



Senior Moments

with Emma Edwards

We need each other daily

I have a little sign by my computer, which renews my strength sometimes. It says: "Stress is not what happens to us, it is our response to what happens and response is something we can choose."

A wise woman, Maureen Killoran, wrote that. The last name sounds a little Irish.

We seniors have a way of cheering each other and I'm told that's why it's best we not stay home alone, alone. Our peers often help us work through the way we respond to a given situation. And yes, we really do need each other.

Not to cause you undue stress, but I need to remind you that Daylight Savings Time begins at 2 a.m. Sunday, March 11, this year. Remember, we *spring ahead* an hour now and in the Fall we'll *fall behind* an hour.

The reminder shows how much we really do need each other. One day recently I was reminded to remind you that this very weekend Daylight Savings Time begins. Time to spring forward with all our clocks.

Our cell phones and computers sure help us in knowing the exact time. I remember when we had to call the operator to get the correct time. Many digital watches also automatically adjust to Daylight Saving Time. So, when we get up at 6 a.m. it will really be 5 a.m. Watch and see how we talk to ourselves like that for the first month.

Some say we waste the first hour of Daylight Savings Time trying to figure out if we gained or lost an hour!

A wise man once said, "Only

the government would believe that you could cut a foot off the top of a blanket, sew it to the bottom, and have a longer blanket."

Oh well. Enough said? Just change those clocks!

Talk about dates on the calendar, please note that the Warrenton Senior Citizens Inc. meal site is serving a corned-beef dinner on Thursday, March 15. I'm told they are declaring that everyone's Irish that day, so if you wish to wear green, that would be great too. Any questions, please call them on a Monday or Thursday at 503-861-3502.

I wonder if they will have sparkling cider with which to enjoy an Irish toast. Perhaps my favorite Irish toast is "May your blessings outnumber the shamrocks that grow; and may trouble avoid you wherever you go."

Recently, some of us got on the subject of how society at large seems to define "senior" as a person who is 60 or older.

In some stores and restaurants, 50 or 55 is the magic discount age. Now, tell me, isn't there a lot of difference between someone 75 or 80 and someone 50 or 60? Of course there is!

Remember the old saying about most anything, "If you don't mind, it doesn't matter." Who said that? Today's golden thought is brought to us by Mark Twain: "Age is mostly a matter of mind. If you don't mind it doesn't matter."

Maxine says, "It's okay to pretend we are Irish on St Patrick's Day. We pretend we



This Week in Aboriginal History

by Carl A. Ellis

Columbus calls Indians "men of great kindness"

March 9, 1935: Officers of tribes are now considered U.S. officers.

March 10, 1621: Samoset meets the pilgrims. He startled colonists by greeting them in English, which he'd learned from visiting ship captains.

March 11, 1856: The Nez Perce join Col. Cornelius in a fight against the Yakima.

March 12, 1858: The Poncas sign a treaty granting them a permanent home on the Niobrara River and protection from their enemies, both white and Indian.

For these privileges, the Poncas give up part of their

ancestral lands. Several years later, a mistake by a government bureaucrat forces them to share land with the Sioux. Repeated protestations over this error go unheard and the Poncas live in constant fear of attack.

March 13, 1864: The first group of Navajos finishes the "Long Walk" to Fort Sumner on the Bosque Redondo Reservation in east-central New Mexico. During the march, 13 of the 1,430 who started the trip were kidnapped by Mexicans or died.

March 14, 1493: Columbus writes a letter describing the generous nature of Indi-

ans and mentions they are "men of great deference and kindness."

March 15, 1858: After fighting American troops for almost 25 years, Seminole Chief Billy Bowlegs, who led the resistance against relocation in the Second and Third Seminole Wars, and his followers agree to go to Indian Territory in present-day Oklahoma.

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).

Sediment: The soil speaks as the lake sees change

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a master's student at Oregon State University who now works as a hydrologist for the U.S. Forest Service.

"We were very excited to find that the layers in the recent period were annually deposited," Richardson said. "It's unusual to find this kind of annual resolution in lakes at this latitude, elevation and climate in North America."

Loon Lake, a popular recreation spot, is 25 miles east of Reedsport. It has a maximum depth of just over 100 feet. The lake's steep sides and deep channel make it particularly useful for these types

of studies because sediment tends to become concentrated instead of being deposited across a wide area.

Several layers mark milestones in the history of the region.

A thick layer of sand and woody debris was dated near the year 670 and coincides with a large-magnitude earthquake that originated in the Cascadia subduction zone just offshore in the Pacific Ocean. It appears that a debris flow from hillsides beside the lake carried trees into the water.

"This layer caused us the most grief," Richardson said. "We had difficulties coring

through it the first time, and on the second, deepest core, we also had difficulty. We decided to not go deeper for fear of getting the equipment stuck and not being able to retrieve the core at all."

Other layers dated near the year 1700 reflect the last major Cascadia earthquake, but they are much thinner than the earlier deposit.

Starting in 1939, the cores reveal a steady increase in sediment, a possible result of road-building, logging and storms driven by a wet period in a climate cycle.

The accumulation of sediment decreased markedly 40 years later.

Researchers calculated radiocarbon ages of the organic materials prior to 1880, just before the onset of logging.

The age of sediment laid down in much of the 20th century was calculated by measurements of a radioactive element, cesium 137, which was released by atmospheric atom bomb tests starting in the 1940s.

Senior lunch menu

Monday, March 12: Tuna casserole, carrots, mixed greens, carrot cake.

Thursday, March 15: Corned beef, cabbage, potatoes, carrots, black bean soup, chocolate cake.

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.