

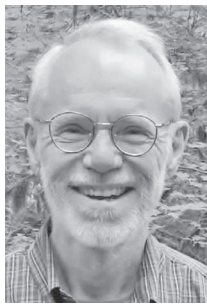
## Resercher to talk about roads before Highway 101

Historical researcher/writer Jerry Sutherland presents "Crossing Clatsop in the 1800s" during the next In Their Footsteps free speaker series event at 1 p.m. Sunday, Sept. 16, at Fort Clatsop.

Sutherland first researched early Clatsop transportation routes while writing "Calvin Tibbets: Oregon's First Pioneer," published in 2016.

In the 1840s, the route that eventually became U.S. Highway 101 bisected Tibbets' provisional land claim just north of Clatsop Plains Presbyterian Church, which was built on five acres he contributed to the church just before his death in 1849.

Sutherland followed "in their footsteps" to get a sense of the



Sutherland

challenges early Americans faced crossing Clatsop Ridge and Clatsop Plains.

After building Fort Clatsop in December 1805, William Clark and his men blazed a trail across Clatsop to the ocean searching for a good place to boil sea water, a trip commemorated by the Fort to Sea Trail in 2005.

In the process of determining the trail's original route and its relationship to modern Perkins Lane, Sutherland learned of the involvement of Clatsop Indians as well as summer vacationers taking wagons to Seaside after arriving at Clatsop Landing on sternwheelers.

He was fascinated that the Neacoxie River's 1806 outlet into the sea, filled in soon af-

ter that by sand and diverted to the Necanicum, had been pinpointed by geologists in 2004.

Sutherland will share all this using images of maps and original manuscripts and will sign copies of his book and answer questions after the presentation.

Other programs in the series include:

- Oct. 21: Carol Lucas presents "Altho' No Regular Botanist," Jefferson's reference to Meriwether Lewis.

- Nov. 18: Christopher Hodges presents "John Colter, Servant of the Corps."

- Dec. 16: Barbara Linnett presents "Let's Talk about Hummingbirds."

- Jan. 20: Richard Brenne presents "Historic Winter Transportation."

Talks are free and held in the fort's Netul River Room.



## Senior Moments

with Emma Edwards

## One in 3 seniors will fall this year

A friend fell last weekend while preparing to take a shower. Suddenly, she found herself on the floor of her bathroom. After a trip to the ER, it was determined she had no broken bones, but some very deep bruising and debilitating pain.

Some like to talk about Humpty Dumpty having had a great fall, but this is not a laughing matter, folks!

Falling is a scary thing for seniors. One in three people over age 65 fall each year. Eighty percent of the falls are in the bathroom, according to an article in USA Today. Some say the key to success in falling is the ability to get back up. Sometimes, however, we're unable to do so without help.

My fall a few years ago wasn't in the bathroom, but after rehab, the home health therapist and bath assistant saw to it that my bathroom was properly equipped and even gave me a lesson in getting in and out of the tub for my shower.

Grab bars in three key places are a necessity and it's essential knowing which foot to put in first.

A walk-in shower is best, of course, if we have a choice. Since I had my serious fall, which required a helicopter ride to Portland, this is a subject dear to my heart. Causes of senior falls can be attributed to many scenarios.

Of course, there are reasons seniors are vulnerable to falls.

The Centers for Disease Control and Prevention reports that one in five falls causes a serious injury, such as a broken bone or head injury.

Another common cause of falling is the innate fear of falling.

In our area, most have become acquainted with Northwest Senior and Disability Services on Chokeberry Avenue in Warrenton.

If you have a computer, or can go to our Warrenton library, go to [www.nwsds.org](http://www.nwsds.org) and research ways to stay healthy, improve your health and maybe plug into wellness programs.

A few I'm familiar with are the Otago home exercise program designed to improve strength and balance. Another I hear raves about is the Tai Chi Moving for Better Balance program. I understand couples can attend and have a togetherness experience along with the instruction all wrapped up into an enjoyable night out.

Most of the programs NWSDS sponsors are free. Call 503-861-4200 and you'll be connected to someone who can tell you about the different programs available at the time.

Truth is that after Humpty Dumpty had a great fall, all the king's horses and all the king's men couldn't put Humpty Dumpty together again!

Yes, that could happen to us, too. Do check out some prevention techniques for your safety, not only in the bathroom, but throughout your home.

Get rid of those throw rugs. You owe it to yourself and your family to take this seriously.

Not all of us are blessed to have someone to catch us when we fall.

## This Week in Aboriginal History

by Carl A. Ellis



## Hudson Bay Company starts trading with Indians

**Sept. 14, 1726:** Representatives of Great Britain and the Cayuga, Onondaga and Seneca tribes reach a land cession agreement, according to some sources.

**Sept. 15, 1830:** The Choctaw tribe signs a treaty exchanging 8 million acres east of the Mississippi River for land in Oklahoma.

**Sept. 16, 1893:** An estimated 100,000 people participate in the run for 6 million acres of land in the recently purchased Cherokee Outlet of Indian Territory in present-day Oklahoma. The Cherokees had been pressured into selling the land to the federal government.

**Sept. 17, 1778:** The Treaty of Fort Pitt is signed with the Delaware Indians, the first written treaty between

the new U.S. government and any American Indian tribe.

**Sept. 18, 1740:** The Hudson Bay Company begins establishing commercial sales with Ohio Indians.

**Sept. 19, 1827:** Lewis Cass, a military officer serving as governor of the Michigan Territory, signs a treaty with the Potawatomi Indians at Fort St. Joseph in present-day Niles, Mich. Tribal

lands are ceded, old boundaries are redrawn, and the Indians receive an annuity.

**Sept. 20, 1700:** Dozens of Calusa Indians escape from Florida to Cuba after Spanish soldiers and other tribes overrun their region.

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

## Senior lunch menu

**Monday, Sept. 17:** Meatloaf, mashed potatoes and gravy, mixed vegetables, coleslaw, chocolate cake.

**Thursday, Sept. 20:** Shrimp with garlic and butter, pasta with basil pesto, tomatoes, cucumber 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.*