

State's food preservation hotline taking calls

Making blackberry jam? Canning some salmon?

Oregon State University Extension Service's Food Preservation hotline can answer all your questions.

The toll-free hotline, 800-354-7319, takes calls from 9 a.m. to 4 p.m. weekdays during canning season, mid-July to mid-October. Callers can leave a message during off hours.

The hotline is staffed by certified Master Food Preserver volunteers in Lane and Douglas counties, but it's available statewide.

Thousands of callers use the hotline each year and about half the questions deal with



food safety. That's a good thing, said Jeanne Brandt, Master Food Preserver program coordinator.

"There is a tremendous amount of misinformation

on the internet, so it's hard to figure out what is reliable and what is unsafe," she said. "That's partly why the hotline is so important. Our volunteers know we have reliable, research-based information and they can guide people to success."

While food preservation continues to be popular, it's less a family tradition than it used to be.

"We aren't learning from our family and friends much anymore and we don't have them to call for directions and advice," she said.

The most common questions are about salsa, tomatoes and tuna.

This Week in Aboriginal History

by Carl A. Ellis



AIM leaders are arrested at Wounded Knee

July 27, 1973: Leaders of the American Indian Movement, or AIM, and 200 activists take over the village of Wounded Knee on the Pine Ridge Indian Reservation in South Dakota.

They announce the creation of the Oglala Sioux Nation.

They declare their independence from the United States and define their national boundaries as those determined by the 1868 Treaty of Fort Laramie.

The siege, which ended May 8, had lasted 71 days. AIM leaders Russell Means and Dennis Banks are arrested, but charges will be dropped two months later.

July 28, 1872: Col. Randal S. Mackenzie takes 12 officers, 272 enlisted men and 20 Tonkawa scouts to search for renegade Indians in and around the Texas Panhandle.

July 29, 1837: Chippewa Indians sign a treaty with the United States at St. Peters, Wisc., trading large

land holdings for \$9,500 cash, \$19,000 worth of supplies and forgiveness of tribal debts.

July 30, 1825: The Minuterie agree to a treaty at the Lower Mandan Village with nine chiefs and 16 warriors signing.

July 31, 1686: The Lenape Indians sell land along the Lehigh River to William Penn.

Aug. 1, 1735: The British reach an agreement with four tribes in New York covering "amity and commerce." The tribes are the Western

Abenaki, Housatonic, Mohegan and Scaghticoke Indians.

Aug. 2, 1689: A group of 100 Abenaki Indians attack the 30 soldiers occupying the fort at Pemaquid, Maine.

The soldiers, led by Lt. James Weems, eventually surrender. Those who aren't killed are taken prisoner and forced to evacuate to Canada.

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, July 30: Crab cakes, roasted potatoes, green beans, coleslaw, berry trifle.

Thursday, Aug. 2: Baked chicken breast, mashed potatoes and gravy, green beans, tomato cucumber salad, chocolate cake.

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.



Senior Moments

with Emma Edwards

Do struggles make us stronger?

A famous businesswoman, actress and model was quoted as saying, "I really believe in the old expression that what doesn't kill you makes you stronger. It is through adversity that you find the strength you never knew you had."

Some may ask, "How would she know?" She seems to have a rather perfect life from the outside.

The saying is attributed to 19th century German philosopher Friedrich Nietzsche.

What did he mean when he said that? Nietzsche had a hard life both physically and mentally.

He believed pain and suffering made you stronger. Some believe the saying originated in the Bible. That sparked my interest!

It's further puzzling as Nietzsche was well known as an atheist.

However, one cannot deny verses such as Romans 5:3, which says, in part, "Let us exult while in tribulation, since we know that tribulation produces endurance."

And from the book of James: "The tested quality of your faith works out endurance."

Someone once said that most good ideas or sayings come from the Bible in one form or another!

So, what does that have to do with today's seniors? Many of us seem to enjoy relating how we had to walk three miles to school in the pouring rain or snow.

Maybe that made us stronger. However, how do we suffer as seniors? Not necessarily in a way that makes us stronger.

Those in physical therapy often are told to stop a regime when it becomes too painful. I know there is that other saying, "no pain, no gain." I think that's more for sports fanatics.

As seniors, we do not need to suffer unnecessarily.

Recently, the "Dear Annie" columnist in the Daily Astorian wrote about senior abuse.

She closed the column with the following, "Anyone who suspects that (you or) an elderly loved one is suffering abuse — I implore you to call Adult Protective Services' hotline (800-222-8000) or local law enforcement."

For general senior information, including elder abuse, visit the National Institute on Aging nia.nih.gov/health/elder-abuse.

While you're on the NIA website, check out the information on healthy eating, health information, Alzheimer's Disease and subjects such as grants and funding.

Our local number to report abuse of vulnerable adults in Clatsop, Marion, Polk, Tillamook and Yamhill counties is 800-846-9165. You may save someone's life!

By the way, while I was gone on my little vacation, someone left me a bag with two amazing Christian books in it and I think it was someone who reads this column.

I have checked with many but haven't found the generous person yet.

Anyway, I want them to know that I appreciated the gesture.

Sometimes we seniors get a chuckle out of doing some kind act anonymously.