

## Great Columbia Crossing will stop bridge traffic

Registration is now open for the 2018 Great Columbia Crossing, one of the region's most popular events in which runners are allowed to cross the Astoria-Megler Bridge on foot.

This year's run is Oct. 14 and several changes are in store. Runners and walkers can do something they've never been able to do before: focus on performance without being confined to one lane and without the distraction of passing cars.

The Great Columbia Crossing 10K run/walk is the only opportunity each year to cross the longest continuous truss bridge in North America by foot. The bridge will be closed to vehicles from 8:30 to 11

a.m. this year for the first time and racers will get to use both lanes.

The run includes a 200-foot incline offering scenic views of the river.

It's an official USA Track & Field Certified Event and registration closes when capacity reaches 3,500 racers. All participants are timed via electronic chip.

Registration is \$40 and should be made online at [greatcolumbiacrossing.com](http://greatcolumbiacrossing.com). It includes free parking with shuttle service to the start of the event, water and snacks at



Astoria-Warrenton Chamber of Commerce  
Runners in the 2011 Crossing make their way into Astoria.

at the finish line and \$5 in "clam bucks," which are redeemable at local merchants.

The Astoria-Warrenton Chamber of Commerce hosts the event, which is sponsored by Columbia Memorial Hospital's Cardiology Clinic.

## Senior Moments

with Emma Edwards



## Ain't what you used to be?

Age is commonly referred to in many different terms. Writing a column directed specifically toward seniors is challenging, to be sure.

You'd think that since I am one, it would be simple Simon. But it's not so.

Recently, I read that many in the post-World War II Baby Boomer Generation (those born between 1946 and 1964) are aging into their senior years in growing numbers.

My six children were born from 1952 to 1960, so that means I'm addressing their needs, too.

Do I advise them on taking care of their elders – me! -- or do I even know how to write for them.

We've heard that advancements in medicine and technology in many countries have given us life expectancies well into our 80s. I have many friends in their 90s who are still a joy to be around.

This being a column about senior citizens, I'm sure you will understand. I don't mind hearing a man who is getting older being referred to as an "old codger" or "a chip off the old block." But I don't like "old man."

There really aren't many sayings for women. "Elderly" woman? "Aging" female? Are we women too touchy?

In my case, I don't like it if someone talks about my gray hair as "gray." I think I have "silver" hair, while others may call it "white." White is fine, but gray seems too drab to me. You know, "The old gray mare, she ain't what she used to be." (Guess I ain't either, but no one has to tell me!)

You'll notice that in traffic reports of fender-benders, a woman over 70 who is responsible is often referred to as "an elderly woman," while a man may be called "an older gentleman." Dictionaries use words such as obsolete, stale, time-worn, faded, decayed, effete, declining, crumbling and decrepit. I'd never heard the word "effete" before. I learned that effete could describe a cow who is no longer fertile. Wow! A person? Sounds like a good cheese or a tasty wine to me.

I vote to eliminate descriptions such as time-worn, declining, antiquated and decrepit. Let's simply say "wiser" or "more clever," but do not call me "cute" or a "sweet little old lady."

I remember an artist who sought out aging folk with wrinkles as he thought the wrinkles brought out the essence of age, somewhat like the circles on a tree trunk.

I'm happy with my age and don't mind those multiple wrinkles.

John Wayne was known to say, "Courage is being scared to death but saddling up anyway." I think that's good medicine for any age of our lives.

So, what if "you ain't what you used to be many long years ago"? Saddle up and carry on.

## This Week in Aboriginal History

by Carl A. Ellis



## Washington state negotiates treaty on its own

**June 8, 1871:** Kiowa Chief Satanta admits to Gen. William T. Sherman that he and two other Indians led the Warren Wagon Train raid on the Butterfield Trail.

Sherman has the three arrested. One of them, Satank, manages to free himself from his handcuffs while being transported to Fort Richardson.

Satank attacks a guard with a knife and grabs the rifle of another. He is shot and killed by the remaining soldiers. His body is thrown in a ditch and the group continues to Texas.

**June 9, 1870:** Ely S. Parker, a Seneca attorney and the first native American commissioner of Indian Affairs, invites Red Cloud and several other Sioux to come to Washington.

Red Cloud tells President Ulysses S. Grant that the Sioux don't want a reservation on the Missouri River

and questions why some of the promises made to them weren't included in their treaty. They have a cordial meeting, but Grant knows the promised items are grounds for future contention. He suggests the Indians be read the treaty in its entirety soon.

**June 10, 1872:** The Sauk and Fox reserves in Kansas are clarified by Congressional Act (17 stat. 391).

**June 11, 1752:** In a conference with British authorities, Iroquois leader Tanacharison names Chief Shingas "king" of the Delaware Indians hoping to subjugate the tribe.

**June 12, 1855:** Washington state's Gov. Isaac Stevens bypasses federal protocol at the Walla Walla Council by securing a treaty locally, allowing larger portions of land to go to the largest and most powerful tribes in the region, the Yakamas and the Nez Perce.

**June 13, 1715:** The South Carolina militia battles with coastal Indians as part of the Yamassee War, a conflict between British settlers and various tribes. The fight on Goose Creek results in 40 fatalities for the coastal Indians, who withdraw their support for the war.

**June 14, 1671:** France claims most of America.

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

## Senior lunch menu

**Monday, June 11:** Chicken and apples, brown rice, mixed vegetables, pasta salad, chocolate cake.

**Thursday, June 14:** Tuna casserole, green beans, marinated tomatoes, berry trifle.

*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.*