



Senior Moments with Emma Edwards

Vacationing from retirement

I'm a happy camper for another year. I got to play in the snow at the rest area off Highway 26 on the way home from 10 days with my Cornelius "kids."

My only disappointment was that my family wasn't able to catch a picture of the many snowballs I threw while they were yet in the air. I think that takes a special camera, perhaps.

A friend asked what was the occasion for my visit. I told him that I took a week's vacation. He laughed!

And that brought up another question. Do we seniors need vacations? The definition of vacation is "an extended period of leisure and recreation, especially one spent away from home or in traveling, such as 'he took a vacation in the south of France.'"

The definition of vacation that I like best is "the action of leaving something one previously occupied."

Synonyms for vacation include adjournment, recess, furlough, respite, leave of absence, minibreak and sojourn.

My respite consisted of many board games and, of course, playing cards and going to many of my favorite thrift stores.

It was also fun being served, affirming what my daughter has often said, "mother loves to be waited on." She and her husband are the accommodating ones, I tell her, so it is not my fault. But, of course, I do love it.

Some of you may know that I have the disease called bibliophilia, or excessive love of books. My late hubby had the same disease, so over the years we have gone through many books.

While on "vacation," I ran into a book written in 1988 by

David Feldman called "Why Do Clocks Run Clockwise and other Imponderables."

Why do clocks run clockwise? "Before the advent of clocks, we used sundials," Feldman writes. "In the Northern Hemisphere, the shadows rotated in the direction we now call 'clockwise.' The clock hands were built to mimic the natural movements of the sun."

He further speculates that had clocks been invented in the Southern Hemisphere, "clockwise" would be in the opposite direction.

A few of my favorite imponderables include "Where do flies go in the winter?" and "Why are there 18 holes on a golf course?"

Maybe we can cover those and a few others as space permits, especially if you want to learn why dogs walk around in circles before lying down?

Back to the subject of vacations.

It has been suggested that vacations, especially those requiring travel, can increase confidence and help overcome fears. Additionally, we're forced to get out of our comfort zone.

We seniors tend to allow stress to enter our lives and a change of scenery (vacation) can result in more happiness and better mental health.

Another salient point is that stress relief can last for up to three weeks following a vacation, according to a recent study.

I recently read a meaningful admonition to fill our lives with experiences, not things; to have stories to tell not stuff to show.

Oh, and how long does it take to eat a clock? No one knows, but it sure is time-consuming.

Group receives award, recognizes business owner

The Reser Family Foundation recently awarded a \$5,000 grant to local nonprofit Spruce Up Warrenton, with an additional \$5,000 offered as a one-to-one match for any community donations.

The funding renews annually for four years, for a total of \$40,000 over the duration of the grant. Spruce Up Warrenton was one of 111 groups that applied for the new grant opportunity and was the first and only recipient named last year.

Lacey Sortman, grant and program coordinator for The Reser Family Foundation, presented the check to the group at its Jan. 16 meeting.

"Spruce Up Warrenton's results are visible, tangible and ongoing improvements," Sortman said. "They have an impressive list of achievements. The Reser Family Foundation is proud to be a part of this fundraising campaign to help meet their goals and support their ambitious list of future projects."

Donations for the match program should be sent to Spruce Up Warrenton, PO Box 97, Warrenton OR 97146.

Also at its meeting, the group presented its first-ever certificate of appreciation to Cindy Yingst, owner of The Columbia Press and The UPS Store.

She was recognized for her longtime support of the Warrenton business community and her dedication to improving the downtown corridor.

Yingst served on the Warrenton Business Association for four years and was coordinator of Warrenton's Fourth of July activities for nine years. She and her husband



Above: Members of Spruce Up Warrenton accept a \$5,000 check from the Reser Family Foundation. **Below:** Brenda Hoxsey, right, chair of Spruce Up Warrenton, presents a certificate of Appreciation to Cindy Yingst.

have donated to Spruce Up Warrenton, Warrenton Community Library, American Red Cross, local ham radio clubs, and Warrenton CERT, and facilitated the purchase of 400 new books for Warrenton's Start Making a Reader Today program.



Senior lunch menu

Monday, Jan. 27: Shepherd's pie, cheesy mashed potatoes, mixed vegetables, clam chowder, chocolate cake.

Thursday, Jan. 30: Baked chicken breast, cornbread stuffing and gravy, green beans, coleslaw, pumpkin 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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