

Letter to the Editor

Candidate Orr did well in fight against LNG

I took a picture from the Astoria Column of a commercial fishing boat returning up the Columbia River.

What wasn't in the picture that day – or any other day – was the 200-plus liquefied natural gas tankers that would have polluted the river, fish and air.

It was citizens of the Lower Columbia area, guided by Columbia Riverkeepers, who stood up and said, "Not on our watch." John Orr was one of them.

I can still have my favorite

locally caught grilled salmon that hasn't been swimming around in chemically polluted water from the proposed LNG terminal on the Skipanon. Yum! Thanks, John, for helping.

If you think protecting natural resources like commercial fishing and responsible timber harvesting is important, consider that in 2014, our area unloaded more unpolluted fish than any other West Coast port. John thinks that's important.

I have allergies that don't take kindly to breathing 2.6 billion tons annually of methane gas and carbon dioxide that the proposed LNG terminal would have released.

Thanks, John, for helping keep our air some of the cleanest on the planet.

As president of the North Coast Land Conservancy, John showed that actions speak louder than words.

Oregon is unique and the North Oregon Coast is one of its jewels.

John is running for state representative. We believe we need someone who has proven he will fight to protect our home.

John Orr will get our votes because he has earned them the old-fashioned way: He worked for them.

Carl Dominey
Jean Dominey
Astoria



Senior Moments

with Emma Edwards

Games keep the mind young

Seniors thrive on mentally challenging games such as bridge and pinochle, according to a recent AARP report.

Some of us took note of a recent article by Susan Cody in the Seaside Signal about seniors socializing through games.

Playing games can keep you healthier longer, she wrote, sharing about card games going on at Astoria Senior Center and the Bob Chisholm Center in Seaside.

Sad to say, Warrenton does not yet have its own senior center to keep such activities at hand.

But "don't give up," I'm told. Warrenton Senior Citizens Inc. has a building fund and some monies are flowing in.

Just think what it will be like when those of us wanting to improve our brains or at least feed them can run over to "our" center and get in on a game, coffee and snacks at the drop of a hat. Some senior favorites include Scrabble, Checkers, Dominoes and Rummy.

However, we can't underestimate the value of a crisp walk to feed our brains.

Sometimes, when we feel like snuggling into our chairs and falling asleep, if we take a walk we get that extra wind (or is it extra wind-up?).

Remember when we used to have to wind up our watches

and alarm clocks? Sometimes our body clocks need winding up too. At least mine does.

Playing games and being socially active results in better cognitive and physical health, according to a study by Keith A. Josephs, a neurologist at the Mayo Clinic in Rochester, Minn. Josephs stressed that games are not going to prevent a degenerative process or Alzheimer's, but they might delay the onset of symptoms "so that the individual can function at a higher level."

So much to learn and so little time.

At our Warrenton meal site table the other day, we got to wondering if oysters, crabs and clams have eyes? Would someone who won't eat food that came from something with a face eat them? You cannot believe what I found out. But it will have to wait until next week!

Not long ago, the Alzheimer's Association shared about a clinic in Finland that demonstrated the benefits of combining cognitive training and social activity.

Bridge people seem to be more serious during the game, whereas pinochle players seem to talk and laugh more during their games.

Many sources stress the social value of even simple games such as the "Hand and Foot" card game I've been known to play until after midnight.

"McDougal on Pinochle" says, "There is much good-natured kidding during most pinochle games -- more than would be tolerated at bridge. Whereas, good bridge players discourage such facetiousness."

I suspect I'm too giddy to play bridge.

This Week in Aboriginal History

by Carl A. Ellis



Momaday, a Kiowa, wins Pulitzer Prize for fiction

May 4, 1863: As the Dakota War of 1862 carries over into 1863, the Santee Sioux in Minnesota are defeated in an uprising and their lands are confiscated.

The surviving Indians, including those who opposed the uprising and helped the whites, are ordered to a reservation in Dakota Territory. The 770 Santee are forced aboard a steamboat for relocation to the Crow Creek Reservation, which was in the throes of a drought. During the first year, 300 Santee die.

May 5, 1969: N. Scott Momaday, a Kiowa, wins the Pulitzer Prize for Fiction for his novel, "House Made of Dawn."

He'll go on to receive the National Medal of Arts in 2007 for preserving indigenous oral and art tradition. He is a fellow of the American Academy of Arts

and Sciences.

May 6, 1822: All non-profit government trading houses are closed on or near Indian lands and all future trading posts will be considered commercial enterprises.

May 7, 1999: The Alaska Native Heritage Center in Anchorage holds a grand opening for Alaska natives with a public grand opening the following day.

The center is a gathering place that celebrates, perpetuates and shares the traditions of 11 distinct Alaskan native cultures.

May 8, 1725: Pigwacket Indians defeat a British contingent under Capt. John Lovewell at Fryeburg, Maine. It is one of the last battles of Dummer's War, also known as Father Rale's War.

May 9, 1735: The first debate on "The Walking

Purchase" takes place at Pennsbury, the estate of William Penn.

May 10, 1832: Settlers start construction of Fort Blue Mounds near Madison, Wis. The fort is built to protect settlers from attacks by the Winnebago tribe.

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

Senior lunch menu

Monday, May 7: Salmon, parsley buttered potatoes, peas, marinated tomatoes, chocolate cake.

Thursday, May 10: Meatloaf, mashed potatoes and gravy, carrots, coleslaw, key lime pie.

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.