



Senior Moments

with Emma Edwards

Listening can lead to popularity

My focus this week is on boredom. Seniors often are accused of being boring. Most of the time we are totally innocent, not knowing or wishing to be thought of as such.

It's hard to believe, but often family and friends endure long conversations from us mostly begun and accentuated with "I," "My," or "Me."

I was introduced to a word that's new to me, abstemiousness, or lack of self-indulgence.

We need to wean ourselves from talking too long about ourselves. Admittedly, that is something we all enjoy doing but need to work on.

If just making conversation (often about oneself), perhaps five minutes could be our max. Since most of us can speak 150 words every minute, that would be sharing approximately 750 words. To give you an idea, this column averages 500 words. Overheard, "No, no please continue to talk! That glazed over look in my eyes doesn't mean you are talking too much!"

We really want to be included in occasions with family and/or friends and would not want the person hosting to say something like "No, let's not include her or him as they talk too much and it takes them forever to tell a story."

Yikes! Is that me?

Once upon a time, there was a Scottish philosopher, satirical writer, essayist, translator, historian, mathematician and teacher by the name of Thomas Carlyle. He was born in 1795 in the village of Ecclefechan, Dumfriesshire. It's fun to glean knowledge from such a unique individual.

He was a leading social critic of early Victorian England. "A man without a goal is like a ship without a rudder" is

a saying attributed to him. Most of his quotes were short, to the point.

A 1940s Readers Digest condensation of a short story from the Atlantic Monthly tells a story about Carlyle. He was out to dinner and a diner was monopolizing the conversation to the extreme limit of boredom. Carlyle was quoted as saying "Take me away and put me in a room by myself."

That is where abstemiousness fits in, not only in regard to conversation and listening but in other limitations such as food or exercise.

So, do women talk or use more words than men? A 2010 article I wrote spoke of men saying 7,000 words to a woman's 20,000. Recently, however, I learned that that statistic has been debunked. In more than 25 studies, we learn that words aren't gender-determined.

A good way to limit the chance of "talking too much" is to practice the art of listening.

I would not say abstemiousness fits into that particular art. In fact, listening carefully can increase one's popularity, with others wanting to have you around.

My closing thought: "People who don't know me think I'm quiet. People who do know me, wish I were!"

Senior lunch menu

Monday, Nov. 4: Beef stew, roasted potatoes, carrots, tomato soup, pumpkin cake.

Thursday, Nov. 7: Meatloaf, mashed potatoes and gravy, green beans, spinach salad, berry trifle.

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.

Business and development tidbits

BRANCH GETS COFFEE STAND

The new TLC credit union next to Walmart will feature a coffee house, the company announced.

Red Leaf Organic Coffee will have an in-branch location that will have the same business hours as the credit union and serve a variety of espresso drinks, smoothies, energy drinks, local teas, house-made bakery items and breakfast sandwiches.

The branch, which is expected to open before the end of the year, also will have a Spotify station and free wi-fi.

TLC is a division of Fibre Federal. The new branch is at 1771 Ensign Lane.

MAKING LAND ATTRACTIVE

Where happenstance has given the county too many transient camps, the county has developed a learning experience.

The Public Works Department recently hired a contractor to clear brush and

Emergency planner to speak on water supply, purification

An emergency planning expert will speak about water supply and purification during the next Ales & Ideas lecture at 7 p.m. Thursday, Nov. 7, in the Lovell Room at Fort George Brewery, 14th and Duane streets, Astoria.

Shan Martin was a task force engineer during Hurricane Katrina and an emergency manager at Camp Rilea during the 2007 storm.

He'll demonstrate several methods of collecting, stor-



An artist's rendering of the credit union's coffee stand.

ing, and converting seemingly unusable water into clean, drinkable water, with a focus on techniques and sources

er's weekly bulletin. Just uplands are being cleared and larger trees will be left standing. Public Works will use the areas with larger trees to train personnel in tree falling, bucking and limb-felling, according to the report.

"We have received some outside interest from both Tillamook and Columbia counties in sending additional trainees to the site," County Manager Don Bohn wrote.

The free lecture series is sponsored by Clatsop Community College and the brewery.

COMMITTEE VACANCIES

The CITY OF WARRENTON is seeking interested persons to apply for vacancies on the City's various committees. We have vacancies on the following boards:

- Warrenton Budget Committee - 2 positions (3 year term)
- Warrenton Planning Commission - 2 positions (4 year term)
- Warrenton Community Center Board - 1 position (4 year term)
- Warrenton Community Center Board - 1 position (1 year term)
- Warrenton Parks Advisory Board - 1 position (3 year term)
- Warrenton Parks Advisory Board - 1 position (2 year term)
- Warrenton Business Association - 3 positions (3 year term)
- Warrenton Business Association - 1 position (2 year term)
- Warrenton Urban Renewal Advisory Board - 4 positions (2 year term)
- Community Library Board - 3 Positions (4 year term)

Applications are due by November 27, 2019.

This is an excellent opportunity to participate in the important decisions affecting your community.

For more information and appointment qualifications go to the City's website at www.ci.warrenton.or.us, (click on the "Community" tab at top of the page and then "Citizen Involvement" from the drop down menu). If you need additional information, please contact Lindsay Duarte, Deputy City Recorder, at 503- 861-2233 ext. 102 or via e-mail: Lduarte@ci.warrenton.or.us.