

**WEEK 7 - April 12<sup>th</sup> - April 18<sup>th</sup>**

**The Dalles, Oregon to Astoria, Oregon**

**174 Miles to travel!**



By Steve Morgan - Cropped from Commons image Astoria Riverfront Trolley on trestle west of 2nd Street

*Astoria, Oregon*

**This week you will be traveling west to arrive faster into Washington to get to Astoria.**

The port city of Astoria received its name from John Jacob Astor, an investor and entrepreneur from New York whose fur trading company founded Fort Astoria. Founded in 1811 Astoria is the oldest city in the state and the first American settlement west of the Rockies. Astoria has a rich history including; Lewis and Clarke expedition's home for a year, the first U.S. Post Office west of the Rockies, a thriving fishing industry and salmon canneries. Astoria is the terminus for the TransAmerica Bicycle Trail a 4,250 mile coast-to-coast touring route created in 1976 by the Adventure Cycle Association. Today tourism supports Astoria with; a growing art scene, seasonal fishing, historic lodging, cruise ship port of call, a weekly and microbrewery/brewpub scene make Astoria a cool getaway.

**HEALTH TIP:** With salmon and other fish being one of Astoria's claims to fame aim a line for omega-3-rich fish more often. In a 13-year study of older Americans, published in the journal BMJ, those with higher circulating blood levels of marine-derived, long-chain omega-3 fatty acids—such as docosapentaenoic acid—were significantly more likely to age healthfully than their peers with lower levels of these omegs-3s in their blood.

The researchers defined "healthy aging" as a meaningful lifespan without chronic diseases and with intact physical and mental function after the age of 65. Fish fat's ability to lower inflammation may be one way that it promotes longevity. While the study was observational and cannot explain the mechanisms behind these associations or, in fact, prove causality, it seems enough to encourage people to make a long-term habit of eating at least two servings of fish per week. Seek out those that contain a boatload of omega-3s, such as salmon, sardines, sablefish, mackerel and rainbow trout.

Don't forget to grab a brew and a salmon dinner while you are there!