

Native plants, uses is topic of monthly talk

Judith Lampi of Warrenton will speak on "Ethnobotany Near the Mouth of the Columbia River" at 1 p.m. Sunday, May 20, in the Netul River Room of Fort Clatsop's visitor center.



Lampi

The free talk is part of the "In Their Footsteps" series sponsored by the Lewis and Clark National Park Association.

Humans have always depended on plants for food, medicine and textiles. Ethnobotany is the study of how people of a particular culture

and region make use of native plants.

The forum will take participants on a tour of the Lewis and Clark Expedition journals and share how the indigenous people of the Lower Columbia River used the plants that Capt. Meriwether Lewis described the winter of 1805-06.

Lampi attributes her passion for native plants and how the Chinook and Clatsop people used them, to her grandfather, a retired logger. He would walk with her as a child in the forest and along

the shores of the river and tell her the plant names and stories of the American Indians who lived there.

She has been collecting and sharing information about them for decades.

Lampi taught ethnobotany as a science elective at the Health Sciences Biotechnology Magnet School in Portland and later became a national park ranger at Fort Clatsop. She has guided countless ethnobotany walks and lectured around the country.

For more information, call the park at 503-861-2471.

Senior Moments

with Emma Edwards



A debate on oysters and faces

Competitiveness has good cognitive value.

I think it's good to be a competitive person. Adrenaline kicks in when I get a 99-point score in Words with Friends. It doesn't happen very often.

But you know my first thought? There is a standing I can work toward for 100 and over, so I like the score of 99. But my competitive spirit wants me to score more than 100.

I think we seniors (sometimes called the elderly) need to keep competitiveness alive if possible. As in gardening.

Yes, it's time to take on gardening. And don't tell me there isn't a little competitiveness related to our desire to have our gardens admired! No matter our age, we get excited as those little shoots pop up out of the earth.

I have a neighbor who excitedly called me over to see her wild flowers showing their little heads. I remember sharing that miracle with my children and I'm still excited about how that seed, bulb or tuber can sprout when the sun begins to warm them.

You and I know it's a "God thing" and maybe that's why I find it extra thrilling as I look out the window and see my fuchsias in full bloom and a hanging planter with lots of yellows and reds and then those sprouts promising more beauty in the weeks ahead.

I have a senior neighbor who has been tenderly nursing her five tomato plants (she planted them about 10 days ago) and can be seen carefully watering them and watching them grow.

Hey, spring is in full bloom and soon summer will be here.

So much to learn and do and so little time!

At our Warrenton meal site table a few weeks ago, we got to wondering if oysters, crabs and clams have eyes. Would a person who is vegan -- someone who does not eat or use animal products -- eat them?

You can't believe what I found out. Seems ostrovegans eat oysters even though there are eyes all over an oyster's body to help it see and escape predators. Like turtles, when oysters sense danger, they hide inside their shells, which snap tightly shut.

So why the exception? Seems oysters feel no pain and that's a criterion followed by many vegans. So, for those who chose to eat oysters, enjoy them!

Oh, and crabs and clams do have eyes. Go to your National Geographic web site and learn more about them. It says they have no brain but have a foot that serves them well. Since oysters don't have central nervous systems, they're unlikely to experience pain in a way resembling ours -- unlike a pig, a herring or a lobster. They can't move, so they don't respond to injury like those animals do. Did you catch that an oyster is considered an animal?

When you have time, run over to Warrenton Community Library and Nettie-Lee Calog (our smiling librarian) will be most happy to guide you on this and probably 100 million or more other items to stir your pure, peaceful minds.

Competitiveness? Be kind.

Remember we're all in a battle of sorts called life.

This Week in Aboriginal History

by Carl A. Ellis



President Clinton issues 'sacred sites' order

May 18, 1661: A treaty signed two days earlier requires Maryland to protect the Susquehannock Indians from raids by the Seneca. The Maryland General Assembly orders Capt. John Odber to take 50 men to the "Susquesahannough Forte" and protect them.

May 19, 1796: Congress passes a peace treaty with tribes northwest of the Ohio River "to put an end to a destructive war, to settle all controversies and to restore harmony and friendly intercourse" between all parties.

May 20, 1702: Franciscans establish the Santa Fe de Toloca mission at a large Timucua village in northern Florida. Apalachicola Indians fight a battle with Spanish and Mission Indians. Both sides lose many fighters before the Apalachicolas gain the upper hand.

May 21, 1832: A group of 50 Potawatomis attack a settlement on Indian Creek near modern Ottawa, Ill., as part

of Black Hawk's War, sometimes called the Indian Creek Massacre. Fifteen settlers are killed.

May 22, 1851: A large group of Yosemite Indians are captured at Lake Tenaja, one of the last conflicts in California's Mariposa Indian Wars.

May 23, 1838: An estimated 2,000 Cherokees have emigrated to Indian Territory in present-day Oklahoma by today's deadline, established in the New Echota Treaty of Dec. 29, 1835. Any Cherokees east of the Mississippi River after this date will be forced to leave.

Gen. Winfield Scott is charged with removing the remaining Cherokees and many are forced from their homes at bayonet point.

May 24, 1996: President Bill Clinton issues the "Indian Sacred Sites" executive order, making it mandatory for federal agencies to allow access and ceremonial use of the sites by American Indians.

Ellis is an author and historian working on a book about American Indians. Learn more about American Indian history at facebook.com/snippetsintime.

Senior lunch menu

Monday, May 21: Roast beef, mashed potatoes and gravy, mixed vegetables, coleslaw, ice cream.

Thursday, May 24: Pulled pork, baked beans, corn, cucumber salad, bread pudding.

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.