



Senior Moments

with Emma Edwards

Foretelling good food habits

Some of you know I enjoy fortune cookie sayings. Here is a Chinese proverb that you'll need to think through but it's so true: "The more you eat, the less flavor; the less you eat, the more flavor."

Just behind and to the west of Warrenton Community Center is the Warrenton Community Garden. You will never guess in a hundred years what one of the gardeners brought to share with a few of us not long ago.

The globe zucchini, eight-ball or cannonball zucchini is a favorite cultivar of many gardeners. It's in the zucchini family and looks like a small green pumpkin.

The cannonball zucchini is best when stuffed with a pre-cooked filling and popped into the oven for about half an hour. It provides a light supper in a vegetable bowl.

In my collection of fortune cookies is a Spanish proverb, "A man too busy to take care of his health is like a mechanic too busy to take care of his tools."

While on the subject of food (especially with Thanksgiving just around the corner) I'll remind you of Clatsop County's Oregon State University Extension Office at 2001 Marine Drive, Room 210, Astoria (503-325-8573).

It's a fun place to visit. They have an inexhaustible supply of booklets and articles covering community food resources, along with a Fall Service Guide. Their materials can be so useful in our day-to-day living experiences. To learn more, call. I always learn something new from materials available at the OSU offices, such as that skim



and 1 percent milk have all the calcium found in 2 percent and whole, but without the extra fat. I learned it's good to buy low fat or nonfat yogurt, pudding, cheese and cottage cheese.

The same article notes the difference between calcium gluconate and calcium carbonate, such as which is better absorbed by bones and how much should be taken and when.

I need to analyze that better for myself, but I did learn it's better to take no more than 500 mg at a time with a total of 1000 mg for most of us, but for best results spaced throughout the day and with food.

Also there is a whole section on what OSU refers to as its "Turkey Facts." Whatever your need in so many food- or health-related areas, if you have a computer or have time to visit our local library's computer lab, bring up extension.oregonstate.edu and click on "topics" and "food."

There's also a search engine that could fill your days all winter long. So much to learn and so little time. Kids may say "I'm bored," but don't fall into that trap.

An Irish proverb says it all: "A good laugh and a long sleep are the best cures in the doctor's book."

Senior lunch menu

Monday, Nov. 18: Roast beef, mashed potatoes and gravy, carrots, romaine salad, chocolate cake.

Thursday, Nov. 21: Pork ribs, whipped sweet potatoes, red cabbage, navy bean soup, 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.

County to remove docks that pose safety hazard

Two run-down docks in Knappa and Clifton will be removed for safety reasons, county officials have decided.

The county-owned docks haven't been maintained for decades and pose a liability, Public Works Director Ted McLean told county commissioners. On Wednesday, the board approved a \$15,697 contract with Vinson Brothers Construction to have the docks removed. Vinson Brothers' headquarters is on Knappa Dock Road.

Restoring or rebuilding the docks isn't feasible or cost-ef-

fective and, due to their unsafe condition, the county's insurance carrier has urged having them removed, McLean said.

The Knappa dock, located at the end of Knappa Dock Road, dates to the 19th century and served various functions before the county acquired it in the late 1940s or early 1950s. At that time it was rebuilt for use in off-loading road-building material, as well as moving livestock to and from nearby islands for grazing.

The Jones dock at Clifton likewise was acquired

by the county around the 1940s-'50s and appears also to have served primarily as a cattle-transit point.

By the 1980s, those uses had ended and maintenance came to a halt.

Signs warning the public to stay off the structures were posted. But the signs have been torn down and people have continued using the docks, McLean said.

Once the structures are gone, the Public Works Department will smooth and grade the sites to enable continued public access.

Hospital performs first specialized spine surgery

Columbia Memorial Hospital's OHSU Knight Cancer Collaborative performed its first spine stereotactic body radiation therapy (SBRT) procedure.

The procedure, which is new to the cancer center, administers a high dose of radiation using various intensities aimed at different angles, minimizing damage to healthy tissue. SBRT uses a sophisticated computerized system to match a three-dimensional outline of the tumor so that the radiation can be more precisely delivered to the cancer cells.

"This procedure is amazingly complex and requires a team including a physicist, dosimetrist, radiation therapists and a radiation oncologist," said Dr. Pehr Hartvigson, CMH radiation oncologist. "Patients needing



The radiology surgical team at Columbia Memorial Hospital.

this therapy have had to travel to Portland ... and we are thrilled to be able to bring the technology to Clatsop County."

Erik Thorsen, the hospital's

chief executive officer, presented the providers and staff with coins thanking them for providing excellent care and expanding services to local residents.

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