

Essay on voting targets high schoolers

To promote the importance of voting, area high school students are invited to participate in an essay contest, "I Will Vote."

It's open to all high school students in grades 9 to 12 in Clatsop County or Pacific County, Wash.

Indivisible North Coast Oregon and the American Association of University Women Astoria and Seaside chapters are the contest's sponsors. Winners will get \$250 for first place, \$150 for second and \$100 for third place.

"Voting is the bedrock of



our democracy, and yet numerous sources indicate it's the voters under 24 who have the poorest turnout," said Melissa Ousley, a local educator who's a member of the contest committee. "We want

this essay contest to inspire students to pay more attention to their rights and to the importance of voting."

Essays should be 500 words or less and will be judged on reasoning, perspective, clarity and authenticity.

Entries must be typed and submitted to iwillvoteessay@gmail.com by Oct. 8. Winners will be announced Oct. 29, before the Nov. 6 midterm election.

Complete rules and instructions are available online at www.indivisiblenorthcoastoregon.org.

This Week in Aboriginal History

by Carl A. Ellis



Indian Affairs makes a formal apology to Indians

Sept. 7, 1972: The commissioner of Indian Affairs extends federal recognition to the Chippewa Tribe of Sault Ste. Marie in Northern Michigan.

The federal government placed land in trust for the tribe to become its official reservation.

Sept. 8, 2000: The Bureau of Indian Affairs marks its 175th birthday and Kevin Grover, head of the bureau, offers a formal apology to American Indians for the previous misdeeds of the agency.

Sept. 9, 1836: Alexander Le Grand, a frontier surveyor/trader, is appointed Indian commissioner and put in charge of negotiating a peace treaty with the Comanche and Kiowa Indian tribes.

Sept. 10, 1874: Capt. Wyllys Lyman and 60 men from the 5th Infantry are attacked by Indians at the Washita River in Oklahoma while escorting a supply wagon train.

The soldiers remain barricaded for several days until relief arrives from Camp

Supply, an Army post set up in Indian territory to protect the Southern Plains.

Sept. 11, 1965: The Kinzua Dam opens on the Allegheny River in western New York. Its construction had forced the departure of Pennsylvania's last Indian tribe, the Senecas, who now live near Salamanca, N.Y., on the northern shores of land flooded by the dam.

Sept. 12, 1874: Maj. William Price and three troops from the 6th Cavalry battle with Indians between Sweetwater Creek and the Dry Fork of the Washita River in Texas.

Two Indians are killed and six wounded. Fourteen of the

cavalry's horses are killed or wounded and troops seize 20 Indian horses.

Sept. 13, 2011: A federal order requires the Cherokee Nation, one of the country's largest tribes, to restore voting rights and benefits to 2,800 descendants of the tribe's former slaves.

The tribe's plans to hold a special election for a new chief are thrown into turmoil.

The tribe says it won't allow the U.S. government to dictate whether it removes African Americans from its citizenship rolls.

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

Senior lunch menu

Monday, Sept. 10: Chicken a la king, biscuits, broccoli, romaine lettuce salad, bread pudding.

Thursday, Sept. 13: Pulled pork, macaroni and cheese, red cabbage, tomato salad, 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.



Senior Moments

with Emma Edwards

Talk politics and still sleep well

OK, Labor Day is behind us and the kids are back in school. Parents and grandparents can sit back and enjoy a quiet cup of coffee.

But, as most are aware, it is the official kickoff for national political campaigns in the United States. Many may groan over that, but some of us -- including me -- love election years.

It seems that the midterms have become more important and require more study and evaluation than ever before. Of course, after the midterm election, we begin the next presidential election rhetoric even though a current president is only halfway through his or her term.

I know some hate election campaigns. And I realize I have a spirit of competitiveness, but champion myself in that I do know what's going on in the elections even if I don't enjoy discussing politics (or religion) in public gatherings. Both are very personal.

However, should an appropriate occasion arise, I don't mind taking the lead or at least the front seat.

I suppose that's because I know so much less than others may think I know.

A senior thought I might add here is that the older I get, the less the outcome really matters. I'm reminded that when all is said and nothing done, the committee meeting is over!

TOASTY TOES

Yes, we seniors are full of knowledge, I suppose, but that doesn't mean we can't learn something new.

For example, we can sleep better with warmed socks. If

we throw our socks into the dryer for 10 minutes just before bed and then slip them on, we will fall asleep fast and sleep more soundly.

Why? Warming our feet widens blood vessels and draws heat from our trunk, which lowers our core temperature. And that's a natural trigger for drowsiness, according to the article I read.

JUST DESERTS

A word about that discussion on the word "dessert" or "desert." Here is the Encarta Dictionary ruling on the subject:

"Usage of desert or dessert? Dessert, pronounced with the stress on the second syllable, means 'a sweet course eaten at the end of a meal.'

"Desert, pronounced with the stress on the first syllable, means 'an area with little rainfall,' and with the stress on the second syllable means 'something deserved,' as in just deserts, or is a verb meaning 'abandon' or 'leave without permission.'"

VOLUNTEERS?

And finally, over at the Warrenton Senior Citizens Inc. meal site, I have been asked to mention that there is a need for more volunteers to serve in the kitchen on Mondays.

If you can help even one Monday a month, call 503-861-3502 on a Monday or a Thursday and ask for Nancy Jacobson or Lorna Anderson.

There's no pay, but a good feeling and a meal. It's been said that the more we give, the happier we feel and that volunteering increases self-confidence.