

Theater announces classical series performers

The Liberty Theatre is selling tickets for its new Classical Series, which begins next month and runs through May 2019.

It's the second year of classical performances and school workshops.

The first season included seven workshops within Astoria and Warrenton high schools and reached more than 100 students.

Thanks to foundations, corporations and donors, organizers plan to present workshops at more area schools during the 2018-19 season.

The Sept. 22 season opener is "The Eight Seasons" pre-

sented by Portland Chamber Orchestra and led by Music Director Yaacov Bergman. It features Antonio Vivaldi's "The Four Seasons" and Astor Piazzolla's "The Four Seasons of Buenos Aires."

Tickets for the 7 p.m. performance are \$20, \$30 and \$40 for reserved seating.

Future artists are Quarteto Gelato, Jan. 13; BodyVox Dance, Feb. 23; Trio Solisti, March 7; Clarinetist David Shifrin with Cary Lewis, April 26; and Soprano Debo-



Portland Chamber Orchestra will present 'seasonal' works at opener.

rah Mayer, May 4.

Tickets for all performances are available online at libertyastoria.org or at the box office from 2 to 5:30 p.m. Wednesdays through Saturdays.

This Week in Aboriginal History

by Carl A. Ellis



Spain passes first humanitarian law in 1542

Aug. 3, 1540: Hernando de Soto reaches southern Georgia and finds Indians raising tame turkeys, caged opossums, corn, beans, pumpkins, cucumbers and plums.

Aug. 4, 1813: Five hundred warriors of the White Stick faction of Creeks gather across the river in Alabama from modern Columbus, Ga. They make plans with 200 Cherokees to attack a band of 2,500 Red Stick Creeks who are followers of Tecumseh. The Creek War is often considered part of the War of 1812.

Aug. 5, 1570: A Spanish expedition sailing up Chesapeake Bay in Virginia reaches an area near the Rappahannock River that they dub Axaca. Local Indians force them to abandon further exploration of the area.

Aug. 6, 1858: Navajo Chief Manuelito discovers 60 head of livestock shot by U.S. soldiers. Outraged, he confronts the commander at Fort Defiance, in present-day Apache

County, Ariz., telling him the land belongs to him and his people, not the soldiers. Soldiers from the fort, augmented by 160 paid Zuni warriors, torch Manuelito's fields and village.

The chief resolves to drive the soldiers off the land and begins rallying other Navajo leaders for war.

Aug. 7, 1969: President Richard Nixon appoints Louis Bruce, a Mohawk-Lakota, to become the third Indian Commissioner of Indian Affairs. In his long career, Bruce advised presidents from Franklin D. Roosevelt to

Gerald Ford. He died in 1989.

Aug. 8, 1699: The Tohono Indians, who live along the Gulf Coast of Alabama and Mississippi, formally establish peaceful relations with the French in Biloxi.

Aug. 9, 1542: Spain, which is attempting to colonize the Americas, passes new laws designed to prevent the enslavement and exploitation of indigenous people.

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, Aug. 6: Ham, scalloped potatoes, carrots, spinach salad, bread pudding.

Thursday, Aug. 9: Tuna casserole, mixed vegetables, green salad, apple 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.



Senior Moments

with Emma Edwards

That niggling desire for chocolate

Crankiness can be caused by a chocolate deficiency. And it can hit the best of us!

Maybe today we can partially solve this ailment.

At the Warrenton Senior Citizens Inc. meal site, which serves the noon meal on Mondays and Thursdays, we learn all kinds of fun and (once in a while) useful things.

Some generous Warrentonians even drop off magazines for others to read.

Most are current as of this year and many of us find some interesting things while browsing through them.

One item I found recently was how to "pamper overworked hands" with a hot cocoa soak. And, yes, I tried it.

Fill a large bowl with enough warm water to cover the hands.

Stir in 2 cups warm whole milk, 2 tablespoons unsweetened cocoa powder and 1 tablespoon honey.

Then "we soak our tired hands in it for 15 minutes."

Oh, and do rinse well. Let me know how you like it. I found it rather soothing, but not ready to totally endorse it yet. The aroma was great because I like chocolate.

In reading further about this subject I learned "the milk bath is a classic spa basic. The lactic acid in milk softens and soothes the skin. Chocolate milk combined with the power of honey will refresh your skin," says the Caldo Chocolate Company.

There was one report noting that in some spas a person could get rubbed down with a chocolate paste before bathing.

Caldo also notes that "there

are many antioxidants in chocolate such as polyphenols, flavanols, catechins, etc. Antioxidants can be great for skin. Antioxidants from chocolate can help prevent skin from damage and make your skin soft."

And they added that "it also cures tanned skin and makes it glow."

Admittedly, I think I could be a "chocolatarian," one who eats only chocolate. But I really have no desire to take a bath in it.

And, by the way, those spa baths aren't frequented by women only, as I'm told. Men delight in chocolate baths too.

So, for those seniors who think they've gone everywhere and done about all there is to do, you may wish to treat yourself to a chocolate bath.

In thinking of chocolate, I'm not sure who said it, but "Life is like chocolate; sometimes you gotta deal with nuts."

At the senior lunches, the discussions sometimes cover interesting (even weird) subjects, but there's no denying we seniors have a sense of humor that needs occasional feeding!

Back in the 16th century, the word "niggle" was invented. It means "to spend too much effort on minor details."

Sorry if I "niggled" my love of chocolate to the extreme.

Another definition of niggle is to use it as a complaint, such as "I've had a knee niggle for the past few days."

I kind of like that word, don't you?