



Senior Moments

with Emma Edwards

Could you be a hypochondriac?

Some seniors – not ourselves, of course -- might be considered hypochondriacs.

Several years ago, I was given a copy of the Senior's Star, a column from the Palm Springs area. It contained an article, "You are a hypochondria if ..."

- Every birthday you treat yourself to a spa, massage, and an MRI.

- Your favorite reference site on the Internet is Sickipedia.

- You have more doctors than friends

- You wear a hospital gown to bed.

- You swear you heard the doctor whisper to the nurse, "We'll know more after the autopsy."

- You dread going to the supermarket in case a cashier asks if you're ready to check out.

That reminds me of a friend who recently broke her wrist. To better understand her dire situation, I looked up some information on the wrist.

Did you know there are 27 bones in a human hand? That includes 14 phalanges, 5 metacarpals and 8 carpals. Actually, I learned that one-fourth of all your bones are in your hands. And half of all your bones are in your hands and feet, since the feet have another 52 bones in them.

It does give one a greater appreciation for orthopedic doctors whose medical specialty concerns the skeletal system, especially the extremities and the spine and associated structures, muscles and ligaments.

Here is a quote from Eleanor Roosevelt I hope will

cheer you: "The future belongs to those who believe in the beauty of their dreams." And yes, I am a dreamer, too.

With our pandemic restrictions, we seem to have more time for all kinds of discussions, especially with our senior friends.

Recently, I was involved in a discussion about cursing and foul language. Coincidentally, I had just read that such language is regular vocabulary for many athletes, celebrities, politicians, fellow workers, friends, neighbors, educators and even family members.

It seems, unfortunately, that it's part of life all the way down to even the youngest of our grade school children. I hear it in my own little neighborhood!

One lady said that, when she was a little girl, her Mom had a system that if such words came out of her mouth, not only was the bar of soap applied, but the following exercise. Her mother took out the Reader's Digest and gave her or her siblings a choice of five words from the vocabulary section since "they obviously needed more words in their vocabulary."

They had to learn to spell the words and memorize the correct definition.

I wish I had read about the word exercise 50 years ago!

"Grow old along with me! The best is yet to be, the last of life, for which the first was made. Our times are in His hand who saith, 'A whole I planned, youth shows but half.' Trust God: See all, nor be afraid!" -- Robert Browning

Social Security premiers new web portal

Social Security Administration announced the first of several steps the agency is taking to improve the public's experience on its website.

The newly redesigned retirement benefits portal, socialsecurity.gov/benefits/retirement, is designed to help millions of people prepare for and apply for retirement.

"We are working hard to continue improving our website to provide people with clear, helpful information and easy access to our online

services," said Andrew Saul, commissioner of Social Security.

"Our new retirement portal is more user-friendly and easier to navigate, whether someone is ready to learn about, apply for, or manage their retirement benefits," he said.

The redesigned portal will make it easier for people to find and read about Social Security retirement benefits, with fewer pages and condensed, clearer information.

The portal also is optimized for mobile devices so people can learn and do what they want from wherever they want.

The portal includes the ability to subscribe to receive retirement information and updates.

More improvements to Social Security's website are planned for later in 2020 as the agency attempts to improve the public's experience.

Mayor's Message

by Henry Balensifer III



Some of July's changes were good. Very good.

July was an interesting month. A very different month. Yet there are two things I'm happy to announce.

The first is that Spruce Up Warrenton is still moving forward on downtown improvements. The second is that we continue to see greater efficiency with our fire department and burn permits will now be annual.

Spruce Up Warrenton is our Main Street Program. Their work has improved our town greatly and I hear positive feedback from folks every week. They just finished some planter boxes downtown, and pressure-washed the lighthouse at the four-way intersection.

They also will be improving the electrical systems at Quincy Robinson Park in anticipation of future events. They are dedicated volunteers who haven't stopped improving the town despite all that's going on.

Fire Chief Brian Alsbury has been working tirelessly to fig-

ure out how to do more with less and he's come up with a new process that melds safety with constituent feedback. We've been told many times that people are tired of calling in their burn permits every time they light up, and having to get a permit every month.

Due to staffing and technology, even calling in a permit didn't accomplish what we'd wanted after 5 p.m. or on weekends. People wanted to get a one-and-done permit on an annual basis.

So now, when you get a burn permit, you apply and the fire department will inspect your burn location to provide safety suggestions and ensure it

meets the national fire code. Once the inspection passes (they're pretty simple) you will have a burn permit for one year.

Additionally, all you have to do is call to see what burn restrictions are in effect — you don't have to give out your permit number and address like before. We're working on seeing if we can put that information online as well, so you don't have to call in too, but that's not yet in effect.

Times are stressful, that's for sure. But let's commit as a city to ensuring we be kind to each other, patient with our friends and family, and vote our consciences in this upcoming election.

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