I think.

I think the most common denominator for all seniors is survival, according to my keen observation skills. We like to think that no matter what the doctor says we'll live for many more years, and then some!

The very next item would be to see our progeny doing well. I mean body, soul and spirit!

We have different ways of going about that task. Perhaps a "know it all" concept happens earlier in life. And that could be a detriment, not an asset.

I think that a young person who asks questions turns out to be the more successful person later in life.

I'm in the middle of re-reading a favorite book of mine, "The Scarlet Thread" by Francine Rivers.

It's about a woman who lived in mid-1900 and a young pioneer woman who traveled the Oregon Trail in mid-1800.

Both were uprooted from their homes a century apart, but are joined (in this amazing book) through "a tattered journal -- both equally upset to be uprooted."

I won't tell you any more, but I suspect our local library has this book or, with its new system, could order it for you.

Also, I won't tell you what happens when they "fall into the arms of the One who loves them unconditionally."

All our lives we have heard "You can't always get what you want" and "Who says life is fair?"

Vitamin D has received a lot of kudos lately for everything from skin health to dementia prevention. Dr. Michael Holick, author of "The Vitamin

D Solution," says "Vitamin D raises levels of mood-boosting serotonin and boosts the production of feel-good endorphins."

He recommends that you spend 15 minutes in the sun without sunscreen!

Talking about Milk Duds in the first paragraph reminded me to share with you this version of "Help! I've fallen and I can't get up!"

I try to watch my calories and chuckle over the latest version for those watching their weight, too.

Are you ready? For us, we say "Help! I've fallen (off the wagon) and I can't get up!"

I knew you would like that one.

Another gem is that coffee grounds repel slugs and snails and act as a slow-release fertilizer. That's from Amy Stross, author of The Suburban Micro-Farm.

Have a good week ahead! Hey, see you in the sun, but I can only stay 15 minutes!

Clatsop: Incorporated 175 years ago

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the banks of the Columbia River to take advantage of the abundant resource.

Forgive the editorializing, but we are lucky to live in a place the rest of the world wants to visit! Visitors began coming here in the mid-1500s -- evidenced by shipwrecks -- and tourism has yet to slow.

The air is clean, water is healthy, and it's hard to find a bad restaurant.

Notable things to see: Astoria Column, Astoria Riverwalk, Astoria Trolley, Liberty Theatre, Peter Iredale Shipwreck, Fort Clatsop and other Lewis and Clark Expedition sites, Fort Stevens Historical Park, Columbia River Mar-

If you go
What: Clatsop County's 175th anniversary reception hosted by Clatsop County Commissioners
When: 5 p.m. Wednesday, June 26
Where: 857 Commercial St., Astoria

itime Museum, Ecola State Park, Jewell Meadows elk refuge, Youngs River Falls, Warrenton's Waterfront Trails, Tansy Point (site of the 1851 treaty summit with local Indian tribes), the Hanthorn Cannery Museum on Pier 39, touristy fun and shopping in Seaside and Canon Beach.

"It's no coincidence that

the place with the most spectacular scenery in the Pacific Northwest is also the place where the most important events in the history of the region have occurred: Clatsop County," boasts the Clatsop County Historical Society's website.

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FOURTH OF JULY FUN FOR THE WHOLE FAMILY IN ASTORIA AND WARRENTON!



The Astoria-Warrenton Area Chamber of Commerce presents the 4th of July fireworks!

Show begins at dusk with fireworks shot from a barge near downtown Astoria. Grab a chair or blanket and a flashlight, then join us along the riverwalk to enjoy the show.

Special thanks to WCT Marine, Hyak Tongue Point, CFMS and your Chamber Ambassadors for making this celebration possible.



ASTORIA
WARRENTON
CHAMBER OF
COMMERCE

WEDNESDAY, JULY 3RD

6:30p.m.: Free Concert "Spirit of Adventure" North Coast Symphonic Band at Liberty Theatre with service flags from American Legion Clatsop Post #12

THURSDAY, JULY 4TH

11a.m. to 3p.m.: Warrenton's Old-Fashioned Fourth Barbecue, Car & Motorcycle Show, Kids Activities

3p.m.: Warrenton 4th of July Parade Route follows South Main Avenue from the Post Office to SW 9th Street

Dusk: Fireworks above the Columbia River The fireworks will be shot from a barge in river by Columbia River Maritime Museum

FIND MORE HOLIDAY INFO AND EVENTS
ON OUR COMMUNITY CALENDAR AT

OLDOREGON.COM