



Senior Moments

with Emma Edwards

Love tacos? Dragons and youngsters do, too

First of all, I need to do an update.

Many of you know I'm active in the Warrenton Senior Citizens Inc. meal site, where we get an amazing main meal at noon on Mondays and Thursdays.

I think the secret is out that we have an excellent cook named Lorna Anderson.

This Monday, she featured roast beef with mashed potatoes and gravy and all the trimmings, including her special key lime pie.

That day they topped the 60 attendees mark. News is getting around!

Before Monday meals, dining room coordinator Jeannie Moha steps up to the microphone and brings us up to date on news of the week and whatever.

Those of you who know this little lady know she's also known as the SMART

lady at our local grade school, as she's in charge of the Start Making A Reader Today program.

She likes to brag a little about her young readers (first- and second-graders). Recently they were given five new books to read, review and vote on.

The winning book was "Dragons Love Tacos," by Adam Rubin, who lives in Barcelona, Spain.

It is described as "weird, but fun." Not Jeannie, of course, I mean the book.

Obviously, she is a fun person, too, or she wouldn't be so successful running the reading program.

Anyway, seems dragons love chicken tacos, beef tacos, great big tacos and teeny tiny tacos.

Buckets and buckets of tacos."

However, as stated in a recent review, "where there

are tacos, there is also salsa. And if a dragon accidentally eats spicy salsa, oh, boy! You're in red-hot trouble."

Now you know what not to serve a dragon when one comes to visit.

We do learn a lot at senior lunch, which, by the way, is in the Warrenton Community Center on Third Street. For any questions, call 503-861-3502 on a Monday or a Thursday.

I know this is supposed to be a column to help seniors walk the senior walk.

So I will share another secret I learned a short time ago. Some of us have troubles sleeping.

I learned that to help you get to sleep at night, massage your feet with warmed sesame oil after your bedtime bath.

Another senior tip that I have to share because it makes good sense to me is to buy shoes at the end of the day, when your feet are slightly larger, to avoid choosing a style that could be too tight.

Isn't it fun to be seniors! Maybe I'm prejudiced, but I think this is the best time of life. And the time we have the most fun.

This Week in Aboriginal History

by Carl A. Ellis

"Last wild Indian" Ishi dies

March 23, 2003: Pfc. Lori Ann Piestewa of the Hopi tribe in Tuba City, Ariz., and her convoy are ambushed in Nasiriyah, Iraq. Piestewa dies from her injuries soon after being captured. She becomes the first aboriginal American woman to die while serving in combat for the U.S. military in the 21st century.

March 24, 1989: The Exxon Valdez tanker runs aground on Bligh Reef, spilling nearly 11 million gallons of crude oil and devastating the subsistence-based lives of Alaskan Natives who have fished, hunted and harvested plants in Prince William Sound for thousands of years.

March 25, 1916: Ishi, known as being the last of his tribe, dies of tuberculosis. Ishi, believed to be a Yahi Indian, walked out of the hills near present-day Orville, Calif., on Aug. 29, 1911.

Anthropologists housed him at the University of California Berkeley's Museum of Anthropology, where they studied him until his death. The biography, "Ishi in Two Worlds," tells the history of his life in the "modern" world.

March 26, 1804: Congress orders the removal of Indians east of the Mississippi into Louisiana; The U.S. government had given the

first official notice to Indians to move west of the Mississippi River.

March 27, 1973: Sacheen Littlefeather, chosen by Marlon Brando to go on stage after Brando won an Oscar, refuses the award as a protest of media and governmental treatment of American Indians.

March 28, 1957: A court rules that Montana State Courts "are without jurisdiction to try an Indian for larceny committed within the Blackfeet Indian Reservation, although conceivably the offense could have been committed within the town of Browning, Mont., located on the reservation."

March 29, 1797: The Mohawk treaty is signed at Albany today by five Indians, including Joseph Brandt. All their land in New York is ceded for \$1000.

Ellis is an author and historian working on a book about American Indians.

County to auction 11 parcels Tuesday

Clatsop County will offer 11 parcels of land for sale at a public auction at 10 a.m. Tuesday, March 27.

The auction will be in the Judge Guy Boyington Building, 857 Commercial St., Astoria.

Parcels offered are in Astoria, Warrenton, Seaside and the unincorporated county.

Minimum bids for the properties range from \$100 to \$100,000. All properties will be sold as is and for cash or certified check. Most payments are due in full by 5 p.m. the day of the auction.

For more info or a packet, call 503-338-3674.

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Senior lunch menu

Monday, March 26: Baked chicken, cornbread dressing and gravy, green bean casserole, navy bean soup, bread pudding.

Thursday, March 29: Ham, scalloped potatoes, asparagus, clam chowder, lemon 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.