



# A Time of Transitions

## After the Firestorm: ‘I Still Live’

*By David Lemmo*

I have had a love for the novels of the great American author Edgar Rice Burroughs since childhood. Burroughs often had his greatest creation, Tarzan of the Apes, say in times of danger, “I still live.”

On Nov. 8, 2018, that phrase resonated through my mind as we fled the fire that destroyed the town of Paradise, California.

I was a bookseller for 30 years in San Diego, San Francisco and else- **Continued on Page 9**

## Mortality’s Gift

*By Chip Ward*

Recently, I looked up while shaving and saw my father staring back at me. We had not been face to face since he died many years ago. He looked puzzled to find himself in my mirror, covered with shaving cream, and I could tell he was as surprised to see me as I was to see him.

Intellectually I knew it was inevitable that I would become my old man. After all, we wear the same genes. Even so, the realization that it has indeed happened was harsh.

I joke that I am following a new health and beauty regimen I found on the internet. It’s called “Not Bad for Seventy,” and is designed for folks who cannot remember more than two rules. The first rule is “Watch out!” and the second is “Stop that!” The trick, of course, is knowing when to apply the rules. I think aging is a subject with great potential for standup comedy, but it won’t happen because the target audience goes to bed at nine o’clock.

Seriously now, the cusp of 70 is a strange and vulnerable place where things one takes for granted (knees, hips, kidneys and such) can falter and ache. Hair grays and says adios; you need three pairs of glasses, and there is a suspicious mole on your neck. You have conversations about hearing aids and cataracts. Pill bottles are the grim bill long past due for a lifetime of bodily abuse often done at work or on the playing field, but mostly at the dinner table.

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**STARTING NEW** — Rachael Wenban and David Lemmo barely made it out with the clothes on their backs and what they could fit in their small car as their town burned around them. Staying with a friend in Trinidad for now, they’re starting over. Ted Pease photo.

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# Tedtalks: The Next Door Opens

By Ted Pease

Change is a crucial ingredient of life, although it's not always easy or pleasant to swallow.

This issue of Senior News is all about those changes, about making transitions from the old and familiar to the new and unknown. In my experience, change has mostly been a good thing, although getting from one place to the next can be a challenge.

Children find trying something new exciting, but somehow the new and different becomes more daunting as we get older. Perhaps it's because that ultimate transition into the Great Beyond seems so much closer at 60, 70, 80, throwing everything else into uncertainty.

"When one door closes another door opens," wrote Alexander Graham Bell, in a rosy view of life and change. The rest of the quote is usually omitted, however, with its greater depth and poignancy: "... but we so often look so long and so regretfully upon the closed door, that we do not see the ones which open for us."

This month, our writers look back at the closing doors, and ahead to those that may open. We don't know what's next, as the Bard, William Shakespeare, said: "We know what we are, but know not what we may be."

In a harrowing story of transition, David Lemmo describes the night he and his partner, Rachael Wenban, fled the wildfire that destroyed their home — and thousands more — in Paradise, California, last November. "Is this it?" Rachael asked as their car was stuck

in a gridlock of frantic fleeing residents, the very air choking them. "Are we going to die in a fire?"

They didn't, as Lemmo recounts. A Trinidad resident offered them a place to stay while they regroup. "We have one another," Lemmo writes. "And here I am telling the tale."

Others in this issue focus on other difficult changes. Laurene Thorpe describes the Threshold Choir, whose songs help ease the dying in that final transition (page 4). Novelist and environmentalist Chip Ward wonders why his father is looking back at him in the mirror as he shaves (page 1).

Edie Jessup contemplates "coddwompling" from a life and place and people she loves into another uncertain new beginning (page 3). And Ann King is "fussing and squawking into my twilight years" (page 4).

Like many of you, I've had some major life transitions in recent years — relocation, the end of one career and the beginning of a new one, health challenges, and that creaky thing in my neck. Change can be hard, but it's also about growing, and the discomfort is one way to tell that we're still living life.

Philosopher-poet Dr. Seuss admonishes us to buck up: "Today was good. Today was fun. Tomorrow is another one."

*Ted Pease is editor of Senior News.*

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# Coddiwompling Again Off into the Sunset

By Edie Jessup

**coddiwomple.** (*kod é wom pul*) (v. n.) To travel purposefully toward an uncertain or as-yet-unknown destination. English slang.

Life is an adventure. Isn't that what it says on the back of the U-Haul trailers? And we'll embark on another new adventure in moving soon.

But this one is different. At 71, starting all over is intimidating. Grief at leaving this beautiful place and this community hits me like a King Tide on some days. We've still got six months, but I feel compelled to withdraw, slowly, from my community commitments, because I won't be here to follow through.

We came to Humboldt County in 2013. I was retiring from paid work; Bryan was semi-retiring (ha!) into a part-time minister position with the Humboldt Unitarian Universalist Fellowship (HUUF).

We have moved many times since 1980, to and from parishes in Berkeley/Oakland, Delaware, Maine, Fresno, and then to Humboldt. Every move was an adventure, but we also were moving from one community into another, from and to churches Bryan served.

I always said, "Everyone should move this way. There is a whole group of interesting people just waiting for us to arrive." There was always sadness as we distanced ourselves from our previous congregations, but always a new community ahead, happy to see us coming.

Here in Humboldt, I jumped into the HUUF community and into the Humboldt world. In five years, I have participated with so many worthy organizations, with so many wonderful groups and individuals.

I have reviewed community grant applications for the Humboldt Area Foundation, a terrific way to get to know the non-profits of Humboldt/Del Norte/Trinity counties. Ann King introduced me to Locally Delicious, and I became an "Heirloom Tomato." I knew Anne Holcomb, the director of Food for People, from back in the '90s in Maine and from my food access work when we lived in Fresno, so I joined the Food for People Board.

I have worked on homeless and poverty issues



**WORKING FOR SOCIAL JUSTICE — Edie and Bryan Jessup's signs at the 2018 Women's March in Eureka reflect a lifetime of community engagement.** Photo courtesy of Edie Jessup.

for years, so when I met Nezzie Wade and Debra Carey, I joined Affordable Homeless Housing Alternatives (AHHA), working on tiny house villages. I supported the Humboldt Food Policy Council as a representative to the state California Food Policy Council, and worked for food access and in support of local farmers.

I have written articles for the Humboldt Edge homeless newspaper since its beginning in 2014, and have been part of its advisory and editorial boards. And I have loved working with the HUUF congregation on concerts, the Pride Parade, fundraising and Social Action Committee work.

I love these organizations' commitment to social justice. They are good places to spend time and energy.

Now, new transitions.

How do I disengage from people and work I truly love? I can't cut off these relationships abruptly (I admit to some hubris: How can these groups do without me?). And I must also encourage others to take on this needed community-building work, because it makes Humboldt a better place for everyone.

How do I express my grief at leaving a place I love, in balance with my excitement at the adventure of another new beginning?

So the coddiwomple continues.

**Edie Jessup, 71, and her husband, Bryan, live in Manila. They will say goodbye to Humboldt and move out of state in June.**

# Threshold Choir: ‘For You I Sing’

By *Laurene Thorpe*

She lay on the bed, perfectly still, eyes closed, uncommunicative. Was she 80, 90, 100? I couldn't tell. I only knew she was close to the end.

Her husband of 59 years held her gently. Her breathing was all that could be heard in the softly lit room. Their daughter sat in a chair close by.

We began to sing. *“For you I sing the light that brings the voices of the children, of golden leaves on bending trees, the wind that blows them over.”\**

I joined Arcata Threshold Choir nearly two years ago after watching a documentary about the kind of singing they do. I sang for years in choirs and in musicals, but this is different. This singing is not a performance for an audience, but rather a connection with someone poised on the edge of life's changes, its beginnings and endings.

Singing to comfort, uplift and soothe someone is to be present in the most basic sense. There is no room for anything but love and compassion. When we Threshold singers enter a person's life, for however brief a time, I am always struck by what a privilege it is to be there. Words fail to describe how honored and humble I feel.

Recently, I had the occasion to sing with three other Threshold members for the partner of the woman who founded Arcata Threshold Choir. I asked her how she felt while we were singing. She told me she had always been on the giving side of

the singing, never the receiving. She said she felt very moved and it touched her heart.

So, my thoughts go back to the evening with the dying woman, her husband and daughter. Three of us sang for some 20 minutes, until it seemed right to stop. We quietly gathered our songbooks and left the bedroom.

Before we were out the front door though, the daughter caught up with us and said her father would like to say something.

He emerged from the bedroom, wiping tears from his face. In a quavering voice he thanked us over and over, warmly grasping our hands one by one.

*“Across the hills and canyons wide, to touch the water flowing and all along the mountainside beyond the fields of clover . . . For you I sing the rainbow.”\**

“No,” I thought, as I headed for my car. “Thank you.”

**Laurene Thorpe, 68, of McKinleyville is active in local theater and choir groups. For more information about Arcata Threshold Choir, visit [thresholdchoir.org/arcata](http://thresholdchoir.org/arcata), or call 707-613-7328 to find out how to schedule a bedside sing. \**“For You I Sing”* by Peggy Nes ©2008.**



**A GENTLE FAREWELL —** Members of the Arcata Threshold Choir practice in a simulated bedside sing. From left, Christine Ross, Diana Renner-Noyes, Gayle Garmen (lying down) and Celeste Niesen. Laurene Thorpe photo.

## Squawking & Fussing

By *Ann King*

My life changed dramatically when I graduated from college at age 59 and moved to Santa Rosa to pursue a new dream. I'd been raised in the Bay Area in an era when most women saw only secretary, nurse or schoolteacher in their futures, as well as housewife and mother.

I was a good, compliant young woman. I played secretary and I played housewife/mama. And I suffered. At age 57, I had a look at what had been and what might be coming, and I made some changes.

Transitioning into college was like turning me loose in a roomful of kittens. I had a marvelous time. I really enjoyed the other students in my classes. There was playfulness, laughter, delicious new experiences. I actually got to use my mind occasionally.

When I graduated, I moved to Santa Rosa, hoping to work in publishing. This move was a pretty stark experience, really punching me when I realized I didn't know a single person in the grocery store. But I have to be honest: I truly miss the weather down there.

I landed an editing position with a cookbook publisher who later went broke, and went on to work for a publisher in Rohnert Park. A 10-round bout with breast cancer (a truly icky transition) brought me back here, to the land of dear and precious friends, where I am now transitioning ungracefully, squawking and fussing, into my twilight years.

**Ann King, 83, of Eureka is a gimlet-eyed proofreader and word maven who helps Senior News in its transition every month.**

**“A person who never made a mistake never tried anything new.”**

**—Albert Einstein (1879-1955), physicist.**

## ASK THE DOCTOR

# About Palliative Care

By Jennifer Heidmann, M.D.



Most of us have heard of hospice. It is a model of care that is meant to offer holistic support for patients and their loved ones in the last months of life.

It's a service that is underutilized; although it is meant to help people for months, referrals often are not made until the last days or even hours of life. Hospice staff can help so much at any time they are involved, but the earlier in the process the better.

Actually, people often improve or stabilize when they receive earlier referral to hospice services, probably because of hospice's team approach to care, and the focus on all the aspects of health and wellness instead of just fixing potentially unfixable disease processes.

Hospice is a kind of palliative care. To "palliate" is to relieve suffering, even if the cause of the suffering itself cannot be removed. Hospice and palliative medicine is actually a medical subspecialty like cardiology or neurology. To be certified, specialists do a fellowship (training in addition to the usual training required to become a doctor), and take a board certification exam.

There are a lot of similarities between hospice, which is a very specific model of care and a benefit under the Medicare program, and palliative care. One might say hospice is one kind of palliative care model, while palliative care itself is a broader term to describe an approach to supporting people who have serious illness of any kind.

Many hospitals have a palliative care service available. It is also becoming more common for outpatient palliative care to be available, for instance in conjunction with people receiving cancer therapies. But palliative care can be helpful for any severe chronic illness that requires thought about a holistic approach to symptom management, navigation of a complex medical system, and spiritual and psychosocial support.

Locally, Resolution Care and St. Joseph Hospital offer palliative care services.

Sometimes when I mention palliative care as an option, people worry that I am indicating the end of life is near. That may be the case, but it is not a requirement for palliative care specialist involvement. Serious illness, acute or chronic, is reason enough to consider palliative care services.

We have become very adept at doing miraculous interventions on people to attempt to save lives or cure disease, but often the difficult reality of the experience of hospitalization and other intensive treatments is not acknowledged. Caregiving issues — physical, emotional, spiritual, financial and social effects of illness and treatments — are not as well studied or tended to by those who provide health care.

Palliative care experts do understand these issues, and want to help people with severe illness and their loved ones have less suffering during the often-grueling process of

Continued on Page 19

## Do You Remember?

Ever get to the grocery and forget what you wanted to pick up? Don't worry, say researchers. You're not losing your mind, and you're not alone.

The process starts earlier than you think, says neurologist Scott Small of Columbia University. "If you're over 25, you're one of us — your memory is slipping," he said.

It's not that we actually lose our memories, but as we age, our brains start accumulating clutter. Everyone has trouble finding specific things in the old attic, Small said.

As our brains shrink with age, crucial synapses used for communication in the brain may disconnect, which means it takes longer to put together all the information needed to retrieve a memory, including those annoying words and names that dangle just off the tip of the tongue.

Drug studies are always seeking a cure for diseases affecting memory, but many scientists focus instead on non-pharmaceutical solutions.

Aerobic exercise has been shown to increase a brain chemical called BDNF, a "brain fertilizer," says Carl Cotman of the University of California-Irvine.

BDNF helps neurons strengthen synapses in the brain, and even cultivates new ones. One recent study found that aerobic exercise — an hour/day, four days/week for three months — resulted in brain scans showing new neurons.

"With a reasonable amount of effort," says Dr. Barry Gordon, founder of a memory clinic at Johns Hopkins University, "you can improve your memory 30 to 40 percent."

—Ted Pease

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## HEAVENS TO BETSY— BY BETSY GOODSPEED



### Watching from the Wings

**Editor's Note:**  
When she was 86, Betsy Mills Goodspeed wrote a letter to the people who were living in her childhood home in Southern California. The letter, with which she begins her memoirs, "Watching from the Wings," describes many of her life transitions.

I was surprised to recall an address when a leading character in one of my novels moved into 1368 Holmby Avenue. I laughed with joy, deciding that the setting for the story would be the home of my childhood. It was wonderfully familiar, and so comfortable.

Memories began to play back, and I considered knocking on your door to say, "I used to live here; would you mind if I did a walk-through to see how it's grown?"

I've lived in 20 houses in 86 years, only half of which could be called homes. I remember all of them in detail, but none with the affection I still feel for our home in Westwood.

From a remarkable photo on the internet, I can see that the enclosed courtyard with its fish pond has become history. My father could never get the pump to work. The poor goldfish kept floating belly-up. At first we gave them funerals; when that drama lost its charm, they went diving down the toilet.

My father bought the house when I was 5 years old, in 1931. I was barely aware of his talents when I was learning to play the grand piano in the living room. At that age, the

ping-pong table by the French doors was equal in importance.

The spacious entry hall three steps up from the living room created an ideal stage. The plays my brothers and I invented for neighborhood audiences prepared me to become a performer.

My father's upright piano was in the den beneath my bedroom, and his music traveled up the wall as I slept. (Walt Disney's 1939 Mickey Mouse Radio Shows are online, and music by my father, Felix Mills, will take you through the Magic Mirror.)

Shirley Temple came to our house when she was about 10. She was an honorary member of my Girl Scout troop, and she brought a personal gift to a needy family at Christmastime.

Norma Jean Baker was in my class at Emerson Junior High. She emerged as Marilyn Monroe when I was appearing on 3-inch television screens after the baseball game. I was more impressed by the fact that my father was in Fox Studio's first talky, 'The Jazz Singer,' playing the saxophone.

According to my children, who heard famous names drop like gold nuggets while they were growing up, my career in early TV qualifies me as a historical landmark.

**Betsy Mills Goodspeed, 92, of Eureka is a film and TV star who has written some 36 books. For information on her memoirs, "Watching from the Wings," contact the editor at 443-9747 x1226 or tpease@humsenior.org.**

## Calling All Seniors for 2019 Energy Assistance!

Redwood Community Action Agency (RCAA) will be helping income-qualified seniors sign up for its Home Energy Assistance Program (HEAP) and **FREE** Weatherization services from the Senior and Homebound/Disabled List. The HEAP program helps qualified households on a once per year basis with a credit on their PG&E bill or assistance with firewood or propane. RCAA's weatherization program improves health and safety conditions and installs energy saving measures in the home.



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## MORTALITY'S GIFT . . . From Page 1

When there are few elders older than you, when the idols of your youth now drool on their guitars and forget their names, when you have a stash of sympathy cards on hand, then mortality is no longer the abstract or intellectual notion it was when you were young.

Here is the thing: as climate chaos gallops across the planet, specters of demise will haunt not just the elderly but everyone under the sun with skin, even the young. Especially the young. How do we navigate the rising tide of anxiety that twins the rising of the seas? More castles for the rich and distractions for the poor? Gated bubbles of denial? Helmets loaded with virtual realities? A colony on Mars?

At a time when Wall Street bows down to immortality's technological idols, and the chant of "drill baby drill" is heard throughout the land, it is worth asking where America's hostile aversion to limits originates. As is often the case, the personal can get planetary. Americans live within a delusional cultural matrix that denies limits, that tells us we can grow forever on a finite planet, that there are no tipping points, that we can stand apart from the intricate dependences and influences of habitat, watershed and climate.

This magical mindset is not separate from the notion that mortality can be shunned, too. A way of life that is not advised by death is compatible with an economic order that is not advised by, say, a habitat's carrying capacity and its inevitable collapse when that limit is crossed.

There are other ways to hook your wagon to immortality's star than up-loading your head into a computer or subscribing to a doctrine of heavenly salvation. I find solace in wild places. I am humbled by the stars.

One can experience a biological communion with the immortal Earth that is reassuring and transcendent. Communities of action devoted to ideals that outlive us — like justice and conservation — are another way to buffer that primal fear at the end of life's wheel. Meaningful engagement can blunt anxiety. "Don't sit there! Do something!" is a tried 'n true antidote to despair.

But there is another incomparable upside to this thing we do not like to talk about in America, that we miss because we do not acknowledge death. Mortality's gift is gratitude. When you are rooted in your own mortality, every hour is a bonus, and life's slightest gestures are assiduously noted and precious. Death hones life to a lustrous edge, and its radiance can best be enjoyed by those who accept and appreciate birth's bargain with death.

The trip from gratitude and appreciation to respect, even reverence, is a short one. The gift of life and the gift of this Earth are one. We are alive here now to celebrate and honor that.

I shaved my father and he disappeared behind a towel. He returned to wherever it is the dead go when not visiting us mortals. Someday I will follow him there. I know that now. Until then I will meet the indignities of age with as much grace as I can muster while whispering thanks and praise for getting my turn on this amazing forever planet, an Eden called Earth. As I said, mortality's gift is gratitude.

—  
**Chip Ward** is an environmentalist and author from Torrey, Utah. His latest novel is "Stony Mesa Sagas," a seriocomic novel about living in the modern West (Torrey House, 2018).



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## PAINTING THE OCEAN

BY MARGARET KELLERMANN

# Everything Is Connected

*We live in a perpetually burning building, and what we must save from it, all the time, is love.*

—Tennessee Williams

At 4, I cried at the drop of a robin's egg from our lemon tree. The cracking of that sky-blue egg felt catastrophic. It was as if that unformed baby bird falling from the nest had been me, or as if the egg had fallen at my feet from space, forming a dusty crater with its impact.

If the ghost of naturalist John Muir had come hiking through our back yard at the time, he might have said, "There now, don't worry, child. Everything's connected."

Inspired by environmentalist Alexander von Humboldt, Muir wrote, "When we try to pick out anything by itself, we find it hitched to everything else in the universe. One fancies a heart like our own must be beating in every crystal and cell."

Living with one's heart exposed to the elements had to be hard in 19th century America. It hasn't gotten any easier 150 years later, when "being sensitive" and "thinking too much" is widely viewed as a bad thing.

If you are fortunate enough to NOT to be the sensitive, overthinking type, consider those of us who are. We aren't fragile, but rather inundated with sensations. Both good and hard things come to us full force, entering us. Our sensations are as physically strong as we claim: doctors are often shocked that we need more local anaesthesia before our bodies stop registering pain. Dr.

Elaine Aron's book, "The Highly Sensitive Person," backs up this idea. We feel deeply, at a cellular level.

Agreed, if we're to survive in this world, we sensitive overthinkers need to build fortification. Yet even with metaphorical body armor, we're never indifferent. And this means we're often hurting and joyous at once. In "Griffin and Sabin," Nick Bantock wrote about "pain and beauty, our constant bedfellows."

A local woman (let's call her C) recently made an ornery puzzle piece snap into place for me. "Nothing ... is ... personal," she said, pointing around with great feeling.

I was about to argue: "Wait a minute, everything is personal. At Old Home Beach, seals wave to us from their rock perches. When faraway friends are sick, mourning doves here send daily get-well messages. Nothing's personal?"

But this time I listened to C, trying to imagine another way through. Maybe it's a Zen thing. Everything is personal. Yet nothing is personal. Suddenly — and I don't know how this worked — I felt both understood and understanding.

*Margaret Kellermann is an author, artist and book manuscript editor for authors almost ready to publish. Reach her at [bluelakestudio.net/contact](http://bluelakestudio.net/contact).*

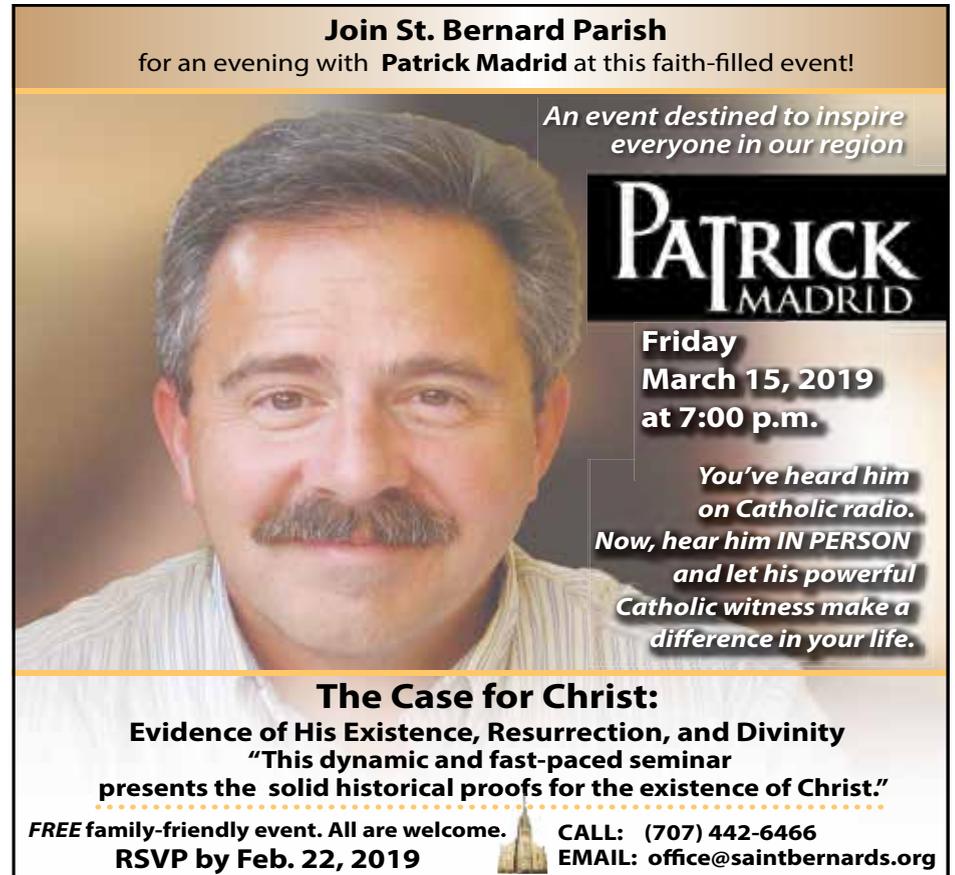
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## AFTER THE FIRE . . . From Page 1

where, my spare time spent writing fiction of various types. Though I was never published, I kept at it because I loved to create, and filed my stories away believing I would never publish anything.

After retirement, I continued my literary pursuits. In 2017, my first book was published by McFarland and Co., titled "Tarzan, Jungle King of Popular Culture," a nonfiction social and cultural history of Burroughs' ape-man. Last year I published two other books. At the age of 69, I was literally enjoying the greatest period of my life.

My partner, Rachael Wenban, and I shared a large house in the south end of Paradise, surrounded by trees. Wildlife often roamed our cul de sac. I was working on another book the morning of Nov. 8. When Rachael went outside to deposit recyclables in

the bin, she was alarmed at smoke and the reddish reflection of a fire coloring the sky. We packed a few belongings that would fit into our small car and, with Rachael driving, went down our unpaved road.

By this time, the smoke and reddish reflection was inexorably dimming the light of the sun. At the juncture of South Libby, we were stunned — it was choked with hundreds of vehicles and almost at a standstill. Rachael's attempts to integrate into the death race at a snail's pace were unsuccessful. Scared, angered, frantic people were unwilling to slow down enough to let us in.

The black clouds of death completely obliterated the light. At 9:27 a.m., it was dark as midnight. Our part of Paradise had no street lamps; without vehicle lights, we all would have been literally blind.

Finally, a woman with blond hair had the courage to slow down enough for us to enter the line of escape. It took us two hours to creep along in a slow-motion race for the juncture of South Libby and Pearson, just a mile ahead. During this attempted escape from hell, the words of Tarzan rang through my mind: "I still live."

The smoke became oppressive, stifling, blinding. We were breathing smoke, ash and who-knows-what even with the windows shut tight. As the heat increased, our visceral instincts warned us that death was impending.

Rachael asked, "Is this it? Are we going to die in a fire?"

I nodded. "It's quite possible."

Then the irony of moving to a Paradise to be burned up in a Hell made me snort a short laugh. I shot a look at Rachael — what would she think

of that? She smiled. We accepted our fate, the quantum mind guiding us, our matter forms content for our energy to merge into the universe-organism. Content for Rachael and David to die together.

This was the great epiphany of our lives.

We escaped before our neighborhood was destroyed. We had other unpleasant experiences in the two hours it took to reach safety in Chico.

We lost our house and almost everything we owned. But we have one another. Our literary endeavors have not been halted. And here I am telling the tale. "I still live."

—

**David Lemmo, 69, and his partner, Rachael Wenban, are alive and well, and staying with a friend in Trinidad.**

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AGING IS AN ART — BY JOHN HECKEL

## Social Evolution

The recent holidays once again called into question the propriety of the popular seasonal song, “Baby, It’s Cold Outside,” written by Frank Loesser in 1944.

In light of today’s slightly more gender-sensitive perceptions, many question the song’s lyrics, which could suggest date rape. Others, however, wonder if our sense of “correctness” has gone too far.

Whether the topic is Confederate statues, women’s marches, musical lyrics, or the presence of the William McKinley statue on the Arcata Plaza, personal and cultural maturation is slow and often difficult.

Imagine Des Moines, Iowa, sometime in 1965, close to the end of my first year at university.

It’s an unusually warm spring Friday evening.

I have a date, and all is well with the world.

We have just finished a late-night walk across campus, and are now saying our semi-erotic goodbyes with scores of other young couples in front of Carpenter Dormitory. In the midst of last hugs, fondling and kissing, a bell rings, marking the passing of another Friday night, and the young women march reluctantly but obediently into their dormitory.

The young men venture into the early hours of Saturday morning.

I meet my two best friends, Art and Paul, at a designated corner, and in Paul’s car we speed off to the International House of Pancakes to drink coffee and discuss Beckett and Brecht until 3 in the morning.

While Paul, Art and I looked for new clever opportunities to use “nothing to be done” (and we really did look for every opportunity to use it), at no time did we notice who was not present. We sat, we talked, we drank coffee, and we solved all the world’s great problems, all the while failing to see the inequity of it all.

What it meant to be young university men in the 1960s included our freedom to be wherever we wanted to be at 3 in the morning. In retrospect, our acceptance that women our age did not have the same freedom, and that they needed to be secluded in Carpenter Dormitory after midnight, is both surprising and shocking.

Cultures and people evolve. I am not the same person I was in 1965. Aging is about acknowledging, accepting and moving forward from previously held beliefs. Letting go and admitting mistakes should come easier with age.

Cultural growth is only possible through personal growth. Who better than seniors, with their perspective of age, to lead this movement of self-awareness?

—  
**John Heckel, Ph.D.**, a regular *Senior News* columnist and chair of the *Senior News Community Advisory Council*, is a retired *HSU theater and film professor with a doctorate in psychology.*

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**HSRC News** 707 443-9747 • [www.humsenior.org](http://www.humsenior.org)

This architectural rendering by the Greenway Group of Arcata shows HSRC's new Adult Day Health and PACE facility in Fortuna.

## HSRC Expanding PACE, Adult Day Health in Fortuna

The new year brings many changes for the Humboldt Senior Resource Center and how services will be delivered to Eel River Valley seniors.

The Fortuna Senior Dining Center, which has been serving meals at Mountain View Village since 1984, will be one of the programs moving to the new Gene Lucas Community Center being built by the McLean Foundation on Newburg Road. From this new facility HSRC will offer hot nutritious meals four days a week, and Home Delivered Meals for home-bound seniors living within Fortuna city limits.

HSRC is looking forward to a

strong partnership with the Fortuna Senior Center and other activities at this new site.

The McLean Foundation has also approved moving forward with construction of another facility on this Newburg Road parcel that will be the new home of a Redwood Coast PACE and Adult Day Health Center.

Redwood Coast PACE (Program of All-inclusive Care for the Elderly) is a health plan for qualified frail adults age 55+ that includes medical, social, nutritional, rehabilitation and support services.

"We are so pleased to establish a

facility in the local community for these services, as currently these program participants who live in the Eel River Valley must ride the bus to the Eureka site for day center and clinic services," said HSRC Executive Director Joyce Hayes. "We are very grateful for the commitment of the McLean Foundation to share our vision to bring these services closer to home."

When the Fortuna Adult Day Health and PACE center opens, approximately 40 current participants will be able to access these services in their community, and it will be much easier for other eligible Eel River

Valley participants to enroll because a long bus ride to Eureka is no longer required. HSRC's southern service area will remain the same — extending east to Carlotta, south to Shively Road, west to include Ferndale, and north to Loleta.

Construction of the new Adult Day Health and Redwood Coast PACE Center is anticipated to start, depending on the weather, in February, with completion hopeful for the end of the year.

For more information about these program changes, or any other HSRC services, call 443-9747.

## Leadership Transition Underway

The Humboldt Senior Resource Center (HSRC) has launched a nationwide search to hire a new executive director to replace Joyce Hayes, who will retire later this year.

HSRC Board President Jack Irvine, M.D., is overseeing the search, which is being conducted by Leadership

Search Partners, a San Mateo executive search firm. The search committee will consider qualified candidates both from Humboldt and from out of the area.

Hayes has worked at HSRC since 1994, the last 16 as executive director. She intends to retire once some key

agency projects are completed, and will remain involved as needed during the organization's leadership transition.

"In Joyce's 16 years as executive director of HSRC, she has guided the agency in providing a continuum of care for older adults, and notably

played a key role in opening California's first rural Program of All-inclusive Care for the Elderly — Redwood Coast PACE," Irvine said.

"Her work has helped to revolutionize how we provide health care and services for frail elders in our community," he said.

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\*For times see the Activities at Senior Centers calendar for Eureka, Arcata & McKinleyville.

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# February SENIOR CENTER ACTIVITIES

## Humboldt Senior Resource Center in Eureka

**An HSRC Senior Dining Center**  
1910 California Street • humsenior.org  
Lunch: Tuesday-Friday at 11:30 a.m.

For more information call Tasha at 443-9747 x1228, tromo@humsenior.org  
**Closed Monday, February 18, 2019, for Presidents' Day**

<b>Every Weekday</b>	9-1 Library (Not Thursdays this month)	10-11 Beginning Tai Chi Movements
	9-3 Senior Services Office	11-12 Beginning Yoga
	12-3 Billiards	11:30-12:15 Lunch
<b>Mondays</b>		1-4 Bridge Games
	9:30-10:30 Karate with Jerry Bunch	Feb. 1 & 15 1:30-2:30 Conscious Living Book Club
	10-12:30 Mah Jongg	Feb. 22 11:30-12:15 Birthday Celebration
	1:15-2 S.A.I.L. w/Muriel	<b>Saturdays</b>
	2:10-3:10 FABS/S.A.I.L. w/Beth & Lois	Feb. 2 Noon Sassy Seniors
	2:30-4 Memoir Writing Class	Kristina's
<b>Feb. 18 CLOSED</b>	<b>President's Day</b>	250 W 5th St., Eureka
<b>Tuesdays</b>		Feb. 16 Noon Applebee's
	10-11 Harry's Bingo (not Feb. 5)	2846 Broadway St. Eureka
	11:30-12:15 Lunch	
	12:30-1:30 Bunco	
	12:15-2:15 Pinochle	
	2:10-3:10 FABS/S.A.I.L. with Beth & Lois	
Feb. 5	10:30-11:30 Dine & Dance w/Ray, Dave & Lois	
Feb. 19	11:30-2:00 Foster Grandparents Program	
Feb. 26	11:30-1 CalFresh Info & Signups	
Feb. 26	6-9 pm Stamp Club	
<b>Wednesdays</b>		
	11:30-12:15 Lunch	
	1:15-2 S.A.I.L. w/Muriel	
	1:30-3:30 Intermediate Line Dancing	
	2:10-3:10 FABS/S.A.I.L. w/Beth & Lois	
Feb. 6 & 20	1-2 Caregiver Support Group	
	Adult Day Health & Alzheimer's Services Library, 2nd floor, Bldg. B	
	1901 California St., Eureka	
Feb. 6	11:30-12:15 Emblem Club serves lunch	
Feb. 20	10-11:30 Commodities Distribution	
<b>Thursdays</b>		
	9-3:30 AARP Tax Assistance	
	10-11 Grocery Bingo:	
	Bring 1 grocery item	
	Intermediate French	
	10-11:30 Lunch	
	1:15-2 S.A.I.L. w/ Muriel	
	2:10-3:10 FABS/S.A.I.L. w/ Beth & Lois	
	3:30-4:30 Laughter Yoga	
Feb. 7 & 21	10-12 Genealogy group	
Feb. 14	11:30-12:15 Valentine's Day Celebration	
<b>Fridays</b>		
	9-10 Falun Dafa	



## Fortuna Senior Dining Center

**An HSRC Senior Dining Center at Mountain View Village**

2130 Smith Lane • Call Launa at 725-6245  
Lunch: Tuesday-Friday at 12:00 p.m.

<b>Tuesdays</b>	12 Lunch
<b>Wednesdays</b>	5-8 Bingo
Feb. 6	10:30 Music with Bill, Corena & John
<b>Thursdays</b>	
Feb. 14	12 Valentine's Day Lunch
Feb. 14 & 28	12-2 Caregiver Support Group
	United Methodist Church, Fireplace Room
	922 N Street
	For info call 443-9747
Feb. 21	12-1:30 Caregiver Support Group
	United Methodist Church, Fireplace Room
	922 N Street
	For info call 443-9747
<b>Fridays</b>	
Feb. 22	12 Lunch
	12 Birthday Lunch

## Arcata Community Center

**An HSRC Senior Dining Center**  
321 Dr. Martin Luther King Jr. Parkway  
Lunch: Tuesday-Friday at 11:30 a.m.

Call Vanessa at 825-2027

**Closed Monday, February 18, 2019, for Presidents' Day**

<b>Mondays</b>		
Feb. 11 & 25	11-12 Silver Quills Writing Group	
<b>Feb. 18 CLOSED</b>	<b>Presidents' Day</b>	
<b>Tuesdays</b>		
	9-11 Katie's Krafters	
	10-11 Senior Pool Hour-HealthSport	
	\$5 fee (prior registration required)	
	11 Bread distribution	
	11:15-12:30 Lunch	
	12:30-2 Bead Jewelry Class	
Feb. 5	10-11 Blood Pressure Check w/Paula	
Feb. 5	11:15-12:30 Lunch - Chinese New Year	
Feb. 5 & 19	10-11 Caregiver Support Group	
	Mad River Community Hosp. Minkler Education Room	
	3800 Janes Road, Arcata	
	For info call 443-9747	
Feb. 26	2 Arcata Marsh Slow Walk	
<b>Wednesdays</b>		
	10-11 Chi Gong-RSVP 443-8347	
	11 Bread distribution	
	11:15-12:15 Tai Chi with Kathy-Advanced	
	11:30-12:15 Lunch	
<b>Thursdays</b>		
	9-10 Tai Chi w/Tim (\$3 donation)	
	9-11 Katie's Krafters	
	10-11 Senior Swim Hour-HealthSport	
	\$5 fee (prior registration required)	
	11:30-12:15 Lunch	
	12:15-1:15 Learn Tech with Brett	
Feb. 7	10:30-11:30 PJ's Musical Group	
Feb. 14	10-11 Site Council	
Feb. 14	11-12:15 CalFresh Sign-up assistance	
Feb. 14	11:15-12:30 Valentine Party	
Feb. 21	10:15-11:15 Swing 'n' Sway Trio	
Feb. 21	10:30-11:30 Commodities Distribution	
<b>Fridays</b>		
	10-11:30 Ping Pong with Pete	
	11:30-12:15 Lunch	
Feb. 1	11:15-12:30 Lunch - Super Bowl Party	
Feb. 8	10:30-11:30 Piano with John Humphrey	
Feb. 15	10:15-11:15 Sing-A-Long w/the Half Notes	
Feb. 22	11:30-12:15 Birthday Celebration & Piano with John Humphrey	

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## February 2019



### Senior Dining Center Menu

<b>FIRST WEEK</b>	Feb. 1 Cheeseburger - Superbowl Party
<b>SECOND WEEK</b>	Feb. 4 Dining Centers closed
	Feb. 5 Chinese Chicken Salad
	Feb. 6 Old-Fashioned Goulash
	Feb. 7 Hot Turkey Sandwich
	Feb. 8 Chicken Noodle Casserole
<b>THIRD WEEK</b>	Feb. 11 Dining Centers closed
	Feb. 12 Chicken Gumbo
	Feb. 13 Taco Salad
	Feb. 14 Chicken Wellington
	Feb. 15 Spinach Lasagna
<b>FOURTH WEEK</b>	Feb. 18 All Sites Closed for Presidents Day
	Feb. 19 Sloppy Joe
	Feb. 20 Green Chile Egg Bake
	Feb. 21 Chef Salad
	Feb. 22 BBQ Pork Rib Sandwich Birthdays!
<b>FIFTH WEEK</b>	Feb. 25 Dining Centers closed
	Feb. 26 Chicken & Waffles
	Feb. 27 Tuna Casserole
	Feb. 28 Pot Roast

People 60+ are invited  
\$3.50 suggested donation  
No senior 60 or older will be denied a meal if unable to donate. \$6 for those under 60.

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## Sr. News CROSSWORD

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# February Senior Center Activities

## McKinleyville Senior Center

**Azalea Hall • 1620 Pickett Road**  
**Open Monday-Friday 9 a.m. - 4 p.m.**  
mckinleyvillecsd.com  
azaleahall@att.net • 839-0191

### Mondays

8:30-9:30 Tai Chi  
9-12 Computers\*  
(\*Call for availability)  
10:30 Walking Group at Hiller Park  
1-4 Party Bridge  
1-4 Cribbage  
Feb. 25 11 Low Vision Workshop

### Tuesdays

9-11 TOPS  
9:30-10:30 S.A.I.L. Class  
10:40-11:40 Stretching  
12:30-3:30 BINGO  
1:00-2:00 Exercise

### Wednesdays

8:30-9:30 Tai Chi  
9-12 Computers (call for availability)  
10-12 Needlework  
10:30 Walking Group at Hiller Park  
1-4 Pinochle  
Feb. 6 10-11 Genealogy  
Feb. 6 & 20 3-5 Caregiver Support Group  
Timber Ridge at McKinleyville  
Private Dining Room,  
1400 Nursery Way.  
For info call 443-9747  
Feb. 27 12:00 Monthly Luncheon  
French Dip w/Cole Slaw  
& Steamed Broccoli  
Executive Board Meeting  
Feb. 20 11:00

### Thursdays

9:30-10:30 S.A.I.L. Class  
10:30-12 Pinochle Lessons  
10:40-11:40 Stretching  
12:30-3:30 BINGO  
Feb. 7 11-11:30 Chicken soup & 1/2 sand., \$3  
Feb. 14 11-11:30 Stuffed Pepper, Garlic Bread  
& Jello Salad \$3  
Feb. 21 11-11:30 Kale Soup w/Fresh Fruit Salad  
\$3  
Feb. 28 11-11:30 Pot Roast w/Potatoes, Carrots  
& Gravy \$3

### Fridays

8:30-9:30 Tai Chi  
10:30 Walking Group at Hiller Park  
1-4 Pinochle

**Rio Dell  
Southern Baptist Church**  
100 Butcher Street  
**M,W,F 11:30 to 12:30 Senior Exercise Class**

## Fortuna Senior Center

**A Membership Organization**  
**MGC is at 2280 Newburg Road**  
fortunasenior.org  
admin@fortunasenior.org • 726-9203

### Mondays

#### Fortuna-River Walk

8:30 Walking  
MGC 9:00 Tai Chi  
11:00 Line Dancing  
Feb. 4 1:45 Book Club  
3:30 Ukulele Group  
5:00 SAIL Class  
*United Methodist Church*  
9:00 PE for Seniors  
10:30 PE for Seniors-Beginners

### Tuesdays

*Rohner Park* 8:30 Walking  
MGC 1:30 Senior Stitches  
2:00 Seated Tai Chi  
3:00 Recorder Group

### Wednesdays

*Fortuna-River Walk*  
8:30 Walking  
Feb. 6 12:00 Senior Lunch Bunch  
Call Chris 725-2020 or Carol 725-2931  
MGC 1:00 Tai Chi  
5:00 SAIL Exercise  
*United Methodist Church*  
9:00 PE for Seniors  
10:30 PE for Seniors-Beginners

### Thursdays

*Rohner Park* 8:30 Walking  
3:00 Bocce Ball  
MGC 9:00 Cards  
9:30 Yoga for Seniors  
1:00 Mah Jongg  
2:00 Seated Tai Chi  
*United Methodist Church*  
Feb. 14 & 28 1-2 Caregiver Support Group  
For info call 443-9747  
Feb. 21 12-1:30 Caregiver Support Group

### Fridays

MGC 9:30 Cards & Games  
2:00 Scrabble Group  
*United Methodist Church*  
Feb. 22 7:30 Fortuna Camera Club  
*Fortuna* 9:00 Hiking (Call 725-7953)  
9:00 Biking (Call 725-1229)

### Saturday

MGC  
Feb. 16 11:00 Speaker

### Sunday

MGC  
Feb. 17 3:00 Qigong Class  
5:00 Bingo

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Crab pots at Trinidad Pier.

# Tai Chi for Better Balance, a Calmer Soul, and No Sweat

By Carol McFarland

Now that the New Year resolutions have come and gone, do you have a minute to think about exercise that doesn't require special clothing, clunky equipment — or sweating?

Good news: You can join Kathy Seror for her weekly tai chi classes at the Arcata Community Center on Wednesdays beginning Feb. 6. Tai Chi for Arthritis is at 11:15 a.m. and the Better Balance class starts at 12:30 p.m.

Seror brings the enthusiasm of a true believer and 20 years of tai chi practice to show students how to move more effectively to avoid falls and injury.

Classes begin with a warm-up keyed to soft music, which segues into “forms” that resemble dance steps when woven together.

As young woman, Seror emigrated from Paris after a chance meeting with the American ambassador to France, who encouraged her to “visit the States.” A stop in the Bay Area turned into an educational opportunity at Heald Business College, and an intern-



**IN BALANCE** — Tai chi class members practice at the Arcata Community Center. From left, O'Rourke Swinney, instructor Kathy Seror, Carol

ship that set her on the path to her own business.

In her 40s, Seror found that a vacation or a week-

end's rest couldn't restore her energy or reduce pain that seemed to “radiate in every joint of my body.”

She discovered she was suffering from rheumatoid arthritis, an immune system ailment that cannot be “cured,” only endured with medication and rest.

Using tai chi, Seror found a way to move out of pain — literally — and into better health. In time, her pain eased, her endurance returned, and she became a certified tai chi instructor.

With her characteristic verve, Seror worked with Humboldt Senior Resource Center to secure grants to offer tai chi for older students. When the grants ended, she continued as a volunteer, bringing her special *joie de vivre* to each tai chi session.

What better way to spend an hour? No sweat.

—

**Carol McFarland** of Arcata is a retired English professor who enjoys her weekly tai chi time.



## Love Your Heart: Pumping Up Cardiac Awareness in Humboldt

Community Health Forums

Our forums are offered as a community health service, nothing is sold or solicited.

### Join us for our FREE continuing Community Health Forums.

February is American Heart Month. Please join us as a panel of physicians and nurses from the Heart Institute at St. Joseph Health, Humboldt County discuss essential heart health issues, conditions, risk factors and local treatment options like cardiothoracic surgery and cardiac catheterizations.

**Afterwards, we will provide FREE blood pressure and blood sugar screenings, in addition to low cost blood draw coupons.**

Q & A will follow the presentation. Lite bites and coffee will be served.



#### Love Your Heart: Pumping Up Cardiac Awareness

Tuesday, February 12th  
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## LIVE VIGOROUSLY

BY JOAN RAINWATER-GISH

# Get SMART in 2019

According to USA Today, various studies have shown fewer than 10 percent of us are successful in keeping New Year resolutions — that's a 90+ percent failure rate.

Given that record, it is easy to understand why so many of us don't bother to set goals. But I've found a way to improve the odds.

It's called SMART, which is an acronym coined by the Management Review journal in 1981. This approach is successful in business and it can be applied successfully for setting fitness goals, too. Here's how:

**Specific:** Set concrete, clearly defined goals with specific points of success.

**Measurable:** Whatever the goal is, find ways to measure progress.

**Achievable:** Aim high, but within reason. Your goal should be a stretch, but something you could actually achieve.

**Relevant:** Find a goal that matters enough to you that you'll be motivated to stick with it.

**Time-bound:** Set a reasonable timeline for your goal, and focus on the small wins along the way.

Let me give you an example of how this SMART approach works for choosing a fitness goal.

If you are new to exercising, with your doctor's approval, I would suggest starting out with walking, because you get the biggest bang for the effort. There are at least 12 health benefits to walking, from reducing glaucoma and Alzheimer's risk to improving balance, eas-

ing stress and building bone mass (see "Anatomy of Walking" chart at everybodywalk.org). Also, it's cheap — all you need is a pair of walking shoes and you're set to go.

So applying the SMART approach to my walking goal might look something like this:

**Specific:** I will walk 150-300 minutes (1.5-5 hours) each week.

**Measurable:** Month 1: Walk 15 minutes, twice/day at comfortable pace. Month 2: Increase to 30 minutes/day. Month 3: Increase to a brisk pace. Month 4: Walk at least two days/week on hilly terrain. Month 5 to end of year: Increase walking time to 45-60 minutes at least 5 days a week. Consider participating in a 2-mile walk.

**Achievable:** Schedule walks in the mornings when I have fewer time commitments. Prioritize my walking by making appointments or meetings in the afternoon, when possible. On rainy days, go to Mall to walk. Find a walking buddy.

**Relevant:** Tack the Everybody-walk chart on the fridge to remind me of why I walk.

**Time-bound:** This is my walking routine for 2019.

*Joan Rainwater-Gish, 76, of Eureka is a certified personal trainer and group fitness instructor who leads senior exercise classes. She is also a member of the Senior News Community Advisory Council. Contact her at [jrainwater-gish@suddenlink.net](mailto:jrainwater-gish@suddenlink.net).*

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# February Community Calendar

## Early Humboldt Industry

The Clarke Museum's new exhibit, "From Boom to Bust . . . And Back," opens Saturday, Feb. 2, and runs through April 6. The exhibit focuses on "Early Industries in Humboldt County, 1850-1915" — gold, agriculture, and transportation. 240 E St., Old Town Eureka. Info: clarkemuseum.org or 443-1947.

## Humboldt Steelhead Days

It's Year Six of Humboldt Steelhead Days. Come to the annual Humboldt Steelhead Expo on Saturday, Feb. 9, 11 a.m. to 3:30 p.m., at Prash Hall Activity Center, 312 S. Railroad Ave. in Blue Lake. The final awards ceremony is Saturday, Feb. 23, at Mad River Brewing Co. in Blue Lake from 5-9 p.m. Info: steelheaddays.com or email info@madriveralliance.org.

## Falk: Lumber Town

Julie Clark, author a new history of the abandoned lumber town of Falk, will be the speaker at the 59th Annual Humboldt County Historical Society Luncheon on Sunday, Feb. 17, 12:30-3 p.m. at the Sequoia Conference Center, 910 Myrtle Ave., Eureka. Clark, who is also the ranger at Headwaters Forest Reserve, will be joined by Humboldt historian Jon Humboldt Gates. For tickets, call 445-4342.

## A Rose by Any Name

The Humboldt Rose Society offers free rose-pruning demonstrations at various locations every Saturday in February at 10 a.m. Go to [humboldtrose.org](http://humboldtrose.org) or call 443-1284 for locations. The Society's monthly meeting featuring new roses for 2019 is Thursday, Feb. 7, 7 p.m. at Christ Episcopal Church, 15th and H Streets in Eureka (entry on 15th).

## Redwood Coast Volunteers

The OLLI Brown Bag Lunch Series will host volunteers from Redwood Coast Village to talk about their experience with the volunteer-based organization for people 50 and older. Learn about how people of all kinds help make Humboldt County a better place for older people. Hospice of Humboldt, Eureka, noon-1 p.m. Info: 442-3763 x217

## 54<sup>th</sup> Clam Beach Run

The 54<sup>th</sup> running of the Trinidad to Clam Beach Run Honoring Ford Hess takes place Saturday, Feb. 2, starting in Trinidad at 12:30 p.m. and concluding after the last runner slogs across Little River at Moonstone Beach. Cheer on the runners and walkers in three events: the 3-mile, 5-3/4-mile and 8-3/4-mile events. Info at [trinidadtoclambeach.com](http://trinidadtoclambeach.com).

## Seabirds Lecture

Free lecture, "Seabirds of Trinidad," by biologist Russell Namitz of the North Coast Seabird Protection Network: Wednesday, Feb. 27, 6:30-7:30 p.m., at the Humboldt Coastal Nature Center, 220 Stamps Lane in Manila; and Tuesday, March 5, 6:30-7:30 p.m. at the Trinidad Town Hall. Sponsored by the Trinidad Coastal Land Trust, Friends of the Dunes and the Bureau of Land Management.

## Arcata Marsh Photos

The work of local photographer Jose Quezada is on display at the Arcata Marsh Interpretive Center, 569 S. G St., through February. A free public reception with Quezada will be Sunday, Feb. 3, 12:30-3 p.m. The Center is open Tuesday-Sunday, 9 a.m.-5 p.m. and Monday 1-5 p.m. Info: 826-2359.

## Supervisor Steve Madrone – a ‘Senior Citizen’ Embarks on a New Career. Again.

By Don Allan

At 66, Steve Madrone has remade himself — again. The lifelong conservationist is an expert at renewing and reinvigorating his career, having done it many times over the past 40 years.

A political newcomer, Madrone unseated incumbent Fifth District Supervisor Ryan Sundberg in June. He was sworn in to the Board of Supervisors last month, resigning as a hydrology lecturer at Humboldt State University, and as executive director of the Mattole Salmon Group — a non-profit organization based in Petrolia that works to restore salmon populations on the Mattole watershed.

“My journey in Humboldt County has brought me full circle back to the roots of much of what my work took me to in the 1970s when I first arrived,” Madrone said. “Back to the watersheds.”

Madrone’s professional life has been full of such transitions. As a forestry student at HSU in the 1970s, he was a key part of the Emerald Creek Committee, a student group under the tutelage of the late Professor Rudy Becking that advocated for the expansion of Redwood National Park. Working with groups like the Save

the Redwoods League, they helped enlarge the park in 1978 to include hill slopes above old-growth forest.

After graduation, Madrone worked on implementing watershed restoration projects to remediate damage done by years of poorly regulated logging practices. That was just the start of a four-decade career devoted to planning and implementing projects to benefit the Humboldt community.

During his 22 years at the Redwood Community Action Agency (RCAA), Madrone designed and implemented fisheries enhancement projects, wetland restoration, and sediment source reduction efforts to protect water quality and stream habitat. He also started a Jobs-in-the-Woods Training Program at RCAA that trained 60 displaced timber industry workers in watershed restoration techniques, and worked on public-access efforts like the Hammond Trail, the Annie-Mary Trail, and the Humboldt Bay Trail.

Then, at age 53, Madrone decided on a new life transition, returning to college at HSU to pursue a master’s degree in watershed management, focusing in part on watershed resources such as Luffenholtz Creek, near his

home outside Trinidad.

His expertise made him a perfect choice both to stay in the classroom at HSU, and to lead the Mattole Salmon Group.

That would have been a good capstone to any successful career, but Madrone always had a hankering to use his expertise and his voice in influencing local politics.

So at an age when many are planning how to enjoy retirement, Steve Madrone is thinking about how to serve his community in his new role as the voice of the Fifth District.

“I have been blessed in my life to have made it to Humboldt County in the first place,” he said. “and then to have become part of such a vibrant community of people who are remaking the world in so many ways.”

And after this transition, who knows?

—  
*Don Allan, 67, of Westhaven is an almost-retired watershed restorationist and trail advocate with the Redwood Community Action Agency. He was treasurer on Madrone’s supervisor campaign.*

## Black History

February is Black History Month. Some milestones in black history:

- **1831** William Lloyd Garrison begins abolitionist newspaper *The Liberator*.
- **1849** Harriet Tubman escapes from slavery and launches the Underground Railroad.
- **1863** Abraham Lincoln’s Emancipation Proclamation declares all slaves “henceforth shall be free.”
- **Feb. 23, 1868** NAACP co-founder and civil rights leader W.E.B. DuBois is born.
- **Feb. 3, 1870** The 15<sup>th</sup> Amendment to the U.S. Constitution grants black citizens the right to vote.
- **Feb. 12, 1909** NAACP founded.
- **Jan. 15, 1929** Martin Luther King Jr. (1929-1968) is born Michael King Jr.
- **July 2, 1964** President Lyndon B. Johnson signs the Civil Rights Act.
- **Feb. 21, 1965** Malcolm X shot to death.
- **April 4, 1968** Martin Luther King Jr. assassinated.
- **Jan. 21, 2009** Barack Obama becomes the 44<sup>th</sup> U.S. president.
- **Jan. 3, 2019** U.S. Congress sworn in, including three black senators (3 percent) and 56 black congressmembers (13 percent).




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## PALLIATIVE CARE . . . From Page 5

trying to survive.

None of us wants to think about becoming seriously ill or dying. But likely most of us will face illness at some point, and every single one of us will die. We can do better for ourselves and each other in approaching these facts with the same resolution we approach “fighting” disease.

We also can plan and prepare for the future by completing our advance care directives, which name the people who we trust to make healthcare decisions for us if we cannot speak for ourselves, and which allow us to spell out what is important to us if we become seriously ill or are facing our own death.

I think it is wonderful that we have palliative care as a subspecialty in medicine. If you find yourself fac-

ing serious illness, consider asking about this service and when and if it might be appropriate for you or a loved one.

You can learn more from the National Hospice and Palliative Care Organization (NHPCO).

**Dr. Jennifer Heidmann** is medical director and primary care provider at Redwood Coast PACE (443-9747). This column should not be taken as medical advice. Ask your medical provider if you have health questions. Send comments to [seniornewseditor@humsenior.org](mailto:seniornewseditor@humsenior.org).

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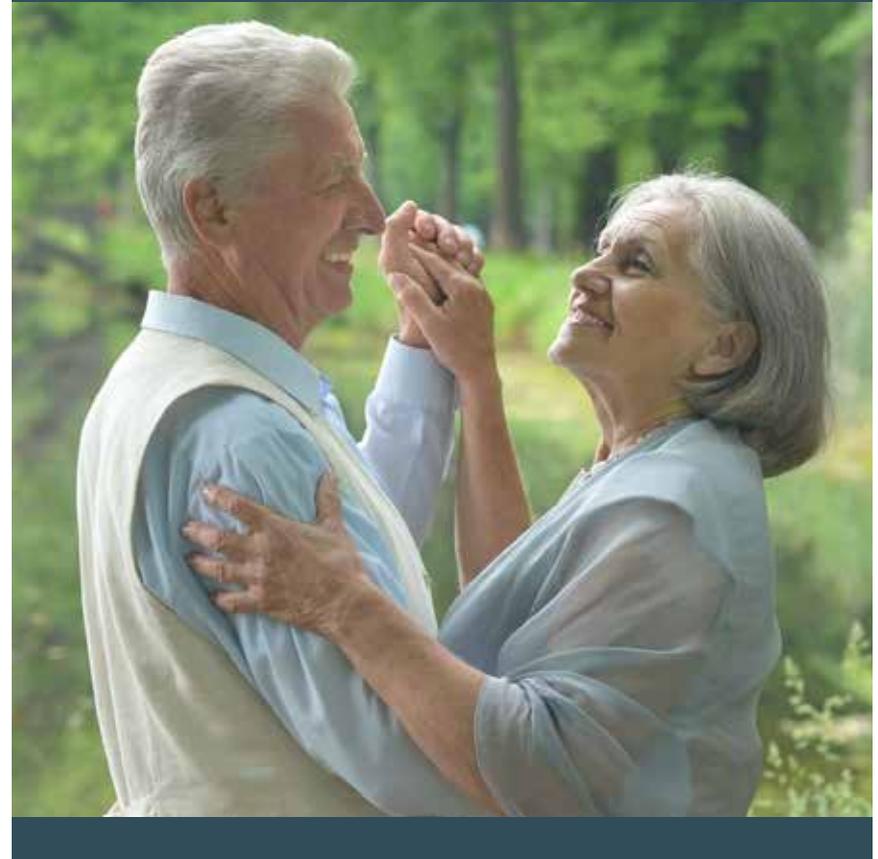
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## Letters to the Editor

### Don't Forget Plasma

To the Editor:

I applaud Dr. Heidmann's important column last month concerning blood and organ donation ["Blood, Organ Donors Are Heroic," January 2019]. However, she omitted to mention that, in addition to donating whole blood or platelets, one can also donate plasma. Plasma is the pure liquid part of blood that remains after the platelets and various blood cells are filtered out.

Just like with blood, not all plasma is the same. Whereas Type O blood is the ideal blood to donate because it has the property of being universally accepted by all blood types, Type AB blood plasma has that universally accepted property among plasma. And because only about 4 percent of the population have Type AB blood, this makes such individuals especially valuable when it comes to plasma donations, so consider donating plasma.

With some restrictions, any healthy adult, no matter how old, can qualify as a donor. Regardless of your blood type, I would encourage you to contact the Northern California Community Blood Bank at 707-443-8004 to find out more about how you can help others by becoming a donor of blood, platelets or plasma.

**Sherman Schapiro**, 4-Gallon Donor, Blue Lake

**Letters Policy:** Senior News welcomes letters to the editor. To be considered for publication, letters should be received by the 12th of the month, must not exceed 300 words, and may be edited for space. Submissions must include the writer's full name, mailing address, phone number and e-mail address. Senior News reserves the right to reject any letter. The same requirements apply to those interested in submitting longer commentary columns (up to 400 words). E-mail tpease@humsenior.org or mail to Senior News, 1910 California St., Eureka, CA 95501.

## What's a 'Lumens'?

By *Patty Holbrook*

A small knot of befuddled people stood gaping at the Walmart light bulb display.

"What's a lumens?" someone asked.

We looked at one another and shrugged.

"Are lumens watts?" someone else asked.

"Since I been a kid, light bulbs was always watts," said a bearded guy in a plaid shirt.

"I gotta hurry," said a small nervous man. "All I want is a package of 100-watt bulbs. My wife is waiting in the car."

"Better get her to help choose," said a lady, peering at the display through her bifocals. "They have lumen, LED, mercury vapors, high-pressure sodium, halogens, HIDs, candelabras, incandescent, fluorescent . . ."

"Fluorescents? Forget it! Those blue-light corkscrews made my living room look like a dental clinic," said a scrawny old guy in a baseball cap.

"I want a yellow light for my back porch. I hate bugs," said a grandmotherly type.

"No yellow ones, but by gosh, they've got black ones. Black lights? Ain't that a crock," laughed the bearded guy.

"Some of these puppies are twenty bucks! Each! And I need five for my dining room," said the old guy. "I should pay \$100 to look at my spaghetti?"

"You could get this halogen, it'll

last 35 years," said the lady with the bifocals.

"Why the hell would I buy those? I'm 83," argued the old guy.

A kid with a clipboard and wearing a bright blue vest started down the aisle, spotted us, and instantly spun around, trying to escape. The bearded guy went after him and brought him back.

"What's your problem?" the kid snarled, looking petulant.

"We want 100-watt bulbs, but just see packages of lumens," the old guy said. "What the hell is a lumens?"

The blue-vested kid looked blank.

"Ask it," the grandmother said, poking at the kid's iPad. "Maybe it knows."

The kid tapped it, frowned, then tapped some more.

"It says you need 1600 lumens for a 100-watter," he finally announced.

"Okay, so where are they?"

"We're out of 'em. Be in next week."

Stunned silence greeted this news.

Feeling our wrath, he slowly backed away. "Gotta go, my produce delivery truck guy is waiting. His lettuce will wilt. Have a nice day!" he yelled over his shoulder as he sprinted toward the storage room in the back.

—  
**Patty Holbrook** plays piano at the Ingomar Club and is a member of the Senior News Community Advisory Council. Her living room lamp in Eureka still needs a 100-watt bulb.

---

**"Only the wisest and stupidest of men never change."**

---

—Confucius (551-479 BC)



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# Laura Perrott Mahan, the Hero of Founder's Grove

By *Katie Buesch*

I discovered my local historical hero after finding a green plaque surrounded by stumps in an otherwise unlogged old growth forest at Humboldt Redwoods State Park in 2017.

Laura Perrott Mahan was born in Loleta on Nov. 29, 1867, on the family farm at Singley Hill. She was an organizer and an action-taker who, alongside other Humboldt women, galvanized early local support for saving the redwoods.

In 1923, the Save the Redwoods League (SRL) was only five years old; Mahan was 56, and was working through the Eureka Women's Club with the California Federation of Women's Clubs to help the League purchase land along the "Redwood Highway" to protect it from logging.

Conservation efforts by women's clubs, promoted by Federation President Clara Bradley Burdette, were catching on throughout the state. Mahan thought that bringing the Federation's annual conference to Eureka might be just what was needed to protect a marvelous, threatened grove along the Eel River at the mouth of Bull Creek, north of Weott.

Mahan led the charge to bring the Federation meeting to the Eureka Inn in 1923. Part of the conference included taking the participants on a trip to the Eel River, where the Eureka club women announced their plans to save the very grove in which they were standing. With a match from the state, one dollar from each member would raise enough to save the grove, they argued.

The campaign worked, raising \$45,000 to purchase the threatened grove. Julia Morgan's Hearthstone Four Fireplaces monument commemorates the women's work, placed within the new California Federation of Women's Clubs Grove — widely

known nowadays as Women's Fed.

Only a year later, the Save the Redwoods League was working with state legislators in Sacramento to save a grove across the Eel River from Dyerville. The League made an agreement with Pacific Lumber Co. to pause logging on the land temporarily until the deal was finalized.

Then Mahan heard that logging had resumed in the Dyerville forest, so she and her husband raced to the woods. Pacific Lumber had started cutting trees for a railroad spur in order to access the Bull Creek forest. Mahan, a wealthy white woman who was relatively well known, stood in front of the logging equipment and stopped the loggers in their tracks while her husband took the news back to Eureka, filing a court injunction.

The community rallied against Pacific Lumber, and the grove was eventually saved and named after the founders of SRL — Founders' Grove. On the site of Mahan's protest, about a half mile into the woods from the Founder's Grove plaque, a second bronze plaque commemorates Mahan's courageous act alongside a few redwood stumps of the trees that fell before she arrived.

When I visit Founder's Grove and Women's Fed, I think of Laura Perrott Mahan, and thank her and other women, many now forgotten, who stood to save the redwoods.

—  
*Katie Buesch is registrar-curator at the Clarke Historical Museum (clarkemuseum.org) on E Street in Old Town Eureka. The Save the Redwoods League celebrated its 100<sup>th</sup> anniversary last year. Visit [savetheredwoods.org](http://savetheredwoods.org) for information.*



**HERO OF THE REDWOODS** — Without the vision and courage of women like Laura Perrott Mahan, shown here around 1900, Founders' Grove and the nearby Women Fed Grove off Avenue of the Giants near Weott might have fallen to loggers. Across the South Fork Eel River from Founders' Grove is Bull Creek Flats (below), part of the 10,000-acre Rockefeller Forest, the world's largest remaining old-grown redwood forest. Top photo courtesy of the Clarke Historical Museum; bottom photo by Ted Pease.



# After Retirement, Lessons from One Last Sales Job

By Ralph Nelson

After retiring from my Los Angeles advertising job, my wife, Emma, and I moved to Cutten in August 1990.

With moving expenses depleting our resources, I found myself in need of income. Updating my résumé, I perused the want ads. I replied to one from Sacramento looking for an outside salesman, and after a local interview, I was hired.

The job was selling Chilton Automotive manuals in four Northern California counties, except Redding. I would be working strictly on commissions for the salesman who had the full Northern California territory, but was unable to cover it fully.

He took me on a familiarization drive to Crescent City. After that I was on my own. I knew practically nothing about automobiles, and had seldom lifted the hood of the ones I owned. The manuals, designed for automobile mechanics, were highly technical, and sold for between \$74 and \$150.

On my first calls, I passed out business cards, more as an introduction than anything else. As I gradually made sales calls, I discovered that many mechanics had seen a salesman only about once a year. Some of the locations were small, remote communities — like Hayfork, down winding State Highway 3.

Within a month I had made my second round of calls with the car's trunk fully loaded with manuals. A few mechanics started to recognize me and I sold a few. Wherever I could, I sought out new customers and developed my own list.

I found that more frequent visits to the mechanics paid off. Often they called me "the Chilton Man." A few figured me as an automotive expert, but when asked a question regarding a problem, I would refer to the manual and suggest that we look it up together. The mechanic would find the answer and I would sell the book.

Service is basic to sales. If a mechanic telephoned for a book, I would

get in my car and deliver it. While not paying big bucks, selling manuals did have other benefits. It provided the opportunity to drive through beautiful country and along the Pacific coast. Sometimes Emma joined me for a trip to Crescent City. After early rounds, we had the rest of the day to explore.

After 17 months, my employer decided he wanted to take back my territory. I think he was surprised how many manuals could be sold.

Ralph Nelson, 86, of Cutten is a member of the Senior News Community Advisory Council.

## Sr. News CROSSWORD

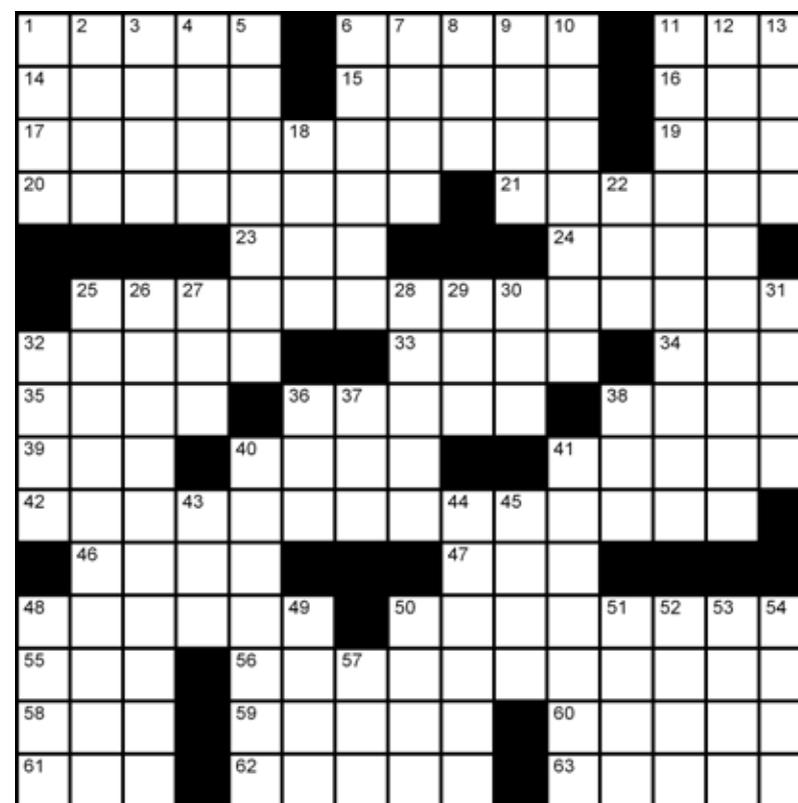
### "Internal Conflict"

by Jeffrey Wechsler, edited by David Steinberg

#### ACROSS

- 1 Tray of cookies, perhaps  
6 State capital in the Willamette Valley  
11 Pull from in front  
14 Diamond Head greeting  
15 "Porgy and Bess," e.g.  
16 Santa \_\_\_\_  
17 How Batman might incentivize his sidekick?  
19 Documentarian Burns  
20 Instructed to expect a Hail Mary, say  
21 Most kind  
23 Is the owner of  
24 What most gamblers do  
25 One too scared to board the Queen Mary 2?  
32 Slovene's neighbor  
33 Western movie challenge  
34 Ongoing "Law & Order" franchise  
35 Chops down  
36 Progenitor's opposite  
38 Of immense impact  
39 "The sun with one \_\_\_\_ vieweth all the world": Shak.  
40 Mario's "See ya!"  
41 Perform really, really poorly  
42 Leader of a wild horse stampede?  
46 Employs

- 47 Veggie that's easy for a kid to hide  
48 Companions of ladders  
50 Forest fire follow-up, generally  
55 Poirot's assent  
56 Sales program that fails to produce pop-ups?  
58 Portraits, e.g.  
59 Way to think or read  
60 Crude-carrying vessel  
61 4G \_\_\_\_  
62 Stands in line  
63 Free-for-all
- #### DOWN
- 1 Manhattan providers  
2 Protected, at sea  
3 College \_\_\_\_ (Ithaca, for Cornell)  
4 Shoot the breeze  
5 Construction site protection  
6 Needing the most liniment  
7 Each  
8 Syr. neighbor  
9 CNN anchor Burnett  
10 "Copacabana" singer  
11 Tries out some wheels  
12 3-4 ounces, perhaps  
13 Crave  
18 Campus figure  
22 Heifer, e.g.  
25 Query after a tumble  
26 Pricey offering at big hotels  
27 Vegas opener?  
28 "Hit the ceiling" or "drive up the wall"  
29 \_\_\_\_-Magnon  
30 Warhol subject  
31 "It's headed right at us!"  
32 "Beat Bobby Flay" contestant  
36 Title of respect  
37 Disreputable sort  
38 LAX stat  
40 Material for suits?  
41 Status of many an Oscar winner  
43 Word with "suit" or "blanket"  
44 Overturns  
45 Genesis producer  
48 Heat source for Scrooge  
49 Actress Ward  
50 Defeat, and then some  
51 Bad boo-boo  
52 Great thing in China?  
53 \_\_\_\_-lighting ceremony  
54 "Present!"  
57 "Are you blaming me?!"



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ANSWERS ON PAGE 14

# Every Day, a New Chance

By Carol Sundberg

Life often throws us curves that are unexpected. Divorce, financial ruin, death. Having experienced all three, death is by far the toughest. At the age of 60, I was alone for the first time in my life. Starting over, creating my life as a single person. A widow.

I want to feel alive, not like I am waiting for life to find me. The feeling that I am still waiting for my life to show up is constant. Waiting for what? I don't even know.

In a recent edition of the OPRAH magazine, Oprah shared her thoughts while watch-

ing the sun rise over the Haleakala Volcano on Maui. The words that stand out for me are, "A new day. Another chance to get it right. To make amends. Forgive. Celebrate. Honor our call to be here on Earth. Every day a new birth day."

Maybe I won't make a big change today — maybe not even a little change. But tomorrow I can try again. A new birth day — another chance to get it right.

—  
**Carol Sundberg, 60, celebrates her new days in McKinleyville.**

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—Anonymous

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## Coming in Senior News

- **March** is time to *Get a Hobby*. How do you fill your spare time? Knitting booties? Carve redwood logs? Glass-blowing? We want your hobby stories.
- **April is a funny month**. Help us prove it. Send us funny things that happened to you, your best jokes, funny photos, your definition of what's funny (and what's not). *Say, did you hear the one about . . . ?* Make SN editor Ted Pease laugh: tpease@humsenior.org. or 443-9747, x1226.

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