



Senior Moments with Emma Edwards

Age shouldn't slow us down

My latest fortune cookie read, "No one grows old by living, only by losing interest in living."

The saying is tailor-made for me and the rest of us. We seniors glean wisdom from so many places. Life is good!

Many of you know that I'm active in the Warrenton Senior Citizens Inc. meal site held at noon on Mondays and Thursdays at Warrenton Community Center.

There is a regular patron by the name of Betty Kelly who recently celebrated her 90th birthday and so is now referred to as a nonagenarian.

Recently she gave me this nugget: "Age may slow me down, but it hasn't closed my mouth." (She is the one who shares her holiday walnuts recipe with us every year.) I will see if there is room for it next week.

I'm not sure who assigned these designations, but it's fun to know what we are referred to age-wise. In our 50s, we are quinquagenarians, sexagenarian in our 60s, septuagenarians in our 70s, and octogenarians (that's me) in our 80s. Once we turn 100, we are centenarians and past 110, supercentenarians.

Time for Christmas is winding down for the year as is everyone else around us.

As seniors, we don't seem to experience the pressures of the younger crowd. Maybe, that's because we have "been there, done that"?

Every year I used to say that the "next year" I was going to have everything done way ahead of time and just sit back and enjoy the Christmas season.

Did it ever happen? Well, not really. But, I must say, it wasn't for lack of trying.

Most of us older folk even remember the real reason we celebrate Christmas.

We like to tell the story about the little baby born in a manger over 2,000 years ago. We don't mind when the little ones ask us to share it with them, either.

And, of course, they listen because most little ones think it is fun when a grandma or grandpa tells a "once upon a time" story, especially when we tell them it's a true story.

My favorite times of the Christmas season are listening to a group of little ones sing songs such as "Away in a Manger" and "Silent Night." Oh, yes, and "Twinkle, Twinkle Little Star" and "Jingle Bells."

Another favorite is "I'm a Little Snowman, Short and Stout" (that's me after all I ate on Thanksgiving).

There are so many reasons to be thankful, especially at this time of our lives when our lives are no longer cluttered with pressures of expectations.

Remember when we used to type on a typewriter that we called it "typing"?

What is it called on a computer?

I got the answer on my first Google search asking about it. It's called "keyboarding." I like that.

So, when the kids say they are going snowboarding I can just tell them I think I will go keyboarding. It sounds more exciting somehow.

At least we don't end up with a broken ankle for the endeavor.

Marine debris topic of Nature Matters talk



Horn cleaning marine debris from a local beach.

The problems of marine debris, how it impacts watersheds and how to deal with it is the topic of the next Nature Matters talk.

Dorothy Horn, a Portland State University doctoral candidate, will lead the discussion at 7 p.m. Thursday, Dec. 12, in the Lovell Showroom at Fort George Brewery, 1483 Duane St., Astoria.

Horn will present research



Horn

investigating the impacts of microplastics on invertebrates in Oregon, and some of the ways residents can make changes.

Doors open at 6 p.m. for dinner service, although no purchase is necessary.

Nature Matters is sponsored by Lewis and Clark National Historical Park, North Coast Watershed Association and Fort George.

Horn grew up in Southern California and holds a bachelor's degree in Environmental Science and Biology.

She has worked as a ranger for the National Park Service and U.S. Fish and Wildlife Service.

KMUN receives grant to upgrade

Coast Community Radio, the nonprofit radio station in the Columbia-Pacific region, has received a \$19,401 grant from Oregon Cultural Trust.

Station Manager Graham Nystrom wrote the grant request for money toward the Radio For Good campaign.

The trust awarded CCR \$19,401 toward phase two of the campaign, a three-year plan to repair, replace, and update all of the broadcast equipment from microphone to transmitter.

"We are incredibly grateful that the Oregon Cultural Trust sees the importance of our services, and that they acknowledged the need for our equipment to be updated and reinforced," Nystrom said.

"I hope the Northwest Coast never sees another storm like we did in 2007, but with the help of community members and grant-making foundations like the Oregon Cultural Trust, Coast Community Radio is doing its part to be prepared."

Coast Community Radio is a member-supported, volun-

teer-operated radio agency serving a diverse listening audience from Raymond, Wash., to Pacific City on three stations KMUN, KTCB and KCPB.



Nystrom

Senior lunch menu

Monday, Dec. 9: Mexican lasagna with chicken, Spanish rice, carrots, black bean soup, fruice pie.

Thursday, Dec. 12: Pulled pork, roasted potatoes, red cabbage, split pea 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.

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