



Senior Moments

with Emma Edwards

One day, moment at a time

Seniors might enjoy hearing about my latest toy.

One of my Christmas presents this year was a "Fire Stick." With it, I can watch television programs such as "Murder, She Baked," old black-and-white films and recent Hallmark movies.

I'm having fun with it. It means another remote by my recliner. And, sometimes when the phone rings, I'm not sure if it's my iPhone, house phone, that new stick or my other three TV remotes.

Once I even grabbed the control for my La-Z-Boy recliner, which makes it go up or down or out. It's at times like these that we wonder if we're "losing it."

So, what is "it"? At one time or another, we've all thought about the "big A." Seems we used to think more often about the "big C" or the "big H." Which is scarier?

I kind of think I would rather have cancer or a heart attack than Alzheimer's. I suppose the most tolerable would be to have the "big A" and then we would not remember or know to worry about the others.

I most certainly don't mean to joke about any one of these ailments that our generation seems to live with at this time of our lives.

Northwest Senior and Disabilities Services sponsors Alzheimer's workshops and symposiums from time to time. I attended one and learned that there are more than 100 types of dementia and Alzheimer's is simply one of them.

If you or a loved one need more information on the sub-

ject, call Suzanne Bjaranson, community program supervisor, at 503-861-4200. A book highly recommended to me and that I personally have shared with others is "The 36-Hour Day" by Nancy L. Mace and Peter V. Rabins.

Also of interest is "Cancer – Thriving and Surviving," a class sponsored by Clatsop Community College, Northwest Senior and Disability Services and Columbia Memorial Hospital. It meets at 9:30 a.m. Mondays, April 16 through May 21, in the new cancer center in Astoria. To sign up for this free class, call 503-338-7564.

Also, consider "Living Well with Chronic Conditions," such as heart disease. It's from 9:30 a.m. to noon on Thursdays, April 19 to May 24, at CMH. If interested, call 503-325-4321, Ext. 5758.

Before I was accepted into the free class a few years back, I had to wait and wait for an opening. So it's not too early to get your name in to this worthwhile class.

At a recent Warrenton Senior Citizens meal, Dawna Rekart, who was representing Warrenton Christian Church, was called upon for the prayer. She reminded us of the prayer written by American theologian Reinhold Niebuhr around 1934.

It seems appropriate to close our column with the first part of it.

"God grant me the serenity to accept the things I cannot change, courage to change the things I can and wisdom to know the difference. Living one day at a time; enjoying one moment at a time."



This Week in Aboriginal History

by Carl A. Ellis

Indian casinos get nod from U.S. Supreme Court

Feb. 23, 1954: Congress votes to withdraw support to Wisconsin Indians that was guaranteed in 1854.

Chiefs Oshkosh and Keshe-na of the Menomonee (people of the wild rice) had formed an agreement with federal Indian agents in 1854 to keep just 275,000 of their original 9.5 million acres in exchange for eternal government protection.

Feb. 24, 1730: With both sides running out of ammunition, French troops and the Natchez Indians reach a peace agreement. The Natchez release all prisoners, and the French withdraw to the Mississippi River.

The French had been anxious to make the agreement because their Choctaw allies

had expressed a desire to quit the fight. The prisoners are released to the Choctaw, who demand a ransom for their services. The Natchez eventually escape into the woodlands.

Feb. 25, 1987: The U.S. Supreme Court rules in "California v. Cabazon Band of Mission Indians" that California cannot prohibit tribes from conducting high-stakes bingo and poker games legal elsewhere in the state on tribal land.

The landmark decision opens the door to the reservation gambling industry nationwide, and leads to enactment of the Indian Gaming Regulatory Act.

Feb. 26, 1757: Fort Augusta, built by Pennsylva-

nia troops at the juncture of several Indian trails on the Susquehanna River, is surrounded and briefly held under siege by Indians.

The Indians leave after a few days, but return a few months later.

Feb. 27, 1973: The siege at Wounded Knee begins. It lasts until May 8, 1973.

Feb. 28, 1675: The Mission Santa Cruz de Sabacola El Menor is dedicated. The mission is for the Sawoklis Indians on Georgia's Apalachicola River.

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](https://www.facebook.com/snippetsintime).

BUII: Impaired boater faces more charges

are properly licensed, aren't impaired, have passed state boater education courses and operating vessels that are safe and properly equipped.

When the three Coast Guard officers boarded the 51-foot Chris Craft cabin cruiser, they found Wood highly inebriated and brought the boat to shore, where they conducted several field sobriety tests that confirmed their suspicions, according to a police report.

The boat operator initial-

ly told officers his name was Michael Ian O'Wood and said he could not find his identification. When dispatch ran a check on his name and birthdate, they found no records in Oregon or Washington.

The man also told them he'd had nothing to drink since the previous day. When confronted with the failure of the sobriety tests and the records check, he again gave them a false name and agreed to return to the boat to search for

his ID, again returning empty-handed, police said.

One of the Warrenton officers spoke with the female passenger and asked if she knew where the man's ID was. She handed him a Washington state driver's license identifying the boater as Ian Michael Wood.

"I ran Wood and found that he had a warrant for his arrest out of Clatsop County Circuit Court for FTA (failure to appear) on a DUII charge," according to the police report. "The warrant was confirmed by dispatch and I went back up the dock and placed Wood under arrest."

When asked about the name differences, the man continued to state the phony name, according to the report.

The presumptive fine for giving false information to an officer to avoid an arrest is \$5,380.

Senior lunch menu

Monday, Feb. 26: Beef stew, potatoes, carrots, coleslaw, apple pie.

Thursday, March 1: Pulled pork, macaroni and cheese, green beans, tomato soup, berry trifle.

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.