



## Senior Moments

with Emma Edwards

### Find your why, your purpose

We do a lot of reflecting as seniors, often around the *why* of our lives.

I recently ran across the book "Find Your Why," by Simon Sinek.

It is a follow-up of the book by the same author, "Start With Why." I found the subject -- as well as an extensive review of the books -- quite fascinating.

Yes, Amazon carries them and yes, I will soon have them. Merriam-Webster's dictionary defines why as wanting to know the cause, reason or purpose.

We all remember the stages of a child's life, such as when they say "no" to everything, and soon comes asking the "why" of everything.

Where am I going with this? We seniors are more and more prone to ponder the why of a situation just as we try to solve situations. I'm told that's because, as we progress in our "seniorness" we feel we have less and less control over our lives.

What is the cause, reason or purpose of our lives is a question we seniors often ask as we sit in our rockers.

We desperately want to solve situations and find we often can't do anything about them.

And we start thinking, once again, about the *why*, even in everyday situations. One of my favorites is "Why won't they listen to me?"

In case you're not a senior and don't have a senior in your life, be prepared! Most of us don't like to be told what to do. Why?

I wonder if those who care for or live with or are close to

seniors need to take a lighter approach. Maybe we're just wondering about the *why* of life and even wondering *why* we're still alive.

My daughter who lives closest to me is good at giving me choices and options. In essence, something has to be done about a particular situation and it makes me feel that I'm still somewhat in charge. Then comes the thought of *why* do I have to do this or that.

There is a movie I remember that has the famous line, "The secret's in the sauce." "Fried Green Tomatoes" tells of an unhappy housewife who befriends an old lady in a nursing home and learns much when the old lady tells her stories of people she used to know.

Eventually, she learns the secret of life. It's one of my favorite movies.

Think I will look it up on Netflix! Maybe I'll learn something about myself, once again.

Maybe that's the secret of the *why* of our lives. Retrospection? Sharing?

The fictionalized "old lady" in the movie looks back and not only finds joy (and a little heartache), but she revolutionizes the unhappy housewife's life. Hey, seniors -- we have a volume of life to share.

I know some of us have no problem sharing (and can't be shut up).

But others just sit back and ask *why*. Could the secret be in a willingness to reach out instead of fussing over who said what or *why*?

Our lives do have cause, reason and purpose.



## This Week in Aboriginal History

by Carl A. Ellis

### First Indian-language newspaper is published

**Feb. 16, 1863:** Congress takes action stating that all treaties between the United States and the "Sisseton, Wahpaton, Medawakanton, and Wahpakoota Bands of Sioux of Dakota are abrogated and annulled" as far as occupancy or obligations in Minnesota are concerned. The act took away their lands in Minnesota because of the "Santee Sioux uprising."

**Feb. 17, 1909:** Geronimo, the Chiricahua Apache leader from Arizona who violently resisted government attempts to resettle his people, dies and is buried at Fort Sill, Okla., where he had

been a prisoner.

**Feb. 18, 1867:** The tribe of Sac and Fox Indians of Mississippi sign a treaty selling much of what remains of their reservation.

**Feb. 19, 1725:** Documents regarding the De Laware "Walking Purchase" treaty are discovered, showing the Pennsylvanians misrepresented their land entitlements.

**Feb. 20, 1805:** Kagohami, a Mandan underchief, tells explorers Lewis and Clark that their oldest tribal member -- estimated at 120 years old -- had died.

**Feb. 21, 1828:** The Chero-

kee Tribal Council of Georgia publishes the first issue of the "Cherokee Phoenix," a weekly newspaper printed in English and Cherokee. It's the first Indian-language newspaper.

**Feb. 22, 1981:** The Vietnam-Era Veterans Inter-Tribal Association is inaugurated in Oklahoma. It strives to promote a positive image of Indian Vietnam veterans and to give them a unified voice in veterans affairs.

*Ellis is an author and historian who is working on a book about American Indians. Learn more about American Indian history at [facebook.com/snippetsintime](http://facebook.com/snippetsintime).*

### Letter to the Editor

#### Thanks for Santa breakfast success

The Warrenton Community Center Advisory Board held

a "Breakfast with Santa" at Warrenton Community Center on Saturday, Dec. 16. The breakfast was a great success and we want to thank the

community for its awesome support.

We served 274 individuals and 133 kids enjoyed seeing Santa and having their pictures taken.

A special thanks to all our great volunteers. Thanks also to Starbuck's Coffee in Warrenton, Pig N Pancake, VFW Post 10580 an VFW Auxiliary Detachment 1228, Lektro Inc., McCall Tire Center, Columbia River Bar Pilots, Warrenton Fiber, Maddox Dance Studio, Ocean Beauty Seafoods, Warrenton Deep Sea, CMH Urgent Care, Warrenton Kia, Ocean Crest Chevrolet Buick GMC Cadillac and Super Market.

A special thanks goes to the Pig N Pancake staff, who cooked the pancakes, to Santa for dropping in, and to volunteers from the Senior Citizens group who served our breakfast and washed our dishes.

**Mel Jasmin, Chairman**  
Warrenton

#### Free Obituaries

The Columbia Press has always run free obituaries for community members who pass away. These free obituaries are generally 7 to 12 inches long and include a photo.

And we do the writing for you!

Those who want to write their own obituaries to honor loved ones may do so. These are \$7.50 per column inch and can include a photo.

*Either way, our goal is to honor our fellow residents.*

#### Senior lunch menu

**Monday, Feb. 19:** Roast pork loin, mashed potatoes and gravy, red cabbage, bean soup, ice cream.

**Thursday, Feb. 22:** Crab cakes, roasted potatoes, broccoli, tomato soup, bread pudding.

*The Warrenton senior lunch program is at noon (doors open at 10:30 a.m.) Mondays and Thursdays at Warrenton Community Center, 170 SW Third St. Suggested donation is \$5 for ages 55 and older; \$7 for those younger. For more information, call 503-861-3502.*