



Senior Moments

with Emma Edwards

Our wonderful senior brains

We may all be “seniors,” but many baby boomers think of themselves as much younger than those of us 80 and older.

However, people born in the '50s have lived in seven decades, two centuries and two millennia.

The younger set brags about having the best music, fastest cars, drive-in theaters, soda fountains and “Happy Days.” And that they’re not even that old yet, just that cool.

I was thinking the other day how much knowledge and actual experience is stored in the brain. The only problem I have is pulling out that knowledge. Sometimes, it can be a disturbing challenge.

The older we get, the more we become aware of some of that knowledge leaking out. You know how when in a conversation with our peers or even with the younger set we hear ourselves say something we learned long ago.

Older authors and innovators are no longer an anomaly. Sometimes we hear ourselves sharing an idea, fact or memory from maybe 50 years ago or more when we realize the idea may have lain dormant for many years.

I suspect you remember Herman Wouk, who finished his last book, *The Lawgiver*, in 2012 at age 97 (Wouk lived until age 103).

The last book is described as “A romantic and suspenseful epistolary novel about a group of people trying to make a movie about Moses in the present day.” And no, I have not read it.

Wouk is remembered for other bestsellers and classics including *The Caine Mutiny*,

The Winds of War, and *War and Remembrance*.

Some scientists theorize the average human brain is 95 percent developed by the time we are 23 years old. Over the years, they’ve developed five stages of brain development: in the womb, birth to age 6, ages 7 to 22, ages 23 to 65, and age 65 and older.

As we mature into what is often called the golden years, “critical brain cells are lost in the area of the brain that processes memories.”

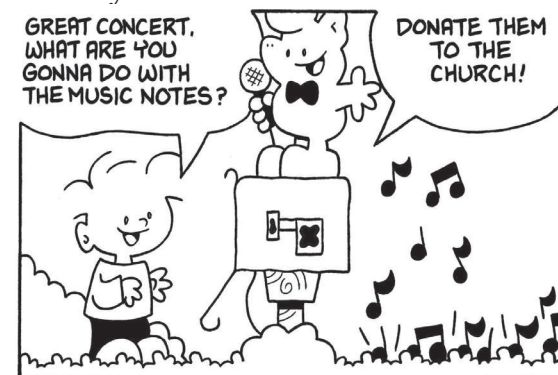
So, how do we seniors combat that fact? No matter where we study, the answer to that question is to “reduce stress, learn new skills, eat healthy and exercise.”

I have a mental picture over all these years of my mother at the ironing board, weeping when news of President Franklin Delano Roosevelt’s death came over the radio. This is the part of our brain called “flash bulb” memory, which we carry with us in the long-term memory part of our brains.

John Wagner, the artist who developed the Maxine comic strip character, says his mother and other older women were his inspiration. Here’s one of my favorite Maxine quotes: “The older I get, the more I ask myself the really important questions ... like ‘What did I come in here for?’”

When our flashlight fails, often it just needs new batteries. Maybe we should remember our drawer of batteries – “reduce stress, learn new skills, eat healthy and exercise.”

ZED by Duane M. Abel



www.corkeycomics.com

Off the Shelf

by Kelly Knudsen



Summer is near and library heads back to normal

Things at the Warrenton Community Library are starting to get back to prepandemic operations. We are now open Monday through Friday from 10 a.m. to 6 p.m. and Saturdays 10 a.m. to 2 p.m.

This month, we’d like to welcome Saturn Caronna, our new library assistant youth coordinator, to the library! Saturn is super excited to bring youth programming for the littles, tweens, and teens, back to the library.

A little about Saturn: they love to play music, read and write. They like drawing, painting, and all kinds of art. They love animals and will interrupt themselves mid-sentence if they see a dog. Or a bird. Or a snail. Etc. They’re very excited to meet all of you and hope to see you at the library soon!

Saturn hosted an outdoor storytime on May 11 with the theme of celebrating differences. Children from ages 2 years to 7 years enjoyed singing songs, reading stories and received a craft to take home and create. A favorite from storytime was a book titled, “Everyone Says Meow” by Constance Lombardo. Saturn also is hosting a family storytime outside at 10:30

a.m. Saturday, May 22, at the library. If you would like to attend, please call the library to sign up.

Saturn is also working to start a committee of teen volunteers to help plan events for all the teens and tweens of the Warrenton area.

If you know a young person between the ages of 13 and 17, ask them this: Do you feel like you don’t really have a place where you can have fun with your friends and be yourself? Have you always wanted to host or attend book clubs, arts & crafts hangouts, writing workshops, D&D groups, or any other activity you can dream of? If they answer “yes” to any of those questions, have them come to the library at 4:30 p.m. May 27 to learn more, make crafts, eat snacks, and get to know each other.

This is *your* library, and we need your help in making it a place you want to be! Interested teens can email Saturn at scaronna@ci.warrenton.or.us or call us at the library, 503-861-8156, if you have any questions.

And finally, come to the Warrenton Library between 10 a.m. and 2 p.m. on Saturday, June 12, and sign up for this year’s Summer Reading Program.

We will be hosting an outdoor kickoff with chalk drawing, collaborative artwork creations, crafts, and games—all in the spirit of this year’s theme: Reading Colors Your World. You don’t want to miss this event!

Kelly Knudsen is director of Warrenton Community Library. She has a master’s degree in library and information science.

Special columns in The Columbia Press
Every week: Senior Moments with Emma Edwards

Week 1: Financial Focus with Adam Miller

Week 2: Here’s to Your Health from CMH

Week 3: Off the Shelf by Kelly Knudsen

Final week: Mayor’s Message by Henry Balensifer