



Senior Moments

with Emma Edwards

Healing power of humor comes out in small things

Many of us enjoy going to restaurants featuring food from different ethnicities and countries. Such eating places are becoming more popular in our area.

Overheard the other day was a person trying to decide which restaurant to go to saying, "I can't really decide. Sometimes I'm caught between a wok and a hard place".

I think it's amazing how many choices we have just in our area. We no longer have to go to Portland for an exotic dining experience.

We even have choices when it comes to which senior meal site to patronize. Many of us go to senior meal sites in Warrenton, Astoria or Seaside.

Some shop menu while others become a family, sitting at the same tables and enjoying their peers while the food becomes secondary.

As seniors, it's fun to know we're missed if we're not there. It's also fun to enjoy new experiences. And, enjoy we do!

Truthfully, we do try (at any of our impressive meal sites) to stay away from subjects such as politics, religion or medical experiences.

We do like to hear jokes (nice clean ones, of course).

At the Warrenton meal site there's a dish washer who must stay up nights thinking of jokes to share.

Yes, I'm talking about Mitch Miller. It's not unusual for him to jump out of his dishwasher cage, interrupt the person doing the announcements and delight all of us

with one of his stories.

There is an article in the recent AARP Bulletin about Alzheimer's and other forms of dementia being helped through laughter.

In fact, it cited a story about a daughter whose mother had an advanced case of Alzheimer's and, after visiting, the daughter always went away so sad.

Then one day, she found her mom smiling and there sat a lady comedian dancing and being silly.

The comedian came back several times (sometimes wearing a large red nose) and, before long, her mom was laughing. The power of humor is unlimited.

It can be a silly old joke such as "Have you heard about the golfer who always wears two pairs of socks just in case he gets a hole in one?"

Another one I like that's not quite so old is the sign at a local marina that reads: "Out to Launch."

Or the sign on the door of a music teacher: "Bach at 2. OffenBach sooner."

Admit it; those made you smile!

Here's a good definition of "later years": the time of life when we try to convince ourselves it's only a vitamin deficiency. Could it be a laughter deficiency?

See you at senior lunch any day of the week. Mondays and Thursdays in Warrenton and every day in Astoria and Seaside.

You will come away smiling and realizing how much we need time with our peers.

This Week in Aboriginal History

by Carl A. Ellis



Department of Defense OK's use of peyote

June 15, 1742: A four-day conference begins on friendship and land cessions between representatives of the British in New York and the "Six Nations," the Mohowak, Oneida Onondaga, Cayuga, Seneca and Tuscarora.

June 16, 1636: As the war builds between New England colonists and the Pequot tribe, the chief of the Mohegans, a rival tribe, warns the colonists that the Pequots plan a pre-emptive strike.

June 17, 1967: John Stands-in-Timber dies.

He was a Northern Cheyenne whose grandfather was killed by Custer and the self-appointed keeper of the oral literature of his tribe. He co-authored "Cheyenne Memories," in which he recounts his people's traditions.

June 18, 1999: Members of the Native American Church may use peyote in religious services, even if they are members

of the military, according to an agreement reached with the U.S. Department of Defense.

June 19, 1971: The Mohawk Nation honors New York tribal members Ray and Christine Fadden. For more than 20 years, Ray taught young Mohawks about their culture. He also founded the Six Nations Museum in Onchiota, which exhibits an impressive collection of historical Iroquois artifacts.

June 20, 2011: A U.S. federal judge agrees to a \$3.4 billion settlement

over mismanaged Indian trust funds. The class-action suit is among the largest ever against the U.S. government.

June 21, 1856: Indians living in the lower Rogue River and Port Orford areas are moved to a new reservation, the Grande Ronde, situated between the Pacific Ocean and the Willamette River.

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, June 18: Roasted pork loin, mashed potatoes and gravy, red cabbage, mixed greens, bread pudding.

Thursday, June 21: Spaghetti with Italian sausage, broccoli, romaine 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.

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Fresh eggs on menu at food web

Thursdays are Egg Days at the North Coast Food Web.

Farm-fresh chicken and duck eggs will be available for purchase from 9 a.m. to 4 p.m. at the Food Web, 577 18th St., Astoria.

Hosts are Brutal Hill Farms, Lazy Creek Farms, Spring Up Farm and Blackberry Bog Farm.

