CROSSWORD PUZZLE

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18 Greek letter 19 Tree 21 Asbestos (abbr.) 22 Burmese knife 23 Incessantly 25 It. marble 29 Tilled land 32 Common man 33 Siesta 35 Adjective- forming (suf.) 36 Agave fiber 38 Daw 40 Soft mineral 42 Guido's note (2											58 59 1 mc 2 3 ch 4 En 5 6	Answer on page 22			
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How to stay young, according to George Carlin

1. Throw out nonessential numbers. This includes age, weight and height. Let the doctor worry about them. That is why you pay him/her.

2. Keep only cheerful friends. The grouches pull you down.

3. Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain idle. " An idle mind is the devil's workshop." And the devil's name is Alzheimer's.

4. Laugh often, long and loud. Laugh until you gasp for breath.

5. The tears happen. Endure, grieve, and move on. The only person who is with us our entire life, is ourselves. Be ALIVE while you are alive

6. Enjoy the simple things.

7. Surround yourself with what you love, whether it's family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.

8. Cherish your health: If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.

9. Don't take guilt trips. Take a trip to the mall, to the next county, to a foreign country, but NOT to where the guilt is.

10. Tell the people you love that you love them, at every opportunity.

AND ALWAYS REMEMBER:

Life is not measured by the number of breaths we take, but by the moments that take our breath away.



1. What natural feature near the Crooked River is popular with rock climbers?

2. What state park was originally a military outpost built to defend Oregon from a Confederate naval attack?

3. When did the Oregon Trail receive recognition as a National Historic Trail?

4. Which onetime member of the band Paul Revere and the Raiders now writes whodunnits?

5. What is the seating capacity of the Rose Garden for Portland Trail Blazers home games?

6. What was Tektronix's first product?

Answers on page 22

Forest Resources Directory

