



Senior Moments

with Emma Edwards

The incredible heart and brain

I'm determined to learn something interesting almost every day.

Today's lesson was about the brain.

Did you know the average adult brain weighs about 3 pounds, or 2 percent of total body weight?

No matter what we read, it seems our "little" 3-pound brain is at the control center of our action.

A portion of the brain stem is just above the spinal cord and regulates vital functions, such as heartbeat and breathing.

The thalamus, located in the central part of the brain, processes and coordinates sensory messages, such as touch, received from the body.

Another study showed that the average adult heart is about the size of a clenched fist and weighs about 11 ounces.

Bet you just clenched your fist!

The heart is a hollow, muscular organ in charge of pumping blood throughout the body and to other organs.

"If you use an average of 80 beats per minute, your heart beats about 4,800 times per hour. That's a whopping 115,200 times per day. Over the course of a year, your heart would beat about 42,048,000 times."

So, if you're 80 years old, your heart already has beaten 3.36 billion times.

"Heart," a new book by Sandeep Jauhar, notes that "Each heartbeat generates enough force to circulate blood through approximately 100,000 miles of vessels."

A study by Dr. Joseph Mercola shows that the brain is not the sole source of emo-

tions.

Our hearts and brains work together to produce emotions.

"When your heart receives signals from the brain via the sympathetic nerves, it pumps faster. And when it receives signals through the parasympathetic nerves, it slows down," Mercola writes.

I have to study that a bit more before my next Internet shopping spree!

I have already learned that if I order something after 10 p.m. it either won't fit or I don't really need it.

We need to remember that rule No. 6 in Dr. Cherie Carter-Scott's "Rules for Being Human" is "There is no better than 'here.' When your 'there' has become a 'here,' you will simply obtain another 'there' that will, again, look better."

Closing thoughts: I have to walk early in the morning, before my brain figures out what I'm doing.

Also, I like long walks, especially when people who annoy me take them.

Have a blessed Thanksgiving, realizing that we have so very much to be thankful for in this country and maybe we can start by giving thanks to God for our brains and our hearts.

Senior lunch menu

Monday, Nov. 19: Roasted turkey, cornbread dressing, gravy, green beans, coleslaw, pumpkin pie.

Thursday, Nov. 22: The senior lunch program is closed, but Thanksgiving dinner will be provided to all members of the public at the center by Thankful Hearts.

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



Famed Navajo code talker dies in Arizona

Nov. 16, 1811: Tecumseh predicted a "light across the sky" would appear on this date and it appeared as predicted, according to some sources.

Nov. 17, 2004: Navajo code talker Joe Billison dies in Window Rock, Ariz. During World War II, he transmitted messages in his native language, confounding the Japanese. Billison, longtime president of the Code Talkers Association, provided the voice for Hasbro's GI Joe Code Talker figure in 2000.

Nov. 18, 1825: The Arikara Indians of North Dakota sign a peace treaty with the United States promising not to supply guns, ammunition and other war implements to any nation, tribe or band of Indians who are unfriendly with the U.S.

Nov. 19, 1787: White settlers have been pouring into the Northwest, which had been laid out in the Northwest Ordinance. Violence erupts as indigenous tribes resist the encroachment, which prompts President George Washington's administration to send armed expeditions into the area.

The president's forces attempt to negotiate a settlement, but the Indians insist on a boundary line the Americans find unacceptable. A

new expedition led by Gen. Anthony Wayne is dispatched and his army defeats the Indian confederacy at the Battle of Fallen Timbers.

Nov. 20, 1831: While looking for rumored lost silver mines near the old San Sabá Mission in Texas, Jim Bowie and 10 companions encounter 150 Caddo and Waco Indians.

A fight ensues, which becomes legendary in Texas history. After frontal attacks prove ineffective, Indians set fire to the brush and trees. But this ploy also fails. The Indians retreat after losing 50 warriors to Bowie's single casualty.

Nov. 21, 1850: There are 20 million buffalo on the plains between Montana and Texas, according to government estimates. But in California, an influx of miners who have come to find gold have ravaged traditional food

sources for Indians. Hunger forces them to raid mining towns and settlements and miners retaliate by killing or abusing local Indians.

The California legislature responds with the Indian Indenture Act, which established a form of legal slavery by allowing whites to declare Indians vagrants and auctioning off their services for up to four months.

The law also permits whites to indenture Indian children, with the permission of a parent or friend, which led to widespread kidnapping and the sale of "apprentices."

Nov. 22, 1812: Gen. Samuel Hopkin's force destroys Prophetstown along with deserted Winnebago and Kickapoo villages along the Tippecanoe River. The Indians ambush and kill 16 of Hopkin's men on Wildcat Creek, northwest of present-day Kokomo.

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