



Senior Moments

with Emma Edwards

Even nonagenarians can learn to live well

While on the phone recently with my daughter, Lynn, she had to take another call so she put me on hold.

Neither of us could remember what we were talking about when we resumed our call.

“Just think, Mom,” she said, “now that all of your children are seniors, we can have our dementia times together!”

One of the toughest things to hear is a senior lamenting “Nobody needs me anymore.”

What can family and friends do to assure seniors they’re needed and to give them purpose for living longer and longer?

Astoria man passes basic Air Force training

U.S. Air Force Airman Timothy Hennessee graduated from basic training at Joint Base San Antonio-Lackland in San Antonio, Texas.

The airman, a 2017 graduate of Astoria Hennessee High School, completed an intensive eight-week program that included training in military discipline and studies, Air Force core values, physical fitness, and basic warfare principles and skills.

Airmen who complete basic training also earn four credits toward an associate in applied science degree through the Community College of the Air Force.



Hennessee

Remember the adage, “The only person you will live your entire life with is yourself”? All the blame can’t be heaped on our adult children or anyone else.

However, I wonder how long it’s been since any of them have called their mom, a favorite aunt or an aging friend and asked for a recipe? Or advice? Something that simple could make us feel needed.

“Between 1900 and 2000, the average life expectancy increased by nearly 30 years in the United States and most other developed countries of the world,” according to an item featured in the Atlantic Monthly.

Now we can expect to live seven, eight, nine or more decades. Remember when Willard Scott used to honor 90-year-olds? And after age 80 you could write to the White House and have a birthday card sent to you?

A new word for those 100 or older is centenarian. When we turn 70, we become a septuagenarian and a person age 80 is an octogenarian. At age 90, we’re referred to as a nonagenarian.

And not to leave out those of you in your 60s, you’re referred to as a sexagenarian!

It’s impolite to refer to anyone in these stages as an “old person.”

After spending time “surfing the internet,” I learned that when one attains age 90, they feel as if they’re living on borrowed time. (Aren’t we all?)

Ida Fisher Davidoff, a nonagenarian, said, “I live as if I’m going to live a long time. I’m planting bulbs, putting in shrubs that will take years to grow.”

She added, “Why should you deprive yourself of even an hour of beauty because you don’t know how long you’ll be around to enjoy it?”

Martin Luther once remarked that if he knew he were going to die tomorrow, he’d “plant an apple tree today.”

I like that philosophy, don’t you?

So what’s your plan? My friend, Diane, recently shared one of her Mom’s favorite sayings, “Hey, things are tough all over, even the windows have panes (pains?).”

Be thankful we are not alone in this journey called life.

Last but not least, I encourage you to go to church Sunday and hear “the rest of the story.” And do have fun!

Senior lunch menu

Monday, Aug. 27: Jambalaya with chicken, ham and shrimp, rice, broccoli, romaine lettuce salad, bread pudding.

Thursday, Aug. 30: Parmesan chicken, pasta salad, roasted tomatoes, coleslaw, 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.

This Week in Aboriginal History

by Carl A. Ellis



First reservation is established

Aug. 24, 1721: The Pequot Indians, after decades of land disputes, give up planting rights at Noank in present-day Connecticut, but retain their fishing rights in exchange for clear title to land at Mashantucket. They remain a federally recognized tribe there to this day.

Aug. 25, 1607: Some 200 Indian warriors storm an unfinished stockade colonists are building at Jamestown, Va. Two settlers are killed and 10 seriously wounded before the Indians are pushed back by cannon fire from the colonists’ three moored ships.

Aug. 26, 1842: Caddo Indians sign a treaty with the Republic of Texas. They agree to visit other tribes to convince them to sign treaties as well. Today they are known as the Caddo Nation, a confederation of southeastern Indian tribes.

Aug. 27, 1878: Capt. James Egan and a troop from the Second Cavalry follow a group of Bannocks who’ve

been stealing livestock along the Madison River. Near Henry’s Lake, Egan’s forces skirmish with the Indians and recover 56 head of livestock. The escaping Bannocks follow a trail taken by the Nez Perce a year earlier.

Aug. 28, 1607: North America colonists complete James Fort in Jamestown. Powhatan, emperor of the local Indians, puts an end to hostilities after commanding local chiefs to live in peace with the English.

Aug. 29, 1758: The nation’s first Indian reservation is established in Brotherton, N.J. It was created for the local Lenape community, sometimes called the Delaware.

Aug. 30, 1645: A peace treaty between Dutch immigrants and local tribes is signed at Fort Orange, in modern-day Albany, N.Y. The treaty ends a long conflict in the area.

Ellis is an author and historian working on a book about American Indians.

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