



Senior Moments

with Emma Edwards

February has two big days

Sunday is Valentine's Day. It's especially fun when such a romantic occasion falls on a Sunday.

Most of us celebrate Valentine's Day by giving flowers, candy and cards to those we love. Often, that includes dinner out and many people become engaged even have their wedding on that day.

Many pray that our local restaurants will be open at least for limited inside dining on Sunday. I suspect creative romantics won't be disheartened by "what ifs," but will create a beautiful candlelight dinner for their loved one on Sunday.

Valentine's Day won't fall on a Sunday again until 2027, so that's why it's special this year. Those who know their history realize we celebrate this day in honor of Saint Valentine.

Legend has it that Saint Valentine was a priest in third century Rome, when Claudius II figured out single men made better soldiers than those who were married.

With this thought in mind, he outlawed marriage for young men in hopes of building a stronger military base. Saint Valentine decreed that it wasn't fair and chose to marry young couples secretly. Thus, we honor him on that day!

Another significant day next week is President's Day, which is celebrated on the third Monday of February by the Uniform Monday Holiday Act. In "my day," we celebrated both President Washington (our first president) and

President Lincoln (our 16th president) on separate days, Washington on Feb. 22 and Lincoln on Feb. 12.

One probably doesn't have to explain Valentine's Day, but it would be good for us seniors to remind our young children and grandchildren what President's Day is all about.

In contrasting the two men, we realize quite a stark difference. George Washington is known as the father of the nation and was one of the driving forces behind drafting the Constitution. Abraham Lincoln is credited with abolishing slavery.

Another contrast is that Washington was born into a well-to-do family and was well educated. Lincoln, on the other hand, was born into a poor family and had little formal education.

At one point, Washington had more than 500 slaves working for him on his tobacco plantation, but toward the end of his life, he made arrangements to have them released.

Washington died of acute pneumonia while President Lincoln was assassinated.

Abraham Lincoln is on the penny while George Washington is on many of the quarters and also the \$1 bill. One fact I've learned is that Lincoln kept papers under his top hat. Maybe that's not such an important fact, but it's one I get to share once a year.

Question: How did the telephone propose to his girlfriend? Answer: He gave her a ring!

Here's to Your Health

by Chris Laman



When can you get the COVID-19 vaccine?

As a member of Clatsop County's COVID-19 Vaccine Distribution Task Force, I've been getting a lot of questions from community members about when they or their loved ones will be able to get a COVID-19 vaccine.

I urge them, and you, to be patient. Our local vaccine rollout has gone relatively smooth, but we are still at the beginning of this effort.

The vaccine task force includes members from the County Health Department, Columbia Memorial Hospital, Providence Seaside Hospital and other local groups.

Our goal is to get as many people in our community vaccinated as quickly as possible so we can beat this pandemic.

There is a great deal of confusion about the process as each county in Oregon has been tasked with developing their own system for vaccine distribution.

The state has added to the confusion by mandating vaccinations of seniors before we have completed vaccinating previously prioritized groups.

The biggest challenge we face is limited vaccine supply. There are just not enough vaccines in the county to roll them out to all the people the state has mandated us to vaccinate. We are working our way through the state's vaccination groups as our supply allows.

The Clatsop County Public Health Department has posted information on its website about which groups are currently being offered the COVID-19 vaccine. You can get onto Clatsop County's list of people to contact when vaccine becomes available, by completing the county's online survey.

Second doses have been set aside by the state for people who already received a first

dose, so no doses are being held back locally. When we receive first doses from the state, we are administering every one we can.

This is the very beginning of the vaccine rollout and there isn't enough supply yet to do mass vaccination events. As our supply of vaccine increases, we will be able to do those types of events in the coming months.

Please, get vaccinated when you can.

Getting 70 percent of our community vaccinated is the only way we will be able to return to a time without masks and social distancing. Together we can do it!

Here's to Your Health is sponsored by Columbia Memorial Hospital. Chris Laman is CMH's director of Pharmacy and Cancer Care Services. He is a key member of the hospital's COVID-19 response team.

Registration opens for Girls Build camps

Registration is open for the popular Girls Build camp scheduled in Warrenton this summer.

Other camps are held in Tillamook, Portland and Southern Oregon.

The Warrenton camp is co-sponsored by Hampton Affiliates and the Warrenton-Hammond School District and is run by women in the construction trades. It provides a hands-on opportunity for girls ages 8 to 15 to develop building skills and learn about the high-paying skilled crafts.

In prior years, participants have built playhouses, benches and picture boxes and worked with circular saws, nail guns, drills and sanders.

The weeklong camp is from

8:30 a.m. to 4:30 p.m. Aug. 23-27 and includes breakfast and lunch. Cost for the Warrenton camp is \$310 and some scholarships are available. To sign up, go to girlsbuild.org.

Special columns in The Columbia Press

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