



Senior Moments

with Emma Edwards

An ode to my reclining chair

I heard a story about three frogs sitting on a log and one of them made a decision to jump in. How many were left? (I'll tell you at the end of the column.)

Recently, I called my friend, Betty, who's 97, to see how she was doing. "About the same," she said. "Well, when I got up this morning, I did not feel so good. But I did not feel so bad either, so I just went back to bed."

Some days are like that! If we can make the choice to return to bed, we must realize we do have more freedom as we age. Myrna, another friend I knew several years ago (when she was about the same age as Betty is now), had a full-length mirror in her bedroom and did stretches and other exercises every morning. That was a choice she made.

I'm not that old yet, but if I were asked what is dear to me, I would have to say my recliner. With the use of a panel of buttons, it can lay me back and/or my feet can be lifted up and extended. Or, forget those controls and it turns into a rocker.

Off to the side I have a set of pockets that contain my life controls. No, they didn't come with the chair, but they give me delight.

There is my TV remote, along with my Fire Stick, which I talk to without getting off my chair and which speeds me to hun-

dreds of movies and programs. Also there is a remote for the portable heater and fan along with a remote for my Bose radio. And there is a lamp with no switch on it. Just touch it!

Then there is my house phone, my iPhone with a built-in alarm clock and my iPad with lots of games in it. And a stack of books and magazines where I learn important things like "What do you call a sad cup of coffee?" Answer: De-presso.

I also have my hand sanitizer, Tylenol, Kleenex, and my water bottle. In case I fall asleep, there is an extra blanket to the side along with a heating pad, if needed. I have a bit of candy, cough drops and even two Almond Joys in the drawer of my little table next to the chair.

If only I had facilities I could remain in that chair 24/7. Admittedly, I have spent the entire night with my beloved chair more than once. Choices!

What if I moved my chair across the room and took nothing with me but the chair. Every time I needed something, I'd have to get up and walk across the room to get it (and, of course, take another walk to return it)?

Fantasy land? Maybe it's time I made some healthier choices.

About those three frogs on a log: the number of frogs left on the log is still three; he only made a decision. He took no action.

DHS target of successful phishing attempt

Oregon Department of Human Services has uncovered a phishing incident that affected one staff member's e-mail earlier this month.

A spear-phishing email was sent to a DHS employee who opened it and exposed their credentials to an outside entity. The incident was discovered March 6.

"The agency cannot con-

firm that any client or employee's personal information was copied or used inappropriately," according to a media release.

DHS is in the process of thoroughly reviewing the incident and the information involved. DHS plans to contract with an outside entity to clarify the number and identities of any individu-

als whose information was compromised, and the specific kinds of information involved.

"While there is no indication that any protected health information was copied or used inappropriately, DHS will notify any individuals whose information was compromised," according to the agency.



History in the Making

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

School board comes under fire over contract

APRIL 2010
TEN YEARS AGO

•A group calling itself Concerned Citizens in Support of Warrenton Schools contends the school board's decision to not renew Superintendent Craig Brewington's contract violates state law and local policies

•George Lanning is hired as interim superintendent at an annual salary of \$95,000.

APRIL 1997

TWENTY-THREE YEARS AGO

•Warrenton High School student Carole Chase will represent the city in the Astoria Regatta court.

•The city is experiencing a building boom. Nineteen new homes and four duplexes were built in the first three months of 1997. Dairy Queen and Les Schwab Tires both plan expansions and J&S Appliance will move its Astoria operation to a site on Marlin Avenue.

•Warrenton receives a \$1.1 million grant from the Oregon Economic Development Department to extend water and sewer services to the North Coast Business Park, where the new Oregon Youth Authority facility is under construction.

•The city receives a \$260,000 grant to purchase and install 1,300 residential water meters, a



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Citizen group demands school board accountability

By Gary Nevan
A group calling itself Concerned Citizens in Support of Warrenton Schools told the Warrenton-Hammond School Board Tuesday evening that they believe numerous school district policies, and possibly state laws and contracts, were violated when the board decided to not renew the contract of Superintendent Craig Brewington. They also hinted at possible legal action if their demands were not satisfied.

The group asked the board to consider the following:
1. The appointment or hiring of an interim superintendent be postponed until these complaints are resolved. The school district liability is at stake.
2. If official action (vote) was taken by the board based on violations of board policies and/or laws, that action should be made null and void.
3. The board be investigated for the above stated violations of policy and law.
4. Because we believe the actions of the board chair are cause for her to step down, we ask for her immediate resignation as board chair and as a board member.

Christine Bridgens, Darlene Coffey and Greg Bosin read a prepared statement asking why school board chair Linda Dugan met with Brewington on March 1 and if that meeting was approved by the rest of the board.

The content of the conversation between Dugan and Brewington has been disputed by both sides. Brewington claimed that Dugan told him that he was about to



Standing left to right: Darlene Coffey, Christine Bridgens and Greg Bosin address the school board Tuesday night.

task expected to take two years.

•John Greisen is hired as chief of Warrenton Police Department.

•The city takes bids for removal of the Quonset hut adjacent to City Hall.

•The Oregon National Guard will tear down Warrenton High School's wooden bleachers and erect new metal stands to hold 395 people.

APRIL 1996

TWENTY-FOUR YEARS AGO

•Clatsop County hires Britt Ferguson as its new county manager at an annual salary of \$72,000. He replaces Bill Barrons.

•Warrenton's water rates will go up 10 percent with another

hike expected in about a year.

Residential water accounts are not metered and it's likely every residence will be required to install one within a year.

•Warrenton High School students travel to Vernonia to help the high school clean up after a flood. Vernonia's gym was buried under 27 inches of mud and water and 80 percent of the high school's textbooks were destroyed.

•C.J.'s Speedy Mart at Highway 101 and Marlin Drive is robbed of \$200 by two men who knock the clerk unconscious and bind his hands, feet and mouth with duct tape.

Special columns in The Columbia Press

Every week: Senior Moments with Emma Edwards

Week 1: History in the Making

Week 2: Financial Focus with Adam Miller

Week 3: Off the Shelf by Kelly Knudsen

Week 4: Mayor's Message by Henry Balensifer III