



Senior Moments with Emma Edwards

Ac-cent-u-ate the positive

It's been said that nothing you wear is more important than your smile.

Recently, the Wall Street Journal ran an interesting article about changing the way we feel about aging. I was reminded that getting older is really a mindset that encompasses our well-being.

We can change the way we feel about aging and that can result in healthier senior years, the article's author, Anne Tergesen, points out.

Negativism results in depression, which has become a "public-health issue," according to the article.

I learned a new word from the article: epidemiology, which I had to look up, of course. Epidemiology is the study of the patterns, causes and effects of health and disease conditions in defined populations.

I believe we seniors are, indeed, a "defined population."

Someone once said, "We are not senior citizens; we are just recycled teenagers!"

In 1944, a popular song was born that many will remember. Here are a few lyrics we seniors could take to heart:

You've got to ac-cent-chu-ate the positive

*E-lim-i-nate the negative
And latch on to the affirmative*

Don't mess with Mr. In-Between

I like to think that "I still have a full deck; I just shuffle slower now." You and I know that sometimes our own attitude or the attitudes we project to others can be debilitating.

Some say the secret to aging is to simply gracefully accept our own aging process.

Personally, I think if we exercise our brains more by working puzzles, playing games, reading more and going to meals or gatherings with other seniors it will make us smile more.

Reaching out to those in greater need than ourselves and keeping our bodies moving will help our attitudes become more positive.

There's so much to say on this subject!

"Just keep laughing," I told a burdened lady recently. "Look in the mirror and study your smile. Even home alone it will make you laugh!"

Some may remember Charlie Chaplin, who was quoted as saying, "You'll find that life is still worthwhile if you just smile."

Look for things that make you smile.

This one, reported in "Coast to Coast," made me smile the other day:

Whether intentional or not, a design element in most decks of playing cards was noticed when a Twitter user posted an image of the 8 of diamonds showing the hidden element in its array of diamonds.

Go get one right now and stare at it until you see the amazing large white number eight shadowed through its center.

Church is a good place to go for a smile.

Remember God is like the sun -- you can't look directly at Him, but without Him you can see nothing.

An anonymous person reminds us that "You haven't lost your smile at all, it's right under your nose. You just forgot it was there."

Two county arts groups get state support grants

Creative minds at 121 Oregon arts organizations, including two in Clatsop County, will receive \$1.031 million in grants next fiscal year.

The Oregon Arts Commission announced the 2019-20 Operating Support Grants this week.

The grants range from \$3,000 to \$29,750 and are available to nonprofit organizations with arts at the core of their mission and budgets over \$150,000.

"We often hear that these are the most important grants we award," Arts Commission Chair Christopher



Liberty Theatre

Acebo said. "They alleviate some of the economic pressure and allow Oregon arts organizations to focus on their missions."

On the coast, support grants were awarded to: Astoria Music Festival, \$5,914; Liberty Restoration Inc. in Astoria, \$3,000; Artu-

la Institute for Art and Environmental Education in Bandon, \$3,000; Coos Bay Art Museum, \$5,974; Lincoln City Cultural Center, \$4,257; Newport Symphony Orchestra, \$3,691; Oregon Coast Council for the Arts in Newport, \$12,914; and Sitka Center for Art and Ecology in Otis, \$7,856.

The Oregon Arts Commission provides leadership, funding and arts programs through its grants, special initiatives and services.

It's supported with state general funds and federal funds.

This Week in Aboriginal History by Carl A. Ellis



Sand Creek Massacre occurs during peace talks

Nov. 30, 1864: More than 700 Colorado volunteers attack Black Kettle and his Cheyenne and Arapaho followers using four cannons at Sand Creek in southeastern Colorado. The Indians had been told to camp in the area while awaiting a peace conference with Colorado authorities.

Fourteen soldiers die and 40 are wounded. The exact number of Indians killed in the Sand Creek Massacre is widely disputed, with estimates ranging from 70 to 500 men, women and children. Leader White Antelope is killed while attempting to surrender.

Dec. 1, 1613: Colonists at Jamestown kidnap Pocahontas, holding her for ransom in hopes of forcing her father to free English hostages and return stolen tools.

Dec. 2, 1536: Jacques Cartier sails for France from Canada with kidnapped local chief Donnacona, who later died in France. Prior to his death, Donnacona describes

a mythical kingdom with great riches called Saguenay.

Dec. 3, 1837: Mikanopy and 30 other Seminole leaders arrive at Fort Mellon, near present-day St. Augustine, Fla. They're accompanied by Cherokee mediators and come under a flag of truce to discuss peace.

The mediators were there with the approval of the U.S. Secretary of War. Gen. Thomas Jesup takes the Seminoles hostage, hoping to force the tribe to surrender by holding their leaders as prisoners.

Dec. 4, 2000: Secretary of Energy Bill Richardson signs an agreement returning

85,000 acres in Utah to the Northern Utes. The land had been appropriated by the U.S. Congress 84 years earlier.

Dec. 5, 1787: An Indian war party attacks several settlements along Hacker's Creek in West Virginia. Four settlers die in the fighting.

Dec. 6, 1831: President Andrew Jackson, in his third annual Message to Congress, praises Indian removal from certain lands as beneficial for the states and union as a whole, and "equally advantageous to the Indians."

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

Senior lunch menu

Monday, Dec. 3: Ham, scalloped potatoes, red cabbage, potato corn soup, key lime pie..

Thursday, Dec. 6: Beef stew, roasted potatoes, carrots, split pea soup, pumpkin cake.

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.