



Senior Moments

with Emma Edwards

Pondering pumpkins and storms

I want to lament my search for a few small pumpkins with beautiful stems on them.

Some with stems that curl. However, when you find a good-size bin of pumpkins, the stems are just little shoots coming out of that beautiful pumpkin. Some say a machine is picking them these days.

Recently, as I was trying to find a small pumpkin with an amazing stem, I learned a few pumpkin facts. The original publication date on the fact sheet was Columbus Day and that spurred me on.

Anyway, pumpkins have been grown in America for over 5,000 years. Before Columbus, they were completely unknown in Europe.

Interestingly, it's recorded that at the first Thanksgiving feast, pumpkins (and other forms of squash) made up one third of the meal and, at one time, were the basic diet of American Indians.

Did you know that pumpkins are a good source of nutrition? They're low in calories, fat and sodium and high in fiber. They are loaded with vitamins A and B and potassium.

Remember when we were kids and we salted the seeds and put them in the oven? Well, the seeds are very high in protein and are said to be an excellent source of B vitamins and iron. And, I'm told, doctors often suggest using pumpkin seeds for incontinency along with frequency (especially for men).

So, are pumpkins vegetable or fruit? Here is a hint: "Pumpkins, gourds, and other varieties of squash are all members of the family cucurbitaceae, which includes cucumbers, gherkins, and melons."

And, talk about Columbus

Day, I so well remember the Columbus Day storm of 1962 and suspect many other long-term Oregonians do, too.

In fact, that was basically my introduction to the Pacific Northwest, having moved from Michigan to the Portland area in August that year. To give those who were not around then an idea of what that storm was like, winds topped 116 at the Morrison Bridge.

The highest recorded winds were 138 in Newport and 127 in Corvallis.

If you have an afternoon or evening to spare, Google the Oct. 12, 1962, Oregon storm. Good footage also is available for the Nov. 14, 1981, storm in which anemometers hit "only" 85 on the Morrison Bridge.

Just think, these are within the lifetimes of many of us reading this newspaper.

Now maybe you'll no longer wonder why survivalists stress being ready and many cared enough to spend an entire Saturday studying survival needs.

We thank those leaders who cared enough to give of their time to educate us in these areas. And, of course, we also learned about threats of earthquakes and, ultimately, tsunamic happenings.

And, yes, pumpkins are considered a fruit.

Thief steals girl's backpack while she's at work

A thief stole a teenager's backpack while she was at work and then immediately used her debit card.

The 16-year-old Warrenton girl was working at Dominos Pizza on Ensign Lane about 6:35 p.m. Oct.

2 when someone entered an unsecured rear door and stole the backpack, according to a police report.

Inside were her work clothes, school items, cash, and a wallet with her identification and debit card.

The card was used a few minutes later to buy fuel, cigarettes and snacks at Fred Meyer.

According to video surveillance, the man who used the card was driving a car stolen earlier in the day.

This Week in Aboriginal History

by Carl A. Ellis



First urban Indian radio station goes live

Oct. 12, 1996: KNBA-FM, the first urban all-Native American radio station, goes on the air in Anchorage. The station is owned by Koahnic Broadcast Corporation, an American Indian nonprofit organization. "Koahnic" is an Athabascan word meaning "live air."

Oct. 13, 1901: President Theodore Roosevelt pushes for the eradication of tribes in his first annual message by recognizing "the Indian as an individual and not as a member of a tribe." He describes the 1887 Dawes Act as a "mighty pulverizing engine to break up the tribal mass" by assimilating the natives into mainstream society.

Oct. 14, 1865: Southern Cheyenne chiefs agree to cede land they formerly claimed as their own, most of Colorado Territory, to the U.S. government as a way to end of the Sand Creek Massacre.

Oct. 15, 1892: U.S. gov-

ernment officials convince the Crow Indians to give up 1.8 million acres of reservation land in the mountains of western Montana for 50 cents per acre. A presidential proclamation opens this land to white settlers.

Oct. 16, 2011: Elouise Cobell, treasurer of the Blackfeet tribe, dies in Montana at age 66. She had tenaciously pursued a lawsuit that accused the federal government of cheating American Indians out of more than a century's worth of royalties.

Oct. 17, 1782: Cherokee Indians sign the "Long Swamp" treaty with Gen. Andrew Pickens in Selacoa, Ga. They give up land in Georgia as reparations for the fighting during the Revolutionary War.

Oct. 18, 1886: Soldiers with the 10th Cavalry capture eight Indians in the Black River Mountains of Arizona, according to army documents.

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

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Senior lunch menu

Monday, Oct. 15: Pork loin, mashed potatoes, red cabbage, navy bean soup, key lime pie.

Thursday, Oct. 18: Spaghetti with Italian sausage in red sauce, broccoli, romaine salad, bread pudding.

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.