



# Our Friends, Our Families, Our Heroes

## ‘Vociferous Chorus’ Needed

*By George Clark*

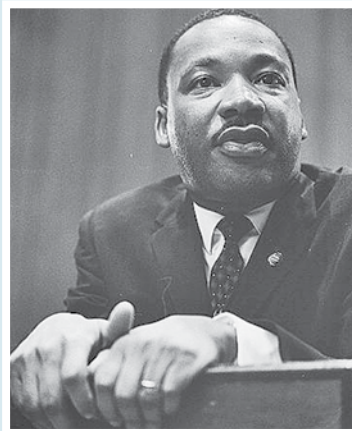
We never forget our personal heroes and mentors who intervened in troubling times, became lifelong friends, or greatly expanded our worldview. It is therefore perplexing how little we’re taught about the personal heroes and mentors who inspired and empowered history’s greatest leaders like Martin Luther King Jr., Gandhi or FDR, and how they did it.

In his lectures, author Kurt Vonnegut credited his writing career to a textbook by University of Georgia psychologist Dr. Hervey M. Cleckly titled “The Mask of Sanity,” which examined how socio-paths and psychotic individuals suffer a repressed conscience (often from alcohol abuse). These kinds of people are often chosen for leadership positions due to their confidence and decisiveness, although, in fact, they cannot care what happens next.

Decades of irresponsible and self-destructive leadership have expanded multiple U.S. wars, accelerated environmental disasters, and returned America to a New Gilded Age.

Heroic leadership often generates the contentious, polarizing debate and independent thought that galvanizes history’s significant and enduring social advancements, such as women’s suffrage, the G.I. Bill, unions, Social Security and Medicare, among others. However, powerful vested interests continue to spare no expense, like their historic predecessors, in opposing desperately needed changes, and the scientists, philosophers and teachers who

*Continued on Page 3*



## Heroes Have Many Faces

They come in all types and shapes, the people who inspire us. They help make us who we are, and make us want to be better people. Clockwise from upper left, here are some of our heroes: Joan Rainwater-Gish’s big sister, Connie (page 18); Redwood Coast Village 2018 Volunteer of the Year James Jackson (page 4); Ralph Nelson’s dad, James, in the 1957 Pasadena Rose Parade (page 3); actress Pat Carroll (page 6); civil rights leader Martin Luther King, Jr. (page 18); and Brenda Cooper’s big brother, Woody (page 9).

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**Heroic Donors**  
Page 5

**Guns & Trails**  
Page 20

**Disappearing Falk**  
Page 21

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**JOYCE HAYES, PUBLISHER**

**TED PEASE, EDITOR**  
707-443-9747, ext. 1226  
[tpease@humsenior.org](mailto:tpease@humsenior.org)

**ELIZABETH WHITLEY,**  
ADVERTISING COORDINATOR  
707-443-9747, ext. 1227  
[ewhitley@humsenior.org](mailto:ewhitley@humsenior.org)

**HSRC Board of Directors:** Jack Irvine, president, James Aste, Nancy Dye Leer, Willard Foote, John Dalby, Kathryn Dunning, Elan Firpo, Bruce Kessler, Susan Hansen, Nanette Medin.

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## Tedtalks: No Capes Needed

By Ted Pease

This month, Senior News celebrates heroes, people famous and otherwise, real and fictional, whom we admire — brothers and sisters, movie stars, fictional heroines, political and social leaders, parents, grandparents and comic book heroes. And, for some of us, dogs.

“Hero” evokes images of capes and bulging muscles, but our most powerful heroes don’t always have superpowers. More often, the most heroic people in our lives are quiet, constant and caring people we can depend on.

Sometimes, entertainers inspire us. Pete Seeger (page 20) was always one of my heroes, both because I admire his willingness to speak truth to power, and I love his music.

But the public has never heard of some of the most heroic people in our lives. My grandpa, Carroll Zachrisson, was a hero. He taught me fishing and photography, and passed down a goofy sense of humor.

Many of my heroes skew to writers and journalists. Mark Twain was both. It’s hard not to admire someone who said, “The more I learn about people, the more I like my dog.” Or, “Kindness is the language which the deaf can hear and the blind can see.”

In my opinion, it’s no accident that Superman was a journalist, fighting for truth and justice. “It’s not an S,” Superman/Clark Kent said. “On my world, it means hope.”

Most journalists can’t quite pull off wearing a cape, and most wouldn’t try. Journalists are taught to keep themselves out of the story.

They are anonymous, telling stories that affect the lives of others.

That’s why journalists may be the most heroic people you’ve never heard of — never mind what the president says about “liars.”

Every day I learn about new journalistic heroes I will never meet. TIME magazine honored many of them last month with its annual Person of the Year award — journalists worldwide who fight, and die, in “The War on Truth.”

There’s a 28-year-old Czech journalist, Jan Kuciak, who was murdered in his apartment with his fiancée over a story about the Slovak prime minister’s mob ties. Or 26-year-old Syrian cameraman Ibrahim al-Munjar, gunned down in the street in front of his home. Or the Washington Post’s Jamal Khashoggi, tortured and murdered by a Saudi hit squad, and dozens more.

Other journalistic heroes are closer to home, like editor David Little (formerly of the Times-Standard) and his staff at the Chico Enterprise-Record and the Paradise Post. They lost an entire town, and 10 of the journalists lost their own homes in November’s horrific wildfire, which killed 85.

“The paper still lives,” Little said. “It’s kind of a symbolic, important message to send to the community, that not everything’s lost.”

These are true heroes.

Ted Pease is editor of Senior News.

### IN THIS ISSUE

#### HEROES

#### FEATURES

‘Vociferous Chorus’ .....	1
Appreciating Dad .....	3
James Is On Duty .....	4
Flash & Grandma .....	4
Who We Admire .....	7
Lessons from Woody .....	9
My Sister Connie .....	18
Three Heroes .....	18
Life-Changing Friends ...	23

#### COLUMNS

Tedtalks: No Capes .....	2
The Doc: Donors .....	5
Goodspeed: La Carroll ....	6
Kellermann: Leap .....	8
Heckel: Attaboy .....	10
Rainwater-Gish: Joyce ..	16

#### CALENDARS

Senior Centers .....	12-14
Community Events .....	17

#### HSRC NEWS

A Bag of Groceries .....	11
Legislator Visits .....	15

#### & ETC. . .

The Mayo Clinic .....	5
Letters to the Editor .....	20
Humboldt Then & Now	21
Bring Trains Back .....	22

#### COMING NEXT MONTH

#### Transitions



# Happy New Year

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# Years Later, Appreciating a Dad Who Never Knew Me

By Ralph Nelson

Dad, as I stand at your Rose Hills grave, I remember something you said shortly before you died. You told me that, in reality, you never knew me. We coexisted for 60 years, living separate lives.

In retrospect, I realize that I didn't always appreciate you.

The drift probably began when mom contracted tuberculosis. It immediately changed our lives. You were completely dedicated to her.

I was 11 at the time and, in many respects, I was now on my own.

Grandmother Nelson was there as support and to sometimes share a can of kippered herring after school. I took care of the chickens and milked the cow, fed the stabled horses at the ranch, and cleaned stalls.

Mom was kept in isolation at various locations. She wasted away for four years from the onset of illness until her death. You later married Edna.

My graduation from high school led me elsewhere. I joined the Army Air Corps, and after my discharge, you helped me buy a 1939 Mercury sedan.

You never understood why I broke the mold and didn't secure a civil service job. You, mom and Edna were schoolteachers. Older brother Larry made sergeant as a detective in the Los Angeles Police Department. Younger



**The author's father, James Nelson, riding his horse, Abu Just Right, in the 1957 Pasadena Rose Parade.** Photo courtesy of Ralph Nelson.

brother Jim was a captain in the Los Angeles County Fire Department. But after college, I went into advertising.

You may have wondered about my progression of jobs with advertising agencies. You knew that I did support my family. You certainly enjoyed visits from the family and grandchildren.

One highlight of your life was riding in the Pasadena Rose Parade for a number of years. We were always proud of your horseriding skills.

At 94, you had an accident when you attempted to take two bags of trash in your golf cart to the front yard. You lost control and swerved into a fence post, and broke your upper left arm.

You ended up in surgery. Three weeks later, after humming the old Western "Blue Shadows on the Trail," you died in your sleep.

Now I look back on how our lives intertwined. In my adolescence, I never appreciated the stress you experienced in taking care of Mom, with the myriad details of work and running the ranch. You were there for us, for mom and then for Edna. Taking care of others before yourself was mandatory.

—

**Ralph Nelson, 90, of Cutten is a writer and member of the Senior News Community Advisory Council.**

## 'VOCIFEROUS CHORUS' NEEDED . . . From Page 1

inspire them.

One such teacher is Jack Storm, a former long-serving sociologist at College of the Redwoods, who, for many students in the '70s like me, cultivated independent thought by courageously revealing that society's uncomfortable realities, ironies and paradoxes are often self-censored as "too negative." (Don't miss Barbara Ehrenreich's entertaining 2009 best-seller, "Bright-Sided: How Positive Thinking Is Undermining America.")

Storm collected decades of newspaper articles that typically misreported disturbing social trends as "isolated phenomena" devoid of larger troubling contexts. It was a technique I would see again at Humboldt State University used by social psychologist Dr. Carl Ratner. For example, fascinating and important questions are generated when comparing news reports of rapidly increasing poverty to increasing numbers of jobs and university graduates, a question that inspired Samuel Bowles' 1976 book,

"Schooling in Capitalist America."

The daunting challenges we face today require millions of Americans to honor the sacrifices of our heroic forebears by joining the vociferous chorus for change.

—

**George Clark of Eureka is a retired business owner.**

# Redwood Coast Village Volunteer of the Year

By Pat Bitton

James Jackson has been “on duty” to help Redwood Coast Village (RCV) members since before the organization was fully up and running.

In recognition of the many ways he has helped members of the volunteer-based organization for Humboldt residents 50 and older, Jackson, 76, of McKinleyville has been named RCV’s 2018 Volunteer of the Year.

“James has generously shared his skills and his big heart with our members,” said RCV Board Member JoAnn Schuch. “He has been a steadfast support for people, providing that little extra help that allows us older folk to stay independent as we age.”

RCV is a grassroots, member-driven organization of people helping people by matching volunteers with members who need services such as transportation to appointments and shopping, fix-it jobs around the house, occasional pet care, and more.

Jackson, who is both an RCV member and volunteer, has driven RCV members to appointments and fixed things in their homes. He even donated a “gently used” microwave to a member whose broken appliance he couldn’t fix.

He has even befriended the occasional terrier who needed a ride to the veterinarian.



**‘HE’S THE NICEST MAN,’ says Mary Needham of Eureka. Even Oliver the dog likes Redwood Coast Village 2018 Volunteer of the Year James Jackson. John Olson photo.**

“He’s the nicest man,” said RCV member Mary Needham of Eureka, whose dog, Oliver, needed a trip to the vet. “He liked Oliver, and Oliver liked him. He said he will take me next time.”

A long-time Humboldt County resident, Jackson was RCV’s first registered member, sending in his payment in 2016 before the organization was even ready to operate. His experience as an Emergency Medical Technician (EMT) in Ruth Lake made him aware of older people’s changing needs, and he says the Village offers him a great way to lend a hand.

“It’s part of my nature,” he said. “After working as an EMT and in care homes as an ombudsman, I have seen first-hand how easily a small problem can become a major crisis.

“After 20 years of helping seniors, it’s become a habit. It’s a great reason to get out of bed every morning.”

Jackson moved to Humboldt in 1990 after serving in the Navy for 30 years as a helicopter mechanic. He was posted to Vietnam and Libya, and was on-site for the first NASA capsule recovery. He worked as a Navy swimmer in Puerto Rico and the Virgin Islands, assisting with rescues, and was a rocket mechanic for Lockheed Martin during the Cold War.

**Pat Bitton** of Eureka is a part-time writer at Humboldt State University and a volunteer at Redwood Coast Village. For RCV information, call 442-3763, x217.

## Inspired by Nancy Drew, Flash Gordon and Grandma

By Patti Miller Stammer

Heroes and heroines . . . those of my youth were by far the most interesting, satisfying and awe-inspiring.

Flash Gordon was my first hero. I watched on a tiny black and white TV as he traveled the galaxy in his silver rocket ship. Always accompanied by the brilliant Dr. Zarkov, he fought to save the universe, to keep Ming the Merciless and his nasty daughter Aura from destroying the Earth, all the while rescuing Dale Arden from peril.

Nancy Drew, girl detective, came along next. She was definitely smarter than Dale, clever and brave,

but like Dale, always in trouble. Nancy and her gal pals, Beth and George, were a team solving mysteries, getting themselves out of danger, but always polite and well brought-up heroines.

My grandmother bought me those first books. She wasn’t a reader except for crochet magazines and her big Bible, but she sent books to me throughout her life.

The Ten Commandments and the Golden Rule were the framework of her life, but she never spoke of either. Always kind, never judging, I know I put her to the test a time or two. Her knowledge of what

was right and wrong, and the possibility of a spiritual realm outside my understanding, was constant, loving and subliminal.

Many years after her death, while on a trip to Egypt, everything I saw seemed so familiar, as if I had been there before. Another lifetime, perhaps? It was another lifetime . . . of a child. I was traveling through the pages of Grandma’s big old Bible.

**Patti Miller Stammer** lives in McKinleyville.



## ASK THE DOCTOR

# Blood, Organ Donors Are Heroic

By Jennifer Heidmann, M.D.



For doctors, it can be easy to take for granted the ability to replace blood products in people who have severe bleeding. I just have to write an order, and the blood bank sends over what we need. An intravenous line is placed and, *voilà!* problem solved, life saved.

But what happens when a blood type is unavailable? What if the patient needs platelets, but there aren't enough in supply? Platelets are the cells that help make blood clot, and it takes several donations of whole blood to extract a single platelet transfusion.

There is a solution, of course. Healthy people can donate blood every eight weeks. Platelets can be donated specifically and more frequently, though this takes a special process called apheresis, and takes longer than a regular whole-blood donation.

The Northern California Community Blood Bank website (ncbb.net) has a schedule of times to donate blood or platelets. Donations are not difficult, and the staff is supportive, and will supply some snacks, too. Wednesday night is family night, and more substantial food is offered. See the website for details, or call 443-8004.

To be eligible to donate blood, you have to be healthy and at least 18 (or 16-17 with parental consent). There is no upper age limit. You will be tested for infectious diseases (such as HIV, hepatitis and syphilis); if you test positive, you'll be notified and your blood cannot be

donated.

Before giving blood, try to sleep well and eat a healthy meal. Avoid fatty foods (French fries, hamburgers, ice cream) as they can affect the blood tests. Drink extra fluids and avoid alcohol the day prior, as it can worsen dehydration. If you will be donating platelets (apheresis), stop aspirin for two days prior.

Blood donors are seated in a recliner with an arm on a comfortable armrest. A needle is placed and left in for about 10 minutes. For apheresis, the process takes about two hours. The platelets are separated from the other blood components (red blood cells and plasma), which are returned to your system.

Donating organs, corneas, or other tissues is mostly done after death (although there are some live-tissue donations, such as kidney, bone marrow, or parts of the liver). You can learn more about organ donation, or register to be a donor yourself at [DonateLifeCalifornia.org](http://DonateLifeCalifornia.org), or at the Department of Motor Vehicles, which notes "donor" on your driver's license.

Let your family, loved ones and whoever has your durable healthcare power of attorney know your wishes about this.

There is a huge shortage of available organs for transplant. About 100,000 people in the United States are on waiting lists, and about 21 people die every day waiting for an organ donation.

Most people support the idea of

## Ken Burns and the Mayo Clinic

Ken Burns is justly called the nation's most acclaimed documentary producer, creator of video history lessons using archival photos and film clips and melding them with interviews to make history come alive.

The filmmaker who has taught us about "The Civil War" (1990) and "The Vietnam War" (2017), about "Baseball" (1994), "Jazz" (2001) and "The National Parks: America's Best Idea" (2009), and more than 20 other topics, turned to the Mayo Clinic in his latest historical documentary.

Sounds like a snoozer, but it's not. The two-hour film about the renowned Rochester, Minnesota, medical clinic aired on PBS in September, and it's still available online.

"The Mayo Clinic: Faith, Hope, Science" is more than a history of how a small-town country doctor

partnered with some unusual nuns to build the world's foremost medical center. Rather, at the core of the Mayo Clinic is a medical philosophy of teamwork and patient-centered care.

The clinic was not a "Miracle in the Cornfield," as the 19<sup>th</sup> century medical community called it. Dr. W.W. Mayo preached, taught and practiced a team-based collaborative medicine that was unknown then.

"There's a sense of public generosity and plowing profits back into service" at the Mayo Clinic, Burns said. "It's a uniquely American story."

For an inspirational look at American medicine, including appearances by the late Sen. John McCain, the Dalai Lama and newsman Tom Brokaw, all former Mayo patients, go online to [pbs.org/kenburns/the-mayo-clinic](http://pbs.org/kenburns/the-mayo-clinic).

—Ted Pease

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Continued on Page 19

## HEAVENS TO BETSY—BY BETSY GOODSPEED



### She's Still My Hero

Pat Carroll filled me with wonder the first time I saw her in action. This would have been the early 1940s in Los Angeles.

I was hoping to catch a ride home with a neighbor who was rehearsing for a variety show at the Immaculate Heart High School auditorium.

A dozen girls wearing shapeless uniforms looked like they were having a party on-stage until *La Carroll* started tearing her hair out and shouting, “No, no, no!” in a comic impersonation of a Hollywood director.

Pat was a 5-foot-tall, 15-year-old with bobbed blond hair, which she pushed around when she was operating at a mile a minute. Her blue eyes were excited about life’s possibilities, and she was making things happen. She welcomed me because I played the piano by ear and could transpose keys for amateurs.

Pat’s deepest desire was always to make people laugh, and I admired her tenacious desire to brave Broadway, which she did, to rave reviews.

During World War II, 12 teen-aged girls from Immaculate Heart and one agnostic (me) performed for the USO at military bases, songs like “Does the Spearmint lose its flavor on the bedpost every night?” and harp solos. Pat was our director and stand-up comedy girl.

The only time I ever saw her looking like an empty vessel waiting to be filled was when she at-

tended early-morning Mass. (When I considered becoming a Catholic, my father said I’d find my suitcase sitting on the front porch.)

I was languishing in a tuberculosis sanitarium when Pat wrote from New York City that she was “living on baked potatoes, hounding agents to death, and using every trick in the book to get one more audition on Broadway.”

Her determination paid off. She got one foot in the door and parlayed it into an incredible stage and TV career. She played Bunny Halper on “The Danny Thomas Show,” and Shirley Feeney’s mother on “Laverne & Shirley,” and also appeared with Red Skelton, Carol Burnett and Red Buttons.

Her one-woman show, “Gertrude Stein Gertrude Stein Gertrude Stein” was written for her, and she won accolades, performing it worldwide. Pat was famous for her game show adlibs, and perhaps her favorite role was as the voice of Ursula the Sea Witch in “The Little Mermaid.”

We lost touch, but, my daughter found her email address. Her fast response led to a joyous reunion, and it seemed like only moments had passed.

At 91, she’s still laughing at life, and she’s still my hero.

**Betsy Goodspeed, 92, of Eureka had her own star-studded career on stage and screen as a singer and musician. She’s working on her latest novel.**

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To qualify for RCAA’s Senior and Homebound/Disabled List for the 2019 program, you must be at least 70 years old or a homebound/disabled person and meet the federal income guidelines below.

People in your Household	Maximum, Gross Monthly Income Allowed
1	\$2,170.74
2	\$2,838.66
3	\$3,506.58

**You may call beginning December 15th through April 30, 2018 to be placed on the list. Please call 707-444-3831, extension 201 or 204 to speak to an RCAA’s Energy Specialist to be put on the list.**



# Local Residents Offer Snapshots of Their Heroes

By Nan Roberts

Eureka historian and historical tour leader Ray Hillman, 77, points to his former Berkeley history professor, Gunther Barth, as his hero.

Barth's method for teaching history included visiting specific sites, not just looking them up. He influenced Hillman to make people familiar with the actual history — a building or location — because that makes people take more interest.

"I used that method in all my classes since 1969, in every class I've taught," said Hillman, who teaches OLLI courses on local history, especially, railroads.

Claire Josefine's cousin, nationally acclaimed feminist and author Rebecca Solnit, is a person she admires immensely. An activist and historian, Solnit is "such a cheerleader. She keeps us hopeful without being a Pollyanna," Josefine said.

Solnit is the author of some 20 books on feminism, Western and indigenous history, and about how people respond to disasters like the 1989

Loma Prieta earthquake.

Josefine values Solnit because she is well-informed and gives a lot of her time and energy as an environmentalist and feminist. "She provides examples of success over time, giving us perspective," she said, and helps "the Resistance movement" not to lose hope.

One of Karlyn Rocheleau's heroes is Irish writer William Trevor, because of his compassionate worldview, and the kindness he has for his characters.

"He makes you feel compassion for people beyond the pale," she said. "People who harass you in the street, or maybe even mass murderers — people are complicated." From Trevor's perspective on humanity, she said, it's possible to see such individuals as people, as more than just their failings.

Rocheleau also admires authors John Updike (he gets into his characters' minds) and Louise Erdrich, from her native Minnesota.

Marjorie Colwell admires Humboldt social worker Marianne Pennekamp, a nationally famous child and family rights advocate who taught at Humboldt State University for many years. Her family escaped from Nazi Germany and came to the United States in 1941.

Colwell and Pennekamp took an OLLI class on the Israeli-Palestinian conflict, taught by two pro-Israel men. There was no information about the Palestinian perspective, Colwell said, and the class discussions "got heated."

"Her calmness and peacefulness kept the class together," Colwell said. "She's the sort of person that you want to live forever. Like Mother Teresa."

—

*Nan Roberts is a Eureka native. Her heroes are her cats, Charlie and Bagheera.*

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## PAINTING THE OCEAN

BY MARGARET KELLERMANN

### Take a Leap

About 50 years ago — on a dark winter afternoon in Rhode Island when I was 10 — the prospect of jumping off into the unknown was a dare, with one real chance for greatness amid dangers that were, shall we say, elevated. As the curiously calm airport announcement goes, “Today’s security threat level is . . . elevated.”

Zach, a 13-year-old friend of my brother, invited us both to leap a 15-foot chasm, a slick, icy crevasse cut into a beach cliff on the Atlantic. Always a gentleman, Zach advised, “Girls first.”

I looked down. My leap would take place, if it did, over incoming waves and rocks far below, with promised fame but little chance of survival. Still, I considered it. Why? Because my 12-year-old brother was considering it, too. If you’ve had an older brother, you will understand.

Since you’re reading this now, you may have guessed I didn’t jump. Shivering on the cliff edge back then, I mentioned my homework. Which reminded the boys of their own homework. We all three stomped home through crunchy snow without loss of life or pride.

Aside from that, I’ve taken a few good risky leaps in my life, and those have made all the difference. Was I decisive? Yes and no. Afraid? Well, yeahhh. Am I happier? Much.

A few years ago, for example, I left a crazy-making life in a different state and drove away, my vehicle filled with clothes, kitchenware and art supplies. With each mile, I felt lighter, calmer, more myself again. I arrived here and felt at home.

A few months later, I drove back to get my dog, Luke. To bring him here to live with me on the edge of the world. From my rearview mirror

I could see Luke in the back seat growing lighter, calmer, too.

On our first day

home, I took Luke out for his very first ocean experience that, I had decided, needed to be exceptional. When we reached College Cove Beach, he stood on the warm stretch of sand opening to the turquoise waves. He stared at the breakers, then looked back at me quizzically. “You’re free,” I said. “No chains. Run!” He did.

“Looking toward me is the edge of the world,” goes a Papago song for a young girl. “I am trying to reach it. The edge of the world does not look far away. To that I am on my way running.”

**Margaret Kellermann’s new novel for ages 8 to adult, *Annie California*, features a 10-year-old from Eureka who shivers on the edge, wondering if she is brave enough to risk it all. Learn more at [bluelakestudio.net](http://bluelakestudio.net).**

“The edge of the world does not look far away. To that I am on my way running.”

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# Lessons from Woody: Memories of a Big Brother

By Brenda Cooper

I have poignant memories of my older brother, Woody. Some days, I hug them to me. For all of his life, he was my friend and confidant, my ally, my teacher. When I think of times as a child that I smiled or laughed, the times I was happy, I think of Woody. Woody had an infectious sense of humor, and when he laughed, he wrapped that laughter around me.

In 1960, for my 13th birthday, Woody took me on a shopping excursion. He had a minimum-wage job, but with his own income, he felt rich and couldn't wait to share his riches with his little sister.

We took the bus to downtown Dayton, Ohio, and had lunch — both rare treats. Then we went to the teen section of the biggest department store in town and spent the next couple of hours acting like we had money. I tried on every skirt and sweater in the store, while Woody kept me laughing as he mimicked the glares from the sales clerks.

When Woody bought me what were my first store-bought clothes — a blue plaid, box-pleated wool skirt and

matching pale blue wool sweater — I felt rich, too.

That day with my big brother, and the rare store-bought clothes, were incredible gifts for a young girl, but the material things Woody gave me over the years pale in comparison to what he taught me about life, unconditional love, compassion, acceptance and tolerance.

Woody was gay. He knew a lot about how fragile those things are.

He found it difficult coming to grips with his sexual identity in the intolerant 1950s and 1960s. After years of trying desperately to be “normal” — he joined the Army and got married twice — Woody finally came out to his family and friends. And the always-gregarious Woody came face-to-face with unrelenting hostility.

We remained close throughout his life. Watching him deal with discrimination taught me a lot about love and acceptance. He taught me the importance of championing the rights of all people, of loving individuals for who they are, regardless of their gender,



**STILL GIVING** — Woody Cooper died in 1995, but the big brother's gifts keep on giving for contributor Brenda Cooper. “He was always my hero,” she said. Ted Pease photo.

race or ethnicity, their religion, or sexual identity. Without Woody, these are lessons I might never have fully appreciated.

Although it took me some time to recognize it, even his death was another of Woody's gifts to me. For the last years of his life, he demonstrated compassion, volunteering at AIDS organizations, and taking in friends and strangers, caring for them as they wasted away.

Woody lost his own battle with AIDS in 1995. He was 54. All these

years later, I still miss my brother. The only thing that ever made losing him bearable is remembering all he gave me — lessons of tolerance, acceptance, compassion, and unconditional love.

I miss you, Woody.

—

**Brenda Cooper** of Trinidad is a retired professor of media and gender studies. This is adapted from a piece that appeared in *Newsweek* in 2000.

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AGING IS AN ART — BY JOHN HECKEL

## Attaboy. Nice Job.

I know I am very fortunate in that in my old age I do not *have* to do things for money anymore. I worked long and hard my entire life — have no doubt about that — but I still recognize and honor this as a privilege.

If I don't work for money, then why do I still do things? Here is some of what I have come up with.

I do things that feel good, that contribute to bringing about change, and that are recognized. I understand that, as I

age, making a difference is becoming ever more important to me. I have also accepted the fact

that recognition from people who appreciate my efforts is a necessary element in determining what I do.

For example, I am always amazed at how many people read Senior News. I am also surprised at the number of people in this community who enjoy reading this column. I am affected by that recognition. Knowing that you enjoy reading these musings adds to the joy of creating them.

Recognition does not mean fame. A smile and, "I liked your column," when I run into a friend in Old Town — that's all it takes. Because I no longer participate in the system that recognizes people's worth with pay raises, bonuses and other financial rewards, I have grown ever more aware of how much those informal moments of recognition contribute to

what I do.

As I age, I continue to want to be seen, I want to continue to make a difference, and I want and need my efforts to be recognized.

I have also learned to say thank you, something that throughout my life has been very difficult. I no longer find it necessary to come back with some intellectually astute comment. I listen, I accept, and then I appreciate with a simple "Thank you" of my own.

As we age, we all have a need to know that our lives still matter, and that our

actions still have meaning. We enjoy making a difference.

Are there people in your life who could use your recognition? Could a word from you add to their enjoyment and satisfaction of what they are doing?

Maybe just as important, are there people whose opinions matter to you? Can you let them know that a positive word or two from them would make a world of difference to you?

Go ahead, you're old, you've earned a pat on the back. Ask them.

**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.

"As we age, we all have a need to know that our lives still matter, and that our actions still have meaning."

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# Get Your Own CalFresh Grocery Bag

Every three months, lunch-goers at senior dining centers in Eureka, Arcata and Fortuna compete for a free bag of groceries from Humboldt Senior Resource Center (HSRC) and CalFresh.

The grocery giveaway is designed to demonstrate what participants in the CalFresh program can get with their monthly benefits.

For Elizabeth Flores, Diana Vogt and Brenda Steinhour, the demonstration meant some extra things to carry home from the Eureka Senior Dining Center after lunch one day last month.

"These are heavy," one said as she accepted her reusable CalFresh grocery bag, full of goodies. "There's a lot in there."

They participated in Lena Park-Segura's drawing for the bags of groceries. Park-Segura, a social worker with HSRC's Nutrition Program, spent the morning shopping at Grocery Outlet. The \$15 in groceries — which represents how much the average CalFresh participant receives from



**'JUST DON'T CALL US BAG LADIES' joked one of the winners of a bag of CalFresh groceries in a lunchtime drawing at the Eureka Dining Center last month. From left, Diana Vogt, Brenda Steinhour, social worker Lena Park-Segura and Elizabeth Flores show off what a monthly CalFresh benefit might look like. Ted Pease photo.**

the program each month — included bananas and oranges, chicken noodle soup, yogurt, cheese, potatoes, canned tuna, noodles, crackers and more.

And the Eureka dining participants were appreciative. "I'm coming to your house for dinner," one called out as Vogt collected her bag.

The CalFresh Program is designed to help people who meet federal low-income standards put more healthy food on their tables. For those who qualify, CalFresh can provide funds to purchase fresh fruits, vegetables, whole grains, lean meats, as well as many other food items.

Monthly CalFresh benefits are issued on an

electronic benefit transfer card that can be used at most grocery stores, discount chains, farmers' markets and neighborhood stores.

Applying can be as easy as a phone interview. Most applicants can have savings, a house and cars, and still

potentially qualify. Part of your housing costs may be deducted from your income to determine your eligibility.

Seniors and people with disabilities can also deduct medical expenses. You are not eligible if you receive Supplemental Security Income (SSI), but Social Security Retirement or Disability benefits are okay.

For more information, call the CalFresh hotline at 877-410-8809.

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# January 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 Tuesday, Jan. 1 & Mon. Jan. 21**

#### Every Weekday

9-1 Library  
9-3 Senior Service Office  
12-3 Billiards

#### Mondays

9:30-10:30 Karate with Jerry Bunch  
10-12:30 Mah Jongg  
1:15-2 S.A.I.L. w/Muriel  
2:10-3:10 FABS/S.A.I.L. w/Beth & Lois  
2:30-4 Memoir Writing Class  
**Jan. 21 CLOSED** **Martin Luther King, Jr. Day**

#### Tuesdays

10-11 Harry's Bingo (*not Jan. 1 & 8*)  
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  
**Jan. 1 CLOSED** **New Years Day**

#### Jan. 1

Jan. 8 10:30-11:30 Dine & Dance w/Ray, Dave & Lois  
Jan. 15 9-11 Artist Reuben Mayes paints live  
Jan. 15 11:30-2:00 Foster Grandparents Program  
Jan. 22 11:30-1 Cal Fresh Info & Signups  
Jan. 22 6-9pm Stamp Club

#### Wednesdays

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  
Jan. 2 & 16 1-2 Caregiver Support Group  
Adult Day Health & Alzheimer's Services Library, 2nd floor, Bldg. B  
1901 California St., Eureka  
Jan. 9 11:30-12:15 Emblem Club serves lunch  
Jan. 16 10-11:30 Commodities Distribution  
Jan. 23 10-11 Red Cross Community Disaster Education Presentation

#### Thursdays

10-11 Grocery Bingo:  
Bring 1 grocery item  
10-11:30 Intermediate French  
11:30-12:15 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  
Jan. 3 & 17 10-12 Genealogy group

#### Fridays

9-10 Falun Dafa  
10-11 Beginning Tai Chi Movements  
11-12 Beginning Yoga  
11:30-12:15 Lunch  
1-4 Bridge Games  
Jan. 4 & 18 1:30-2:30 Conscious Living Book Club  
Jan. 25 11:30-12:15 Birthday Celebration

#### Saturdays

Jan. 5 Noon Sassy Seniors  
Humboldt Soup Company  
1019 Myrtle Ave. Eureka  
Jan. 19 Noon Nooners  
Tres Picosos (The old Marie Calendar's location.)

## 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.

**Closed Tuesday, Jan. 1**

#### Tuesdays

12 Lunch  
**Wednesdays**  
Jan. 2 10:30 Bingo 5-8 pm  
Music with Bill, Corena & John

#### Thursdays

Jan. 10 & 24 12-2 Caregiver Support Group  
United Methodist Church,  
Fireplace Room  
922 N Street  
For info call 443-9747  
Jan. 17 12-1:30 Caregiver Support Group  
United Methodist Church,  
Fireplace Room  
922 N Street  
For info call 443-9747

#### Fridays

Jan. 25 12 Lunch  
12 Birthday Lunch

## January 2019

### Senior Dining Center Menu

#### FIRST WEEK

Jan. 1 All Sites closed-Happy New Year  
Jan. 2 Hot Turkey Sandwich  
Jan. 3 Harvest Butternut Squash Ravioli  
Jan. 4 BBQ Chicken

#### SECOND WEEK

Jan. 7 Dining Centers closed  
Jan. 8 Chinese Chicken Salad  
Jan. 9 Sloppy Joe  
Jan. 10 Tuna Casserole  
Jan. 11 Spinach Lasagna

#### THIRD WEEK

Jan. 14 Dining Center Closed  
Jan. 15 Chicken & Waffles  
Jan. 16 Chef Salad  
Jan. 17 Pot Roast  
Jan. 18 Lemon Herb Fish

#### FOURTH WEEK

Jan. 21 All Sites closed for M. L. King, Jr. Day.  
Jan. 22 Beef Stroganoff  
Jan. 23 Shrimp Linguini  
Jan. 24 BBQ Pork  
Jan. 25 Mexican Chicken Stew-BIRTHDAY

#### FIFTH WEEK

Jan. 28 Dining Center closed  
Jan. 29 Chicken w/Fire-Roasted Tomatoes  
Jan. 30 Meat Loaf  
Jan. 31 Chicken Cordon Bleu

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.

LOW-FAT OR NONFAT MILK SERVED WITH EACH MEAL

Call for Reservations

Arcata • 825-2027 Eureka • 443-9747 Fortuna • 725-6245

## 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 Tuesday, Jan. 1 & Mon. Jan. 21**

#### Mondays

Jan. 14 & 28 11-12 Silver Quills Writing Group  
**Jan. 21 CLOSED** **Martin Luther King, Jr. Day**

#### Every Tuesday

9-11 Katie's Krafters  
10-11 Senior Pool Hour-HealthSport  
\$5 fee (*prior registration required*)  
Bread distribution  
11:30-12:15 Lunch – **Menu at left**  
12:30-2 Bead Jewelry Class  
**Jan. 1 CLOSED** **New Years Day**  
Jan. 8 10-11 Blood Pressure Check  
Jan. 15 10-11 Caregiver Support Group  
Mad River Community Hosp.  
Minkler Education Room  
3800 Janes Road, Arcata  
For info call 443-9747  
Jan. 22 2 Arcata Marsh Slow Walk

#### Every Wednesday

10-11 Chi Gong-RSVP 443-8347  
11 Bread distribution  
11:15-12:15 Tai Chi with Kathy-Advanced  
11:30-12:15 Lunch – **Menu at left**  
12:30-1:30 Tai Chi with Kathy-Beginning  
Jan. 2 & 16 10:30-11:30 Brice Ogen & Guitar

#### Every Thursday

9-10 Tai Chi w/Tim (\$3 donation)  
9-11 Katie's Krafters  
10-11 Senior Swim Hour-HealthSport  
\$5 fee (*prior registration required*)  
Lunch – **Menu at left**  
11:30-12:15 Learn Tech with Brett  
Jan. 3 10:30-11:30 PJ's Musical Group  
Jan. 10 10-11 Site Council  
Jan. 10 11-12:15 Cal Fresh Sign-up assistance  
Jan. 17 10:15-11:15 Swing 'n' Sway Trio  
Jan. 17 10:30-11 Commodities Distribution

#### Every Friday

10-11:30 Ping Pong with Pete  
1:30-12:15 Lunch – **Menu at left**  
Jan. 11 10:30-11:30 Piano with John Humphrey  
Jan. 18 10:30-11:15 Music with the Half Notes  
Jan. 25 10:30-12:15 Birthday Celebration &  
Piano with John Humphrey

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\* For times see the Activities at Senior Centers  
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**Sr. News**  
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PAGE 22



# January 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

**Closed Dec. 22, 2018, to Jan. 5, 2019**

### Mondays

8:30-9:30 Tai Chi  
9-12 Computers\*  
(\*With tutor - call to sign up)  
10:30 Walking Group at Hiller Park  
1-4 Party Bridge  
Jan. 28 Board of Directors Meeting  
Jan. 28 11-12 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  
1:30-2:30 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  
No class in January  
Jan. 2 & 16 3-5 Caregiver Support Group  
Timber Ridge at McKinleyville  
Private Dining Room,  
1400 Nursery Way.  
For info call 443-9747  
Jan. 9 12-1 FREE Monthly Luncheon  
Game Hen w/Stuffing &  
Potato Salad, Green Beans  
Executive Board Meeting  
Jan. 16 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  
Jan. 10 11-11:30 Potato soup & 1/2 sand., \$3  
Jan. 17 11-11:30 Chicken Noodle Casserole &  
green salad \$3  
Jan. 24 11-11:30 Cumin-scented Wheatberry  
-Lentil Soup & salad \$3  
Jan. 31 11-11:30 Beef Stroganoff w/ broccoli &  
jello fruit salad \$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 at 2280 Newburg Road**

fortunasenior.org

admin@fortunasenior.org • 726-9203

**Closed Tuesday, Jan. 1, 2019**

### Mondays

8:30 Riverwalk  
MGC 9:00 Tai Chi  
11:00 Line Dancing  
Jan. 7 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 Trails  
MGC 1:30 Senior Stitchers  
2:00 Seated Tai Chi  
3:00 Recorder Group

### Wednesdays

8:30 Riverwalk  
Jan. 2 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 Trails  
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

Jan. 10 & 24 1-2 Caregiver Support Group  
For info call 443-9747  
Jan. 17 12-1:30 Caregiver Support Group

### Fridays

MGC 9:30 Cards & Games  
2:00 Scrabble Group

### United Methodist Church

Jan. 25 7:30 Fortuna Camera Club  
Fortuna 9:00 Hiking Call 725-7953  
9:00 Biking Call 725-1229

### Saturday

MGC 11:00 Speaker

### Sunday

MGC 3:00 Qigong Class  
Jan. 20 5:00 Bingo

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# Assemblymember Wood Hears About Challenges to Seniors

by Ted Pease

When State Assemblyman Jim Wood wanted to learn more about challenges facing seniors on the North Coast recently, Humboldt Senior Resource Center (HSRC) Executive Director Joyce Hayes set up a roundtable conversation for the Healdsburg Democrat with area senior service providers.

Talk covered a range of issues facing the growing senior population, with participants agreeing that the #1 concern is safe and secure housing.

In addition to HSRC, agencies represented at the forum were the Area 1 Agency on Aging (A1AA), Humboldt County Department of Health and Human Services (DHHS), Tri-County Independent Living, the Long-Term Care Ombudsman Program, Lighthouse of the North Coast, and the Redwood Caregiver Resource Center.

Hayes told Wood that the state needs to place a greater emphasis on prioritizing essential services for seniors, but housing has to come first.

"If they don't have an address and a home, we

can't give them services," she said.

Hayes pointed out that state resources for senior services have been stagnant for years, even though they have been shown to be highly effective both for recipients and in terms of cost.

Even relatively small budget cuts have huge impacts in individuals' lives, as Barbara Walser, HSRC's Nutrition & Activities Program director, described. A recent budget reduction forced HSRC to reduce its dining center meals to Tuesday-Friday.

"The loss of that Monday meal makes a big difference," Walser said.

Dr. Jennifer Heidmann, medical director of Redwood Coast PACE, spoke of a PACE participant who is facing eviction from his home because a roommate recently died, leaving the remaining tenants short on the rent.

"This person has five different medical problems to attend to," Heidmann said, "but it's pointless to talk to them about those when they're crying and

afraid of becoming homeless. Lack of housing, food insecurity, etc., make it impossible to deal with healthcare issues."

"I do a lot of house calls," Heidmann said, "and I personally make meals for some people. I'm there to treat diabetes or heart disease, but it's pointless if they're too hungry or weak to get off the couch."

The group urged Wood to take their message back to the Legislature. "What do we have to do to get the state's attention?" Hayes asked.

Wood told the group that he had heard them. "The frustration I've had for years is that we don't invest in things that work, we don't look at the big picture," he said.

"We need to give communities the flexibility to take care of the people," Wood said. "I'm looking for opportunities, new ideas and models."

—

Ted Pease is Senior News editor.



## 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  
5:30 to 7:30 p.m.**

**Sequoia Conference Center, 901 Myrtle Ave., Eureka**

For screening questions or to RSVP for Forum,  
email or call christian.hill@stjoe.org or 269-4225.

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## LIVE VIGOROUSLY

BY JOAN RAINWATER-GISH

# Third-World Volunteer

**T**his month, let's meet Joyce Plath, 76, of Arcata, a building designer.

I reconnected with Joyce through a Facebook picture she posted of her taking off solo on a trip to Kenya. My interest was immediately piqued. Here was a 76-year-old woman traveling by herself to a third-world country.

So I started following her on Facebook and soon learned there is much more to her travels than being a tourist. She travels to volunteer her skills.

### Q: Why Kenya?

**Joyce:** I volunteered to design a new medical center for the Maasai Village in Kenya. While there, I also learned of their need for a reliable clean water source, but they had no money to buy one. So I agreed to bring some of their crafts home with me to hold a fundraiser to help with this effort.

**Q: I understand you are sponsoring a young Maasai man to come and learn about organic farming and water systems so he can return home and educate his people in these much needed skills.**

**Joyce:** Yes, his name is Danny. Not only do we have organic farms here, but there are also Humboldt State faculty knowledgeable in rural water systems. My hope is that these two groups adopt Danny as one of their projects.

**Q: Traveling in third-world countries must be physically demanding. How do you stay fit?**

**Joyce:** I walk most days, and regularly do a few exercises to strengthen my legs and improve my balance. Where I travel, public restrooms are often a hole in the ground, so having the strength to squat is a necessity. Also, transportation can be scarce, so carrying one's luggage for 30 minutes or more is a must.

### Q: I gather this is not your first visit or project?

**Joyce:** No, I've been traveling to third-world countries since I was 19, when I got a scholarship to teach art in India. I feel traveling to these countries is more exciting and rewarding than going to European areas.

One learns so much about the creativity of people and what is really important to one's existence. I felt so strongly about the value of this experience that when my sons were young, I pulled them out of school for five months and took them to India.

Having this type of experience provides an understanding of how the world is rather than just reading about it in textbooks.

**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: jrainwater-gish@suddenlink.net.**



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## January Community Calendar

### Wildlife Refuge Walks

Humboldt Bay Wildlife Refuge offers free guided nature walks on the first Wednesday of the month, Jan. 2, with a Refuge naturalist, and on the second Sunday, Jan. 12, with the Redwood Regional Audubon Society, from 9 a.m. to noon. Meet at the visitor center, 1020 Ranch Road (Hookton exit) in Loleta. Call 707-733-5406 to confirm.

at Wildberries, Wildwood Music, People's Records, The Works and online at [redwoodjazzalliance.org](http://redwoodjazzalliance.org).

### Painter At Work

Painter Rueben Mayes, whose exhibit of original abstract expressionistic art is on display in the main lobby of the Humboldt Senior Resource Center (HSRC) through the end of January, will hold a painting demonstration at the Center, 1910 California St. on Tuesday, Jan 15, from 9-11 a.m. in the dining room. For information, call 443-9747, x1228.

### Experience the Marsh

Friends of the Arcata Marsh sponsor free guided birdwalks every Saturday afternoon 2 to 3:30, starting from the Interpretive Center on South G Street. The tours focus on various topics, such as the marsh's ecology, birds, plants and history. Loaner binoculars are available with photo ID. For more information, call 826-2359.

### Are You Prepared?

The Humboldt County office of the American Red Cross will offer a Disaster Preparedness Presentation on Wednesday, Jan. 23, from 10 to 11:30 a.m. at the Humboldt Senior Resource Center (HSRC), 1910 California St., Eureka. Learn about preparedness kits, emergency plans, and what to do before, during, and after a disaster.

Information at 443-9747, x1228.



### Classically Humboldt

Humboldt music-lover Julie Fulkerson has launched a website that brings together listings for live classical and other musical events around Humboldt Bay. ClassicallyHumboldt.com keeps track of cultural events, classical and other musical offerings, concert series and festivals. Sign up for free notifications by email.

### Redwood Jazz Alliance

The Peter Bernstein, Larry Goldings & Bill Stewart Trio, "the best organ trio around," performs at the Arcata Playhouse, 1251 9th St. on Tuesday, Jan. 22, at 8 p.m. Tickets \$15/general, \$10/seniors & students,

### Morris Graves Art & Music

January's Art Talk at the Morris Graves Museum of Art features artwork by winners of the Victor Jacoby Award from the past 20 years. The Art Talk on Sunday, Jan. 6, 2 p.m., is included with regular museum admission: \$5 adults, \$2 seniors/students, free for children, members and families with a CalFresh EBT card. The Museum is open free for Arts Alive! on Saturday, Jan. 5, from 6-9 p.m., with live music by Belles of the Levee. 636 F St., Eureka. Info at [HumboldtArts.org](http://HumboldtArts.org) or 442-0278.

## Humboldt Transit Authority - HTA

<b>Redwood Transit System (RTS)</b> Scotia to Trinidad Mon-Sun	<b>Ferndale Senior Bus</b> For people 50+ & the disabled. Wheelchair Lift <b>786-4141</b>
<b>Eureka Transit Service (ETS) &amp; Willow Creek</b> Mon-Sat	<b>Fortuna Transit</b> For people 50+ & the disabled Wheelchair Lift <b>725-7625</b> <b>www.friendlyfortuna.com</b>
<b>Southern Humboldt Intercity</b> Mon-Sat	<b>K-T Net</b>
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## Connie, Who Stayed

*By Joan Rainwater-Gish*

Our hometown is Lawrence, Kansas. My husband and I moved to California after my mother died of cancer. But my eldest sister, Connie, stayed.

So she was there when our dad aged, and his macular degenerative disease worsened. She took care of getting him into affordable senior housing, managing his finances, and being his health advocate, making his final years much easier.

Then Connie was forced into the caregiver role again with her husband, Owen, who came down with a chronic, fatal illness. But while he was still ambulatory, she kept him socially connected and engaged with trips to favorite places.

Connie also assumed the role of mother to our younger sister,

Pam, by removing her and her three children from an abusive marriage, and then supporting them financially through that rough time. Several years later, she became Pam's caregiver and health advocate, until Pam also passed away from a chronic illness.

I know that Connie has made a difference in the quality of our loved ones' final days. To me, caregiving is the most precious gift one can give.

I know my sister always reads my monthly column [See "Live Vigorously," page 16], and so I hope when she reads this that she realizes how much of a difference she has made in everyone's lives. She is truly our family hero.

**Joan Rainwater-Gish** of Eureka is a member of the Senior News Community Advisory Council.



**THE RAINWATER KIDS** — Jim (left), Connie behind Pam, and author Joan (right) in 1951. Photo courtesy of Joan Rainwater Gish.

## Where Have They Gone?

*By Dave Rosso*

*"Didn't you love the things they stood for?  
Didn't they try to find some good for you and me?  
Has anybody here seen my old friend Bobby,  
Can you tell me where he's gone?  
I thought I saw him walkin' up over the hill  
With Abraham, Martin and John."*

—Richard Holler, 1968

I have three heroes who gave me hope during the stressful 1960s.

It all started in 1961 when my high school sweetheart yelled, "Why are you yelling about football and NASCAR? Why aren't you following the election?"

That is when I started following John F. Kennedy. The more I watched, the more impressed I became.

I arrived in Reutlingen, Germany, to work in a factory in June 1963, a day after Kennedy delivered his "Ich bin ein Berliner" speech at the Berlin Wall, and a day before my 20th birthday.

I was in Munich working at BMW when Kennedy was assassinated that November, and I interviewed Germans to get their feelings on the assassination.

The 1960s were filled with racial tensions, followed by anti-Vietnam War protests. Amid all the violence was Martin Luther King Jr., who stood tall and urged nonviolence. He became my second hero. On April 4,

1968, King was assassinated.

Bobby Kennedy had started his run for president a month earlier. I was very impressed with his campaign and by what he had to say. King was killed as Bobby was on his way to a gathering of black Americans. He gave a powerful speech to this crowd, many of whom had not learned of the shooting.

Then in June 1968, Bobby was killed. I was finishing my last year in the U.S. Air Force.

These men remain at the top of my list of important and much-needed people. They were my heroes.

In response to Bobby Kennedy's death, songwriter Richard Holler penned the song "Abraham, Martin and John," commemorating four tragic assassinations that scarred the nation: Abraham Lincoln, Martin Luther King Jr., John F. Kennedy, and his brother Bobby.

**Dave Rosso** of Eureka is a veteran UPI journalist.

**"Those who say that we're in a time when there are no heroes, they just don't know where to look."**

—Ronald Reagan (1911-2004), 40<sup>th</sup> U.S. president, Inaugural Address, 1981.

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## DONORS . . . From Page 5

organ donation, but only a small percentage are actually signed up as donors. One person can donate up to eight major organs.

My own father received a heart transplant, giving him some extra years of life. I will always be thankful to the person who made the gift of a heart.

My mother, though too sick at the time of her death to donate major organs, was able to donate her corneas. It gave me some comfort at a time of profound grief for us to think of her gift to someone else.

If you have questions about how organ donation works, the Mayo Clinic has a nice article about it. Go to [MayoClinic.org](http://MayoClinic.org) and search for "Organ Donation: Don't let these

myths confuse you."

Registering to be an organ and tissue donor is heroic. Becoming a regular blood and/or platelet donor is heroic. You can make a huge impact on the life of someone, or even many people. Spread the word: donate, save lives.

**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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# Letters to the Editor

## Build That Trail

To the Editor,

I enjoyed reading Josh Buck’s article about the Great Redwood Trail in the December issue of the Senior News [“The Great Redwood Trail to Follow a Doomed Rail Line,” page 21]. Completion of this hiking/biking trail would be a tremendous addition to the state’s trail system.

Long-distance trails are common in Europe. My wife and I rode just over 500 miles on bikes along the Rhine and Mosel Rivers in September/October. I am 76 years old and my wife is . . . well, much younger. Most people in Europe ride bikes, so when they are in their cars they are attuned to bicyclists. When crossing roads, all cars, trucks, buses and tractors stop for hikers and bikers and let you cross.

It seemed that nearly half of the bikes were electric. This allowed older folks to enjoy the bike-riding experience with much less physical exertion. Our rented bikes were the normal type — not electric-assisted. I might consider renting an electric bike if we were to do this trip again.

Several sections of the trails were on former railroad grades. These make for good trails, as they are usually fairly level with no big hills (important for us old folks).

I might also mention that much of the trail was lined, sometimes on both sides, by large trees. We saw no places where these trees were being cut down because of safety concerns. If fact, in many places, new trees were being planted next to the trail.

Granted, the Great Redwood Trail will require maintenance, and may require periodic closures during the winter, when most of the landslides occur.

I just hope this trail gets built soon so I can ride on it before I turn 100.

Stan Binnie, Arcata

## The Gun Problem

To the Editor:

I applaud Dr. Heidmann and other doctors who are raising their voices about gun violence as a public-health issue. Gun-rights activists overlook the rights of the rest of us to safe schools and safe streets.

Doctors should raise gun ownership in discussions with their patients, since so many gun injuries and deaths happen in the home among family members.

Patricia Thomas, McKinleyville

## Kudos from Fortuna

To the Editor:

Thank you so much, Ted, for another great issue of the Senior News. I particularly appreciated your Year End Perspective — where *did* 2018 go???

“Ask The Doctor” by Jennifer Heidmann, M.D. was a powerful piece [“It IS Our Lane,” page 5]. Your accompanying article regarding “Guns as a Health Threat” was also very informative. Many years ago I was, and remain, completely perplexed when I learned that health researchers are not allowed to gather and study statistics regarding gun violence. I don’t understand how that policy can continue in the face of our increasing gun-related deaths and injuries.

I also appreciated seeing the many activities offered by the Fortuna Senior Center added to the magazine. Although the Fortuna Senior Center is a membership organization, as noted, and almost all of our activities take place in Fortuna (other than the monthly mini-trips), membership is open to everyone 50 and older and residing in the Eel River Valley or the county. Annual dues are just \$32 for an individual, or \$50 for a couple.

Again, thank you so much for the great job you do.

Neena Olson, Fortuna

## Get Up and Go

How do I know my youth is all spent?  
My get up and go has got up and went  
In spite of it all, I’m able to grin  
When I think of the places my get up has been

Old age is golden, I think I’ve heard said  
But sometimes I wonder as I crawl into bed  
My ears in a drawer, my teeth in a cup  
My eyes on the table until I wake up

As sleep dims my vision, I say to myself  
Is there anything else I should lay on the shelf?  
But nations are warring and business is vexed  
So I’ll stick around to see what happens next

When I was younger, my slippers were red  
I could kick up my heels right over my head  
When I was older my slippers were blue  
But still I could dance the whole night thru

Now I am old, my slippers are black  
I huff to the store and I puff my way back  
But never you laugh, I don’t mind at all  
I’d rather be huffing than not puff at all

I wake up each morning and dust off my wits  
Pick up the paper and read the obits  
And if I’m not there then I know I’m not dead  
So I eat a good breakfast and go back to bed

Pete Seeger, folksinger;  
author unknown

## Heroes Haiku

Ordinary folks  
Extraordinary courage  
Our wildfire heroes

Audrey Archibald lives in Arcata.

**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.

# Remembering Falk, Lumber Town

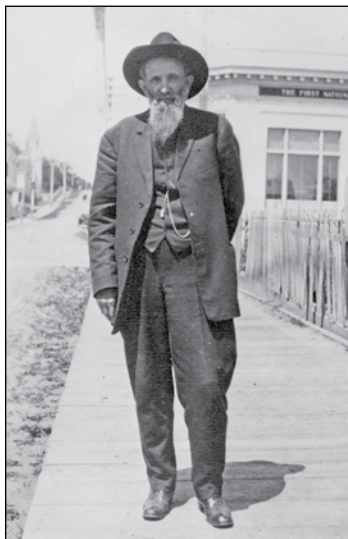
By Julie Clark

To understand the company lumber town of Falk from 1884-1937, it's important to see it in context in the industrial revolution of America.

Logging and milling typically took place in remote areas; transportation was difficult, and immigration was at its peak — the perfect recipe for the company town.

By the time Noah Falk was 48, in 1884, he owned three lumber mills in Arcata and, with investors, was about to purchase land in the south fork watershed of Elk River for what would become the Elk River Mill. Under the Timber and Stone Act of 1878, investors could buy old-growth redwood land for \$2.50 an acre.

The Bucksport and Elk River Railroad, owned by Dolbeer and Carson, transported



**Lumber man Noah Falk in the early 1900s.**

lumber from the Falk mill to Humboldt Bay, but only occasionally permitted passengers.

So once people arrived in Falk, a long way from Eureka at the time, they pretty much had to stay there. The nearest supply store was in Old Town Eureka, and the only way to get there was by foot or by horse.

So Noah Falk and his investors had to set up an entire town for the mill workers and their families. About 200 people lived in and around the mill, and the town eventually grew to more than 400. Many of the residents were newly arrived immigrants from Sweden, Norway and Ireland.

It worked well for 50 years, but in 1937, because of high operating costs, obsolete mill equipment and the Great Depression, the Elk River Mill closed for good. By then, most Falk residents owned automobiles and could move closer to jobs in Eureka. By the 1940s, only a handful of people remained, and by 1979, Falk was a ghost town. Its buildings were in disrepair, so the lumber company razed the town due to the liability.

Now the land that contained the town of Falk is part of the Headwaters Forest Reserve, acquired by the federal government and managed by the Bureau of Land Management since 1999.

The Elk River Trail runs through remnants of what used to be Falk. In springtime, you can still see blossoms of cherry and plum trees planted by Falk residents, as well as evidence of where the caretakers lived. The first mile of the trail is paved and wheelchair-accessible, with interpretive panels that describe the history and the natural history of the Reserve.

Nature always has the last word. Although hundreds of people once lived there, Falk is now almost completely erased from the landscape.

**Julie Clark** is park ranger of the Headwaters Forest Reserve, and author of *Falk: Company Lumber Town of the American West*. The Humboldt County Historical Museum in Eureka hosts her talk and book signing on Feb. 17. Call 445-4342 for information.

## 'Red Gold'

By the time Eugene Falk saw the lumber town his great-uncle and great-grandfather built, Falk was already a ghost town.

Eugene Falk was born in San Francisco in 1944. His family moved to Eureka when he was 2. By then the former Elk River Mill company town that bore his family name had been abandoned.

As a child, Eugene explored the deserted town on day trips with his family, and along the empty streets and vacant building, it was easy to imagine Falk when it was busy, noisy, raucous and jammed with huge redwood logs.

"Life was hard out there," said Eugene, a retired Jesuit priest and avid family historian.

His great-grandfather, Elijah, was Noah's partner in the mill, and lived in Falk, where Eugene's father, Irvin, was born in 1891. By then, the Falks' timber company owned 16 sections of old-growth redwood — "red gold," Eugene calls it — of 640 acres each in the hills along the Elk River.

In the early 1900s, Noah Falk began a process that, donated the land that is now Humboldt State University and the Arcata Community Forest.

—Ted Pease



**BOOMTOWN** — A view of Falk in its heyday, with the mill working hard and giant old-growth redwood logs clogging the Elk River. Photos courtesy of the Humboldt County Collection, HSU Library.



**Father Eugene Falk, S.J.**



# Arcata Rail Fan Wants Passenger Trains to Come Back

By Ted Pease

John Webb has been working on the railroad for years. Now he is trying to create interest in expanding bus-train service to the North Coast.

“One of the many ways we are challenged here behind the Redwood Curtain is that we’re miles from anywhere,” he said. “It’s difficult and expensive to travel anywhere.

“When I saw the money the county was willing to spend to bribe airlines to come here, I thought it would be more practical for the average Humboldtian to look for transportation alternatives to flying,” he said. “I’ve made it my mission to improve the situation in any way I can.”

Webb, 71, of Arcata, once worked for Amtrak, and he’s been a lover

of trains — “a vastly underutilized resource” since he was a kid.

The North Coast is a prime candidate for more bus-train service, he said. “Residents of northwest California and southwest Oregon who cannot drive have few transportation options,” he said.

As Webb sees it, the greatest need is for ground transportation east to Redding, or north to Crescent City and Eugene.

There is already Amtrak Thruway Bus service from Eureka to the Bay Area, but only two buses per day. More southbound service is needed, he said.

“There’s a whole market up here of people who are sick and tired of

driving down 101, especially the part south from Santa Rosa,” he said.

Webb and others are calling for bus connections from Eureka to Amtrak’s terminal in Eugene, also serving Crescent City, Cave Junction, Grants Pass and Roseburg.

“If politicians really cared about people, they’d do something about it.”

Rail is a much more civilized and humane way to travel than air, Webb said. “There’s no disconnect with the land — you can watch it change as you go by, jawdropping scenery.

“On a train you can get up and walk around, meet real people and have time to talk, instead of being crammed into an airline seat,” he said.

Webb is a longtime member of the

Rail Passengers Association (RPA), and is raising funds to attend its national conference in April.

He has started a GoFundMe page — “John Webb Wants to Save Amtrak” — asking for support to send him to the conference so he can participate in a day on Capitol Hill, lobbying politicians for greater support for Amtrak and rail travel. To contribute, go online to [gf.me/u/m3s99q](https://www.gofundme.com/m3s99q).

“We subsidize the airlines, the airports and air traffic controllers, the TSA and military pilot training,” Webb said. “Why not passenger rail?”

—

**Ted Pease** is editor of Senior News. He once hopped a freight train across the Dakotas.

Sr

News

CROSSWORD

ACROSS

1 Butler’s Scarlett

6 With 49-Down, co-star of 2017’s “Bay watch”

9 Predators in pods

14 Dressed like a judge

15 Important period

16 Desmond or Rae

17 \*Spark maker

19 Fiji alternative

20 Fa follower

21 Bird that was sacred in ancient Egypt

22 Reason to say “Gesundheit!”

23 \*She played Lois Lane in “Superman”

25 Carb-filled corkscrews

28 Solo in a movie theater

29 German automobile

30 Minimal effort

33 Pawnee or Shawnee

38 What children should be, proverbially ... or, when read as five parts, a hint to a letter in each starred answer

41 Stopped

42 Flexible yard item

43 Very little

44 Half dos

46 Fine point

48 \*5th Avenue neighbor, perhaps

“Listen”

by Ari Halpern, edited by David Steinberg

54 Recently

55 Mayberry boy

56 Car add-on that might talk to you, briefly

59 React to a stop sign

60 \*1996 Reform Party candidate

62 One might go solo to a movie theater

63 Hawaiian strings, briefly

64 Sheepish?

65 Sweepstakes submission

66 Guinness suffix

67 Land in “The Hunger Games”

DOWN

1 Tolkien villains

2 Santa’s favorite Hostess product?

3 Cain was jealous of him

4 Accelerate

5 Grenier of “Entourage”

6 1983 mockumentary starring Mia Farrow

7 “Am not!” retort

8 “\_\_\_ got your tongue?”

9 Reciprocal of this clue number

10 Meandered

11 Had a blue period?

12 Wow

13 More sensible

18 Conan of “Conan”

22 Calypso music’s kin

ANSWERS ON PAGE 14

23 Subject of the 2017 biopic “Goodbye Christopher Robin”

24 Baltimore’s MLB team, familiarly

25 Wine that often looks pink

26 Ready for business

27 Ready for a drive?

31 Like some committees

32 \_\_\_-cone

34 Span

35 Terse response to “Hungry?”

36 Babysitter’s handful

37 Whirlpool

39 “The Scarlet Letter” crime

40 Sport with aces

45 Word often found between two last names

47 Treat to beat the heat

48 Dignified

49 See 6-Across

50 Italics feature

51 Societal parasite

52 Straight men?

53 Disturb emotionally

56 Happy or evil expression

57 Southern corn bread

58 \_\_\_ cell research

60 Regret

61 TV’s Longoria

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65								66				67		

# How 'Sir Wayne' and 'Lady Dora' Changed Our Lives

By Clyde S. Pomeroy

One couple has helped me and my wife very much. They have never taken a penny from me or anyone else, and they have helped many people in the 20 years that we have known them. This is a story that illustrates how friendship can change people's lives.

About 20 years ago, my wife, Betty, and I were going through some hard times, and we were looking for a safe and affordable place to live. We had gone to many property management compa-

nies and landlords, but were hitting many barriers. Finally, as chance would have it, we ran into a very friendly and loving couple who held our hands through this challenging housing process.

They are "Sir" Wayne McHatton and his wife, "Lady" Dora. Out of the kindness of their hearts, they rented their house to us for 18 years. During this whole time, Sir Wayne and Lady Dora taught us methods to save our money and prepare to buy our own home.

That day finally came in 2014, when we purchased our own home. Sir Wayne and Lady Dora helped us fix up the house by doing landscaping, restoration, and helping us finish the paperwork.

I don't know what we would have done without them. My wife and I never expected anything, but they kept helping us, and we are forever grateful.

Recently I was in a near-fatal car accident, which put a lot of things in perspective for me. I felt like I was going

to die, but my wife and this couple refused to let me slide. With them looking over me, I wanted to do better. They gave me the hope I needed to recover.

Through the years, I have made mistakes and poor decisions, but this couple has always been there to guide me. They invested their own time and energy on my family's needs without anything in return, and they continue to help us today.

After all the challenges, I have said things to these friends or thought things that I regret. Sometimes my words do not come out right, but I have only the warmest feelings for these beautiful

people.

They have helped us for more than 20 years, and I want to honor them as the heroes they truly are. I say thank you from the bottom of my heart. I love them dearly for who they are and what they have done for us.

God bless them and others who have helped others. I have always considered Sir Wayne and Lady Dora my family's mentors, and I hope that anyone in need can also find friends as great as they have been to us.

They are our heroes.

—  
Clyde and Betty Pomeroy  
live in Eureka.

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## Coming in Senior News

- **February** is a month for **New Beginnings**. Senior News will tell stories about starting over, beginning anew, hope for the future, Do you have a story to tell? Call editor Ted Pease, 443-9747, x1226.
- **March** is time to **Get a Hobby**. How do you fill your spare time? Knitting booties? Carve redwood logs? Driftwood mobiles? Glass-blowing? Senior News wants your hobby stories. Email Ted Pease, tpease@humsenior.org.

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