



## Senior Moments

with Emma Edwards

### The importance of water

Many of my senior friends and acquaintances have begun groaning about fixing meals. Especially if it's only themselves who need to eat.

As seniors, does it even matter what, when or if we eat regular meals?

Many of us have taken that bumpy, painful ambulance ride to the hospital. I know I've had my turn and, sad to tell you, but it seems there are no shock absorbers on that vehicle. Maybe it depends on who is driving.

Anyway, so many times what do we hear when the doctor looks us over? That's right, dehydration.

Most of us know about NCOA, the National Council on Aging. I checked their website out on this subject. I learned that, as we age, our metabolism slows and we need fewer calories.

But that's the tricky part. Fewer calories needed but more of certain nutrients. Obviously, choosing foods with the best nutritional value is critical. I also learned from NCOA that "water is an extra important nutrient because many medications can increase your chances of dehydration."

Fiber, one of the key elements we need, absorbs water.

Most of my adult life I knew it was important to drink lots of water. Seems to me that we used to say a minimum of eight glasses (or 64 fluid ounces) a day.

I know that's debatable, but sounds right to me. I think we just need to love ourselves enough to see to it that we get sufficient nutrients and hydration every day. And, as I keep my beautiful violets

watered regularly, I need to see to it that I hydrate myself. Then I, too, can bloom where I am planted!

There is one more thing I thought you'd like to hear about as a rainy day project whether you're 6 years old or 60. It's a project to make fire starters. This time of the year, campers are already into making campfires.

All we need are cardboard egg cartons, wax crayons and either sawdust or dryer lint. While melting the bits and pieces of wax crayons (or old candle stubs), distribute the sawdust or lint into the egg cartons. Then, when the candles or crayons melt, pour them over the egg cartons and let them set.

Store them as is or, when cool, cut the cartons apart and store in a dry place. One article I researched claims the individual egg carton cube can burn up to ten minutes, gently catching the twigs and logs on fire.

Dale Carnegie once said, "One of the most tragic things I know about human nature is that all of us tend to put off living. We are all dreaming of some magical rose garden over the horizon instead of enjoying the roses that are blooming outside our windows."

### Senior lunch menu

**Monday, April 9:** Beef stew, roasted potatoes, carrots, tomato soup, key lime pie.

**Thursday, April 12:** Thai shrimp, brown rice with peanut sauce, broccoli, cucumber salad, ice cream.

*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.*

## This Week in Aboriginal History

by Carl A. Ellis

### Creek Indian Ernest Childers receives Medal of Honor

**April 6, 1875:** Black Horse is one of several Southern Cheyenne sent to prison in St. Augustine, Fla., (from the Cheyenne and Arapaho Agency - later called Fort Reno), for their part in the uprisings in Indian Territory and Texas.

Several shots miss Black Horse and hit other Cheyenne.

While handcuffed, he attempts to escape by hiding among the rest of his tribe. He is pursued and mortally wounded by Army guards under the command of Capt. Andrew Bennett, 5th Infantry.

The Cheyenne retaliate with a hail of bullets and arrows while almost half the group flees to hide in nearby hills.

Lt. Col. T.H. Neill and one company of Infantry, along with horse-mounted troops, pursue them and fight

throughout the day into evening. Eleven Indians died and 19 were wounded. Most of the Cheyenne would eventually return to the agency at Fort Reno.

**April 7, 1788:** The first settlers arrive at Marietta in Ohio country. Gen. Arthur St. Clair followed on July 9 as governor of the Northwest Territory.

**April 8, 1944:** Ernest Childers - a Creek Indian from Oklahoma - is awarded the Medal of Honor for his leadership, initiative and bravery during World War II. He is one of five native Americans to receive the Medal of Honor in the 20th century.

**April 9, 1754:** An Indian slave trader sends a letter to South Carolina Gov. James Glen asking for permission to use one group of Indians to fight another: "We want no pay," the letter reads, "only

what we can take and plunder, and what slaves we take to be our own."

**April 10, 1871:** Apaches raid the Mission San Xavier del Bac south of Tucson and steal livestock.

**April 11, 1968:** The Indian Civil Rights Act passes. It includes sections specifically applying the U.S. Bill of Rights to Indians in their relations with tribal governments.

**April 12, 1870:** Fort Berthold Reservation is created by executive order in western North Dakota. The reservation is home to the Mandan, Hidatsa and Arikara tribes.

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

*Learn more about aboriginal history at facebook.com/snippetsintime.*

### Wendy's: Fast-food chain hopes to build in city

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conference, which interim Planning Director Kevin Cronin said he planned to set up Wednesday afternoon.

The conference allows the designers to ask questions and get feedback from the city about design and licensing requirements and other construction issues.

Wendy's was founded by

Dave Thomas in 1969 in Columbus, Ohio.

It is the world's third largest hamburger fast-food chain after McDonald's and Burger King and has more

than 6,500 locations, most of them owned by franchisees.

Some of the food items that set them apart are square-shaped burgers, "frosty" desserts and chili.



An aerial shot of the Warrenton Highlands center with the drive-through location in the center of the photo.