



Senior Moments

with Emma Edwards

Oopsie! Don't put salt on the slug

Last week we were reminded to be nice to or at least aware of the bees. This week, someone says "what about those awful slugs?"

A somewhat popular solution seniors have learned is to take a "throw away" aluminum pie plate and settle it into the ground so the top is even with the soil and then pour beer into it. If nothing else comes along to drink it, eventually you'll end up with a plate full of dead or perhaps just tipsy slugs.

We should look at slugs and snails as very important, according to a timely *Gardener's Guide* article.

"They provide food for all sorts of mammals, birds, slow worms, earthworms, insects and they are part of the natural balance," it says. "We upset that balance by removing them -- we can do a lot of harm."

Have you noticed that sometimes, at our stage of life as seniors, we can feel we're faced with a "why bother?" or "who cares?" day? We settle into a good book, magazine or documentary, or even an old 1940s black-and-white movie and, suddenly, we're enjoying or rescuing that somewhat hopeless day.

Depression can sneak up on the best of us and take away not only the day, but our joy in living.

It's good to have some remedies at hand to battle depression and not let it engulf us.

One of my favorite antidotes for sad thoughts is humor. You know, like that under or over toilet paper thing? Yes, that's a big decision for many couples.

In our 53 years of marriage, my gentle, loving hubby and

I were mostly compatible except when it came to the over or under subject. He has been with Jesus in heaven now for over 15 years and the way toilet paper hangs can still give me a chuckle if I find it in the under position instead of over -- *the way it should be installed!*

Another cure for depression or sad feelings is to get out of the house and walk around the block. Or go for a walk in one of our big box stores.

By the way, I learned a new word this week, thanks to that Gary guy at senior lunch who loves to delight us with a new word once in a while. You will love it.

The root of a word we often use -- oops -- is oopazooty. Oops has been around since 1872. The expression "upsideisy," which is often said when jostling a baby, may have its roots in oopazooty as well.

The original word relates to craziness and also to a disease that involved horses. You may wish to research it as I did and it will make you smile!

We don't have to sit around with sad feelings when there is so much out there to learn. Some say, so much to learn and so little time. Don't waste it doing nothing.

Senior lunch menu

Monday, Sep. 16: Chicken rice casserole, mushrooms with dill and sour cream, green beans, Mo's clam chowder, berry trifle..

Thursday, Sept. 19: Roast beef, mashed potatoes and gravy, carrots, coleslaw, key lime 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 \$6 for ages 55 and older; \$7 for those younger. For more information, call 503-861-3502.

Hammond residents vote to join Warrenton

The Columbia Press was established in 1922 as a Finnish language newspaper. By the 1940s, it was renamed and remade into a publication serving all of Clatsop County.

The Columbia Press was purchased by Hal and Edla Allen in 1962 and moved to Warrenton in 1978.

Today it's the newspaper of record for the city of Warrenton, while also covering county, regional and state issues of interest to residents.

TWENTY-EIGHT YEARS AGO (SEPTEMBER 1991)

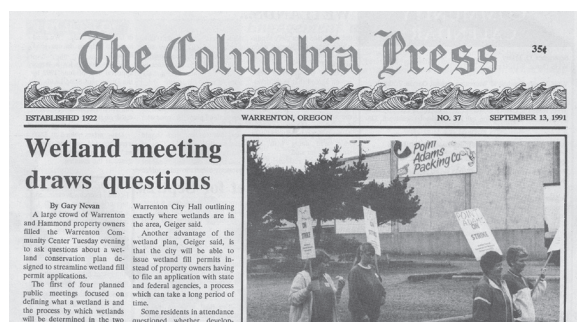
- Residents of Hammond vote to dissolve their city charter and merge with the city of Warrenton. Hammond was platted in 1890 as New Astoria, but the name was changed to Hammond in 1915, when the town got a post office named for Andrew Hammond, who had plans to build a mill in the area. Opponents to the dissolution worry they'll lose the post office (which still exists in 2019).

- The city holds the first of several meetings to develop a wetland conservation plan to streamline wetland fill applications.

- Employees of Point Adams Packing picket as negotiations stall between the company and United Food and Commercial Workers

History in the Making

A look back at Warrenton's top stories from The Columbia Press annals



union. The processing plant was founded in 1920 on Point Adams, considered the southern edge of the Columbia River before the jetties were built. Point Adams was named in 1792 by Capt. Robert Gray in honor of Vice President John Adams, who would become the second president of the United States five years later.

TWENTY YEARS AGO (SEPTEMBER 1999)

- City Commissioner Les Newton (father of current Commissioner Rick Newton) resigns, citing frustration with the city's financial direction, and concerns about his health. He'd served on the City Commission for 27 years and was mayor for 18.

- A majority of voters approve a five-year levy to retain the police officer position filled by Officer Len Mossman (who retired in June 2019!). Voters also approved a tax allowing Warrenton Fire Department to hire a training officer.

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