

"Just keep moving every day"

New Denmark senior, 86, climbs Mount Carleton

By Mark Rickard

Dorothy Hansen adheres to the motto that you get out of life just what you put into it. That's why it is not surprising to learn this 86-year-old New Denmark resident can now

add climbing to the top of Mount Carleton to her long list of successful achievements.

Hansen scaled the Maritime's tallest peak on Tuesday, Aug. 4 with her daughter Pam (Hansen) Dolph, a Long

Island resident, and her friend Debbie Ramsey, also from Long Island.

"I admire her spirit tremendously. Her mother lived to be 102. For instance she decided that next year, when the house turns 100, she is going to

have a party for the house," Dolph stated. "She loves to come up with things to keep busy. She loves to help people and do things."

Hansen stated she wanted to climb Mount Carleton for a long time, but waited until her daughter was home visiting "in case it took a little longer." The trio climbed up and down the peak in a respectable three and one-half hours.

Hansen said she had committed to climbing at least half-way up, but when she reached the mid-way point "I felt okay and decided to keep right on going."

"When I made it to the top I wasn't as tired as I thought I would be. It was a wonderful view at the top of Mount Carleton," Hansen said. "We had a wonderful day. The bugs weren't nearly as bad as I thought it would be."

Hansen said she knew the rocky climb, especially the final hike to the summit, would not be easy. But the agile senior was surprised that she did

not feel sore the next day.

We got up and got down. The hardest part was my toes were sore because my feet were sliding around on the rocks. I thought today I wouldn't be able to move. But I feel good today."

Being active comes naturally to Hansen, who can recall going over the New Denmark ski jump as a youngster.

"We didn't compete, we did that for fun."

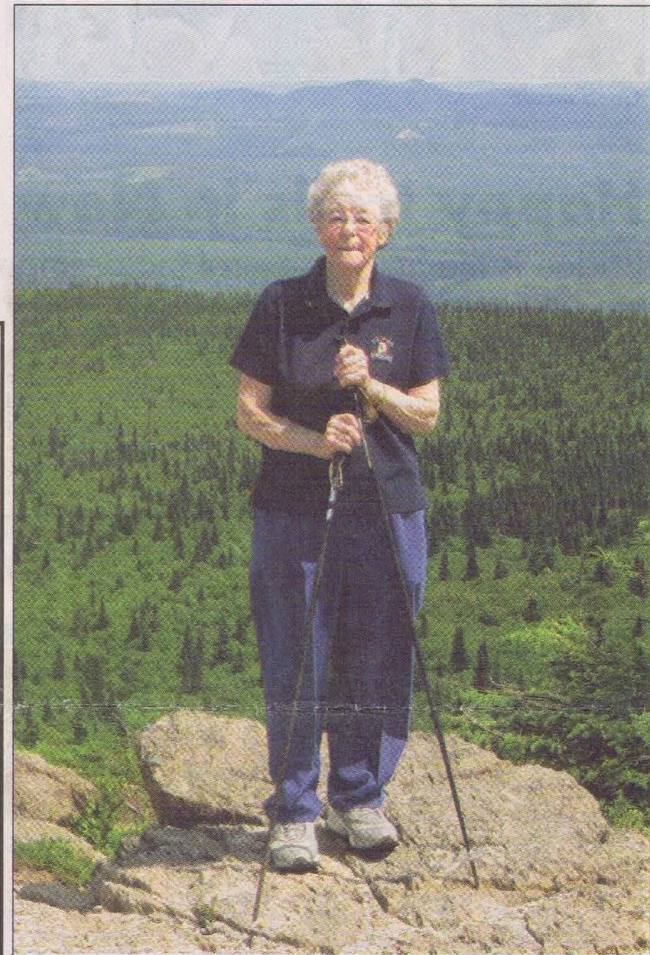
The trek up Mount Carleton is just the latest goal completed by the active senior. Several years ago Dorothy led three other generations of the Hansen family in a skiing holiday in the Rocky Mountains.

Hansen said she always tries to heed her mother's advice and keep moving every day. The next thing on her to-do list is the latest thrill ride planned for the valley. She wants to zip-line across the Grand Falls Gorge in 2010.

"We are going to do that next year!" daughter Pam stated.



The view is worth it
An unspoiled landscape of verdant green forest and crystal blue waters lies below Mount Carleton. (Contributed photo)



Top of NB
Dorothy Hansen of New Denmark stands at the top of Mount Carleton, the Maritime's highest peak, on Aug. 5. The 86-year-old senior said she tries to keep active every day, and can't wait to try zip-lining across Grand Falls Gorge next year. (Contributed photo)