



Back to School

I Love Teaching Folks Over 60

By Cheryl Johnson

They are in those chairs by *choice* — and it shows. They sparkle with enthusiasm and good will, never giving me dirty looks because they would rather be outside playing soccer.

They pay good money to be here, so they are determined to get the most out of the experience, which means they listen well and speak up.

And when they do speak up, they are often very vocal about the topic, and usually have relevant life experience to add, which makes the discussion better for all of us.

Of course, sometimes people “over-share,” and I bring the conversation back to the planned topic. I also nudge the introverts who are always thinking, thinking, thinking, so they will to bring some added depth to our discussion.

The small groups get so excited and noisy with their topics that I have to click-clack my pink, glittery noisemaker from the dollar store to get them to do what I want.

They definitely have a longer attention span than my younger students, except for those senior moments when it takes four of us to come up with the name of “that Meryl Streep movie.”

Like the 20-somethings, though, these folks have an allergic reaction to “homework.” So I dump my research-based academic style to ask them for more short/sweet/dramatic/funny/controversial — and often more personal — responses to how the material relates to their lives.

And they don’t let the teacher fudge. No matter what the

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The Senior Flash Mob warms up for a fall edition of its OLLI class. From left, Anita Greenwood, Gretchen Stadler, Paul Heron, Leslie Stadler-Heron, instructor Cheryl Johnson and Barb O’Neal. Andrew Daniel photo.

French, Tai Chi and Line-dancing

By Ann King

I’m finding out that it’s fun. (Well, most of it, anyway. I can do without all that techno hoo-hah requiring a

college notebook full of passwords to run computerized programs that mostly make me want to rip off my ears in

frustration.)

Fortunately, there’s a whole lot of really fun learning available to the over-60s

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Tedtalks: Back to School

By Ted Pease

For most of my life, first as a student and then as a college professor, August has always been a bittersweet time of farewell to summer and hello to a new school year, a time of anticipation.

When we focus on “Back to School” in Senior News this month, however, it’s not about kindergarten anxiety, new school clothes and pink backpacks from Target. Rather, we celebrate the enthusiasm of older returning students, retired folk in their 50s, 60s, 70s and beyond who now have the time and the opportunity to go back to school — because they want to.

Can you teach old dogs new tricks? Of course you can, as the contributors to this month’s issue attest. From photography to French, acrylics to architecture, history to home-brewing, hundreds of Humboldt seniors and hundreds of thousands nationwide go back to school after they retire.

They have the time and the interest, as well as the

experience to give the new things they learn greater depth and context. They have the curiosity that makes learning a joyful experience, not the readin’, writin’ and ’rithmetic grind that back-to-school time once heralded.

“It’s fun,” say this month’s lifelong learners, describing the experience as a luxury and a joy. As 16th century French philosopher Michel de Montaigne reflected in this context, “There is nothing more notable in Socrates than that he found time, when he was an old man, to learn music and dancing, and thought it time well spent.”

So we celebrate all the ways that many seniors choose to spend their time and energy in the “third act of life” — learning Spanish or the ukulele, delving into local history, taking up painting or memoir writing or enrolling in dance classes. It is time well spent.

“Anyone who stops learning is old, whether at 20 or 80,” said industrialist Henry Ford. “Anyone who keeps

learning stays young.” And these old dogs stay young indeed as they learn their new tricks.

• • •

Erratum: The photo caption accompanying John Meyers’s Humboldt Then & Now article, “Trinidad — the Boomtown of 1951,” in Senior News’ July issue contained incorrect information about the duration of the whaling industry in Trinidad, an error by the editor.

The local whaling heyday lasted only from 1920-1926, when Trinidad processed 1,140 whales — mostly humpbacks — for oil, fertilizer, chicken feed and other byproducts.

The smell from the rendering plant was “vile,” reported naturalist Laurence Huey in 1926, permeating life in Trinidad and discernible as far away as Orick, 20 miles to the north.

—

Ted Pease is editor of *Senior News*. He can be reached at tpease@humsenior.org.

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'Armchair Travelers' Tour Humboldt County

By Jerry Rohde

How many of you have seen this old building (below right) out on Elk River Road on the south edge of Eureka? It's been there a long time, and you've probably passed it if you've ever driven out to Headwaters Forest.

I know that a lot of people are curious about it and surprised to learn that it was once Jack Harvey's saloon. Right next to it were the tracks for the Bucksport and Elk River Railroad, which went up the valley to the lumber mill at Falk.

The building is one of hundreds of old structures that dot the Humboldt County landscape. People encounter them every day. For the most part, they know little or nothing about them, but many are curious.

One way to satisfy that curiosity is to take a local history class offered by OLLI — the Osher Lifelong Learning Institute. For the last 11 years, Humboldt State University has been home to a vibrant, stimulating program

that attracts more than 1,000 over-50 participants per year.

My wife Gisela and I have been OLLI members and teachers since the start, and we have offered dozens of local history classes and van tours during that time.

Each semester we offer "OLLI's Armchair Traveler," a 2-hour-plus PowerPoint (or Keynote) program that takes class members on a virtual trip to historical locations in some part of the county. You get to look at and hear about such remote locations as the Bald Hills, Petrolia and Blocksburg without ever having to leave the comfort of your in-class armchair.

Many students take each new iteration of the class, and over the years have traveled hundreds of miles across Humboldt County while going back 150 or more years in time.

This fall, our Armchair Traveler will take us across southern Humboldt County from Shelter Cove through Briceland and Garberville,



FIELD TRIP — Professor Jerry Rohde (rear, left of pickup, in sunglasses) leads his bands of Armchair Travelers on both virtual and real-world tours across Humboldt County. Gisela Rohde photo.

and then to distant Harris. We'll finish at remote Island Mountain, just over the line, in Trinity County.

If you want more virtual traveling around Humboldt County, we are also teaching a class that takes you all the way up Redwood Creek. And, if you want real traveling, we are offering a van tour of the Bald Hills, co-led by National Park ranger Jim Wheeler.

We hope to see you on one of our trips.

Jerry Rohde of Eureka is a historian and longtime OLLI instructor.



ELK RIVER CORNERS — Sometime in the late 1800s, as historian Jerry Rohde recounts in his "virtual tour" of the area, a "Mr. Engles" built a dance hall at Elk River Corners, and John Harvey opened a saloon and informal post office there. The building still stands, but has seen better days. Ted Pease photo.

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French, Tai Chi and Line-dancing . . . From Page 1

crowd, none of it requiring the migraineous pressure to maintain a monumental grade point average normally found on most college campuses. We have earned the time to play and to learn at the same time, and opportunities abound.

My favorite recent learning forays at Humboldt Senior Resource Center (HSRC) have included French, because I enjoy the challenge of communicating in a different language; tai chi, which brings calm to an often-frenzied world as well as improving my balance; and line dancing because it appeals to my lifelong love of moving to music.

HSRC offers classes aimed at a wide variety of interests. (See the HSRC calendar on page 12 and 13, or call HSRC at 443-9747, x1228 to see what's being offered.)

The heck with grades
— GPA now stands for
“Go Play, Ann.”

Humboldt State offers many intriguing yet short classes through its OLLI program. Little or no homework, no term papers, no worry about grades. Other workshops and learning opportunities are offered throughout Humboldt in all sorts of attractive disciplines. You have only to check the local newspapers and bulletin boards to see what's available.

When I first attended college, the pressure was enormous. I had to maintain a decent GPA while cramming my head with information I suspected (rightly, as it turns out) that I would never need.

Reentering college in my late 50s was a refreshingly different experience: Learning was actually fun. When I got my diploma at the age of 59, what

an exhilarating feeling. The big advantage of being an older student: I choose my own pressure points. How much can I realistically take on without causing my head to explode? As a college student I had to slog my way through prerequisites and required courses, the sound of the GPA whip cracking behind me. Now I get to choose to investigate things that tug at my curiosity: Celtic lore, art, science, gardening secrets — an entire new world beckons.

And now I have the discretionary time to indulge myself in this proffered feast of learning.

The heck with grades — GPA now stands for “Go Play, Ann.”

Ann King of Eureka graduated in 1994 with a degree in English and worked in publishing in the Santa Rosa area. She is a proofreader for Senior News.

I Love Teaching . . . From Page 1

topic is, someone in the room has already been there and done that, and they ain't afraid to say so. This is good, mostly: It helps relate our topic to the larger picture of life while weaving in unique personal stories, which makes it more interesting for all of us.

Many of them are natural armchair philosophers, but they do consider the new research on aging and memory, health and happiness.

This Fall, as a counterpoint to all the serious things I teach, I will offer a Senior Flash Mob class at OLLI based on simple dance steps, costumes and a boombox to get folks moving and laughing. Who knows? After the class is over, we might hit the road with a van and loud speakers from SF to Boston and make a few bucks.

Whatever the class, as I hear their stories, I am always surprised and inspired by how resilient they are, and moved by their kindness to each other when someone needs a ride or a hug.

And last but not least, I always feel jazzed up and happy after my classes. That's why I keep coming back.

Cheryl Johnson, 65, of McKinleyville taught psychology at Humboldt State and College of the Redwoods for 10 years, and now teaches lifelong learning classes including *Conscious Aging, Fashion After 50* and *Senior Flash Mob*. She can be reached at caj1745@gmail.com.

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THE DOC IS OUT

Health Benefits of Lifelong Learning

By René Arché

Back to school — three simple words that bring back a flood of memories. For many, “school” and “learning” are associated with youth, whether our own, our children’s or our grandchildren’s.

But learning does not — and should not — stop as we age. Humans are uniquely equipped with a capacity for learning and intellectual growth. Lifelong learning has been described as “the continuing lifelong experiences that utilize education, community service, and

volunteerism to fully engage the brain, enhance physical activity, and encourage social relationships.”

Lifelong learning has many benefits for both mind and body. Lifelong learning guru Nancy Merz Nordstrom likens it to “a health club for your brain,” and an all-around tool for better health for anyone in their after-50 years.

And it is not only the young, of course, who can be consumed by curiosity. Curiosity often leads to learning and doing new things. Being open-minded and curious can lead to a variety of personal benefits such as greater happiness, better self-image, and deeper and more meaningful interactions with others. The more curious you are, the more you can learn.

As we age, we should think of

learning in the broadest sense of the word, and not necessarily just as a formal classroom experience. Learning opportunities take many forms. Books, online courses, podcasts, artistic endeavors, guided nature walks, hobbies, club involvement and travel all provide opportunities to discover something new or unknown.

For those who do desire a traditional classroom experience, age should not be a deterrent. Nationally, there is a rising number of older students

at college and university desks. Their younger fellow students can benefit greatly from the insights and opinions of a generation other than their own, and often embrace older students, sometimes even looking up to them as role models.

The health benefits of learning have been well documented. Perhaps as important as what we learn is the process of learning itself. Indeed, the term “lifelong learning” can be interpreted in two ways: both continuing to learn throughout life, and extending life and quality of life by being engaged and interested in learning new things.

Studies show that reading, for example, even for short periods of time, can dramatically reduce stress levels. A report in the journal

“Learning does not—
and should not —
stop as we age.”

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Embrace the Joy of Aging

One thing that annoys Dr. Lawrence R. Samuel, a medical doctor and author of the new book “Aging in America,” is that aging gets such a bad rap in this society.

In his recent article in *Psychology Today*, Samuel proposes what he calls the “counterintuitive idea” that we should take more joy in aging — even in America’s single-minded, youth-oriented culture.

“How can aging become a more popular — and more truthful — topic?” Samuel wonders, and offers this answer: “Through a broader recognition of the joyful gift it can be.”

Other societies do a better job than Americans do of honoring — even revering — the elderly for their experience, wisdom and worldviews

developed over time. In America, “Getting older is seen as antithetical to our core national values of energy, vitality, and ‘busyness,’” he says.

But “boomers” increasingly take a different view. More than one elder has been heard to say, with some wonderment, “I never expected to be 90.”

Unlike their parents, many boomers continue to work, grow and thrive in their 50s, 60s, 70s and beyond.

“Inserting joy into the conversation of aging offers us the greatest chance of making the subject more palatable,” Samuel writes, “a likely scenario as more baby boomers discover that their third act of life is turning out to be their best.”

—Ted Pease

Universal Health Care & Life Expectancy

A new study of future life expectancy worldwide predicts that South Koreans — both women and men — will live longest, while American longevity lags toward the bottom of 35 developed countries.

“While most people born in rich countries will live longer by 2030 — with women in South Korea projected to reach nearly 91 — Americans will continue to have one of the lowest life expectancies of any developed country,” the Associated Press reported. The study was published in the medical journal *Lancet*.

The British research team looked at lifespan trend data to project life expectancy. The study’s lead researcher, Majid Ezzati of Imperial College London, said medical advances and more comprehensive social programs — including universal health care — will push life expectancies beyond 90 years, which was once considered the longest aver-

age lifespan possible.

“I can imagine that there is a limit, but we are still very far from it,” he said, with 110 years not impossible.

Longer lifespans are expected primarily in countries that invest in universal health care, Ezzati said. “It’s basically the opposite of what we’re doing in the West, where there’s a lot of austerity and inequality,” he said.

Women live longer than men in all countries, the study found. Behind South Korea, where women can expect to live to 90, on average, and men to 84, came France, Japan, Spain, Switzerland, Canada and the Netherlands.

The United States, the only high-income country in the study without universal health care, comes in 27th for women and 26th for men; American women are projected to live to 83, and men to 80.

—Ted Pease



POINT OF DEPARTURE— BY BOB MORSE

The End-of-Life Act

It's been just over a year since the End of Life Option Act (EOLA), the law permitting the terminally ill to die with dignity, went into effect in California. A review of the law's first six months released by the California Department of Public Health indicates that 111 people took advantage of the law to end their lives. But, really, how much can we learn from such an early review?

Still, it's interesting even at this stage that of 191 people who acquired life-ending prescriptions from their doctors, only 58 percent followed through. But even that statistic is deceptive, as the reasons for not following through are varied — 59 of the 191 (31 percent) had “undetermined outcomes,” according to the report, while 21 (11 percent) did not take the life-ending drug, but died of illness.

Other statistics from the first half-year of the law are also interesting. “Of the 111 individuals who died pursuant to EOLA during 2016, 12.6 percent were under 60 years of age, 75.6 percent were 60-89 years of age, and 11.7 percent were 90 years of age and older,” the report says. “The median age was 73 years.

“[T]he decedents were 89.5 percent white, 54.1 percent were female; 83.8 percent were receiving hospice and/or palliative care, and 72.1 percent had at least some level of college education.” In addition, 4 percent had no insurance. You can download the full report at <http://tinyurl.com/y8tar7zs>.

With such a small sample over

such a short period of time, it's difficult to draw too many conclusions about how this law will play out. Apparently, some groups are still working to reverse the bill, although once a right is granted by law it is typically very difficult to rescind that right unless there is a major upheaval in social trends.

Six U.S. states plus Washington, D.C., have enacted some version of a right-to-die law; 40 states prohibit physician-assisted suicide, while four states have no statutes addressing the issue. This site has a good comparison of the various state laws: euthanasia.procon.org/view_resource.php?resourceID=000132.

An issue addressed in several news articles that covered the California review of EOLA's first six months was that many people found it difficult to find physicians to prescribe the life-ending drug. Some doctors feel conflicted over the issue, although this may change over time.

However, the opposite trend could occur in places like Humboldt County, where an increasing number of doctors are employed by Catholic hospitals, which do not permit the use of the end-of-life drug.

Bob Morse is a regular Senior News columnist and owner of Morse Media, a web development company. He has had a longtime interest in cultural attitudes toward death. His articles and more information on the subject can be found at speakingofdeath.com.



WONDERFUL WETLANDS — Come out to the Humboldt Bay National Wildlife refuge for Grandparents and Grandkids Day to celebrate the Bay's wonderful wetlands on Sunday, Aug. 20, from 1-4 p.m. Bring friends, family and a picnic (and your rubber boots) out to the refuge for the afternoon. Grandparents and grandkids team up to explore the flora and fauna of southern Humboldt Bay's wetland habitats through a variety of science and other activities. To get to the Refuge, take the Hookton Road Exit #696 off Highway 101 south of Eureka, and gather at the Richard J. Guadagno Headquarters and Visitor Center, 1020 Ranch Road in Loleta. For information, call 733-5406 or visit fws.gov/refuge/humboldt_bay/.

U.S. Fish and Wildlife Service photo.

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Truthfully, \$80 is still a bargain for lifetime access to some of the most beautiful landscape in the world. But why not save a little dough?

To pick up your \$10 lifetime pass, go to the BLM field office at 1695 Heindon Road, off Janes Road in Arcata (825-2300), or the Six Rivers National Forest office, 1330 Bayshore Way, Eureka (442-1721).

Learning Should Never End

By Sheila Rocker Heppe

Active minds contribute to happy lives. This premise compelled philanthropist Bernard Osher to commit a portion of his fortune to establish Osher Lifelong Learning Institutes (OLLIs) throughout the United States.

When Osher, a businessman and art broker, attended his 50th high school reunion in Biddeford, Maine, he noted that there were two kinds of people in attendance — those who retired and just waited to die, and others for whom retirement presented new prospects for learning and pursuing new life experiences.

Osher, known as “the quiet philanthropist,” decided to use some of the resources of his Osher Foundation to help ensure there is no “past due” date on learning.

Twelve years ago, the office of Extended Education at Humboldt State University was invited to apply for a development grant from the Osher Foundation to establish an OLLI program. Under

the terms of the grants, the 120 OLLIs in the United States must demonstrate continued annual membership, a rich repertoire of academic courses and experiences designed specifically for 50+ learners, and a fundraising strategy for sustainability.

Based upon the rural aspects of the Humboldt community, the size of our local population and the enrollment at HSU, the Osher Foundation assumed OLLI at HSU might be able to attract 500 members annually, the minimum required for continued Osher Foundation financial support. But OLLI at HSU has exceeded all expectations by attracting more than 1,000 members each year since 2011.

The large number of active and involved OLLI members and the approximately 300 courses offered each year combine to create a vibrant learning community.

OLLI classes have no grades or assessments, and most are organized in 2-hour blocks, in offerings over one to four weeks.

This month, OLLI at HSU celebrates a dozen years of lifelong learning with an open house on Aug. 26 from 1-3 p.m. at the Sequoia Conference Center in Eureka. Everyone is invited to come learn about OLLI and the more than 100 courses available this fall. Scholarships to assist with course fees are available.

Beginning Sept. 11, OLLI will present free brown-bag lunch presentations at the Hospice of Humboldt conference room, 3327 Timber Fall Court, Eureka, at noon each Monday. These dynamic sessions are for anyone interested in OLLI and hearing presentations by local businesses, organizations and active individuals.

By offering myriad classes and experiences for an active community of learners age 50 and better, OLLI delivers learning for a lifetime.

—
Sheila Rocker Heppe is director of the Osher Lifelong Learning Institute (OLLI).

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SONGS WE TELL EACH OTHER

BY MARGARET KELLERMANN

Remembering Gifts From the Sea

It happened the summer we were 12. My friend Lindy gave me presents from the sea. Our families spent summers neighboring one another on the northern coast of California.

Lindy would come up from the beach with gifts. Once, the gift was a branch of gray driftwood shaped like a seal. Another day she appeared at the door with a rock, white with a black ring around it. "It's a wishing stone," Lindy explained. "You throw it in the water. But first you have to make a wish."

More gifts appeared that summer: a bird's bone, a silver fork — tarnished but valuable — and a shell shaped like a trumpet. I kept all these things, treasuring them in my cedar box under the bed. I gave her marbles from my collection, one perfect purie at a time.

One day Lindy came to the door, asking for everything back.

"How come?" I asked.

"I just need them, okay?"

So I gave back everything Lindy had given me

from the ocean. After she left, I went upstairs and cried on the bed.

Lindy stayed away a whole week. While I was packing to go back to school in the big city, Lindy showed up at the door. "What?" I asked.

"I just wanted to give you your going-away present," she said.

"Keep it," I said. "You'll probably just want it back next time."

"Naw. You can keep it." Lindy handed me a set of wind chimes from the sea. From the seal-shaped driftwood branch hung ornaments of every kind: the wishing stone, the shell, the bird's bone, the silver fork, and all the purie marbles. They clattered together in the breeze. All the gifts were there again, suspended from new wire and fishing line.

"Come upstairs," I told her. "I want you to see it in my room." We held it up in my window facing the ocean. "Wait here," I said, running down the hallway. In my father's tackle box I found some more fishing line.

We tied one end of the line to the wind chimes, slipped the rest through my ceiling light hardware, and sat on my bed. We took turns pulling on the line to make the whole collection of gifts clatter and spin. When we closed our eyes, it sounded like pebbles on the beach when the waves come in.



Margaret Kellermann is a writer and musician.

A version of this story appeared in the now-out-of-print book of stories about handcrafters, "Made With Love," by Margaret Smith (now Kellermann), Tyndale House Publishers.

For copies, ask Margaret at bluelakestudio.net/contact.

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The Lackluster ‘Golden Years’

By Richard C. Gross

As his ailments piled up on the approach to his final age of 89, my father often suggested that people live too long.

Elders lamenting the inexorable march of years that record how long they have been alive — and the aches and pains that accompany them — often try to amuse each other and themselves by saying with a wan smile that, “Getting old isn’t for sissies” and aging “beats the alternative.” True enough.

We live in a country where the population is aging, which is good news for older Americans because it means more medical attention and facilities may be devoted to the ills that besiege us, if government is willing. Those over 65 now account for nearly 15 percent of the U.S. population, and they will number 20 percent of Americans in less than 25 years, says the American Psychological Association.

Woody Allen once quipped that, “You can live to

be a hundred if you give up all the things that make you want to live to be a hundred.” Skateboarding definitely is out. But, as George H.W. Bush demonstrated, skydiving is in.

If it’s not one thing, it’s another. That sense of life coming at you too fast afflicts the young, too, but the phrase takes on more meaning the older one gets because it’s associated with the decline of the body.

And, lurking like a hovering Death Star, is the threat of illness — with cancer the biggest of them all. With aging comes fear.

“As we age,” says the Senior Citizen Journal, “and particularly become more vulnerable in terms of mobility, cognitive skills and physical aging, a natural function of the vulnerability is to feel fear in situations where that would not have happened earlier in life.”

With all of this in mind, assuredly there are

many among us who would like to shoot the marketing executive, or whomever, who had the temerity to label the time after 65 as “the golden years.” Ya think?

Of course, there always are good things about aging. Like gathering wisdom. Grandkids. And recognizing nonsense for what it is.

Despite the aches and pains of aging, the American Psychological Association says old folks are optimistic. “What’s important to remember about people over 65 is that while many begin to experience some physical limitations, they learn to live with them and lead happy and productive lives.”

So go for it.

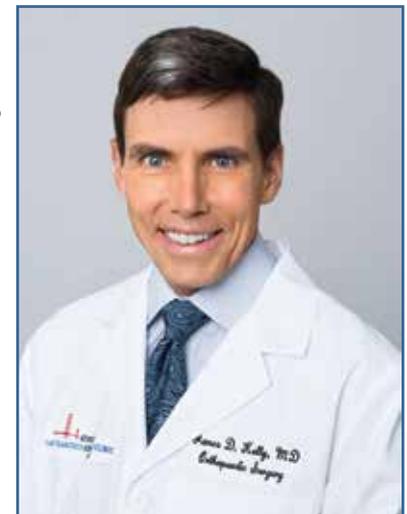
—
Richard C. Gross, 77, of Santa Fe retired as opinion page editor of *The Baltimore Sun*. His email is rcg51@comcast.net. A version of this column originally appeared in *The Sun* in 2016.

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AGING IS AN ART — BY JOHN HECKEL

Add to Grocery List: 'Learn Something New'

I have spent most of my life in school. Educating (or getting educated) is and has been the central determining energy of my life.

Most of the shaping rituals of my life have revolved around the academic year, not the more traditional calendar year. The start of the new school year in late August or early September holds more history and emotional content for me than any New Year's Day.

I have been retired from any association with formal university education for almost five years. Both my own Ph.D. studies and my tenure as a professor at Humboldt State University ended in my mid-60s.

Call me a late bloomer, but my retirement from the world of institutionalized learning forced me to acknowledge that education does not have to be formal. Learning can take place anywhere. It is dependent on attitude and desire, and not on classrooms, chalkboards and tuition.

This is an insight made even more significant as we age.

Think of learning something new as an investment, an investment in your health and your emotional well-being. As we age, learning becomes ever more important. The medical evidence is abundant and clear.

I recently listened to an audio version of Trevor Noah's book, "Born a Crime." He reads the book himself, which added to my enjoyment. He is an exceptional storyteller, and I respect his intelligence. His

satirical sense of humor speaks for itself, but what I really found fascinating was the intense experience of learning something new. Life under apartheid in South Africa, of which I knew very little, entered my field of comprehension and understanding under Mr. Noah's tutelage. It was as if I could actually feel the neurons in my brain making new connections. It was exhilarating.

The energy of the exhilaration that learning something new initiates has become a motivating force to my experience of aging. Simply asking questions can stimulate that energy, if the asking is accompanied with the necessary moment of receptivity necessary to fully take in the answer.

Ask questions.

Incorporate learning and the necessary moment of receptivity into your daily and weekly activity. Look at moments of public interaction as potential learning experiences. The next time you write out your shopping list, after the eggs, bacon and scones, add, "Ask a question and learn something new."

I promise that you will leave the grocery store with a spring in your step. And for that learning experience, you paid no tuition, sat in no classroom and winced at no squeaky chalkboards.

—
John Heckel, Ph.D., a regular *Senior News* columnist, is a former HSU theater and film professor with a doctorate in psychology.

20 Years of Cancer Support

By Chris Angell & Rose Gale-Zoellick

Arcata's Breast Health Project was created in 1997 by a group of cancer survivors and their supporters to provide support and accurate information about breast cancer and treatment.

Known until 2015 as the Humboldt Community Breast Health Project, the group's name has changed to the Breast and GYN Health Project (BGHP). Services were modeled on a sister program in Palo Alto, which is where Dr. Julie Ohnemus went for support after her own cancer treatment at Stanford Medical Center.

Ohnemus was 35 when she was diagnosed in 1996 with an aggressive breast cancer. Though she was (and still is) a practicing physician at North Country Clinic in Arcata, she found it difficult to find up-to-date information about treatment options.

But in Palo Alto, she met with other breast cancer survivors and got access to information she could not find in Humboldt County. Once back

home, Ohnemus told her circle of supporters how she finally felt safe and empowered to heal. Together, they launched what is now a 20-year-old local grassroots nonprofit for women's health.

These days, there are many resources readily available on the internet, but medical information, particularly on cancer, is extremely complicated, and it is tough to know what sources to trust.

Although BGHP does not provide direct medical care, since the late 1990s it has provided support and information to nearly 3,000 clients — 400 last year — all free of charge. Services include compassionate listening, support groups, practical information, patient navigation, decision support, help finding financial resources, a lending library and more.

The group also operates a satellite drop-in site in Garberville on the first Wednesday of each month from

Continued on Page 16



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Doctor of Audiology



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HSRC News

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Remember — Take a Drink

By Tasha Romo

Staying hydrated is vital to overall health. That's more than a suggestion — many don't realize that dehydration can be dangerous, even fatal.

As we age, it can be difficult to consume the fluids necessary for good health. We may not be as thirsty as we used to be, and some medications can affect the desire to drink or the ability to retain the fluids needed to avoid dehydration.

Dehydration can be difficult to diagnose in older adults. Symptoms can include weight loss, increased heart rate, low blood pressure, decreased skin firmness, dry mouth and tongue, reduced urination, and diminished functional ability.

The National Institute on Aging has some tips to help you make sure to drink enough fluids:

- Sip water, milk or juice between bites during meals.
- Have a cup of low-fat soup as an afternoon snack.
- When you take a pill, wash it down with water.
- Drink a glass of water before you exercise or go outside to garden or walk, especially on a hot day.
- Drink fat-free or low-fat milk, or other drinks without added sugars.
- Alcohol is a diuretic, and can dry you out. If you drink alcoholic beverages, do so sensibly and in moderation — up to one drink per day for women and up to two for men.

CalFresh can help keep you hydrated this summer.

Purchase healthy drinks and food to go with them with a CalFresh electronic benefit transfer card at most farmers' markets, grocery stores, discount chains and neighborhood stores.

You can apply for benefits by phone, and most applicants qualify even if they have savings, a house and cars. Housing costs may be deducted from your income to determine your eligibility. Seniors and people with permanent disabilities can also deduct medical expenses.

You are not eligible if you receive the State Supplemental Payment (SSP) with your Supplemental Security Income (SSI), but Social Security Retirement or Disability benefits are OK.

For more information, call the CalFresh hotline at 877-847-3663.

Tasha Romo is HSRC's Nutrition and Activities program manager. Reach her at 443-9747, x1228.

Firewood Vouchers Are Here

Low-cost firewood vouchers are available from Humboldt Senior Resource Center (HSRC) in early August from 9 a.m. to 2:30 p.m.

Individuals 55 or older on a low to moderate income are eligible to purchase up to three vouchers over the firewood sale season (May 1, 2017 through April 30, 2018). Additional cords of wood will be available later in the year.

Once purchased, vouchers can be redeemed at the Humboldt County Sheriff's Work Alternative Program (SWAP) lot in Eureka starting Aug. 12. A pick-up day will be assigned at the time of purchase,

or a delivery driver can be hired for an additional fee. Drivers will deliver anywhere between Rio Dell and Patrick's Point, with the fee based on destination.

Vouchers are priced on a sliding scale costing between \$78-\$121 (tax included) based on the purchaser's household size and monthly household income. Bring proof of age and income, such as a 2016 tax return or a bank statement at the time of purchase. Payment by cash or local check only.

For more information, contact Tasha Romo, at 443-9747, x1228 or x1240.

Fortuna
Tuesday, Aug. 1
 Fortuna Christ Lutheran Church
 2132 Smith Lane

McKinleyville
Wednesday, Aug. 2
 McKinleyville Senior Ctr.
 1620 Pickett Rd.

Arcata
Thursday, Aug. 3
 Arcata Community Center
 321 Dr. Martin Luther King Jr. Pkwy.

Eureka
Tuesday, Aug. 8
 and continuing until sold out at
 HSRC, 1910 California St.

August Dining Menu

 Humboldt Senior Resource Center
 Nutrition & Activities Program

FIRST WEEK

- Aug. 1 Soup & Sandwich
- Aug. 2 Karen's Blackberry Salad
- Aug. 3 Pot Roast w/Gravy
- Aug. 4 Sloppy Joes

LOW-FAT
 OR NONFAT
 MILK IS SERVED
 WITH EACH
 MEAL

SECOND WEEK

- Aug. 7 Dining Centers closed
- Aug. 8 Spaghetti w/Italian Sausage Sauce
- Aug. 9 Chicken Cordon Bleu
- Aug. 10 Chinese Chicken Salad
- Aug. 11 Pork Roast & Roasted Potatoes

THIRD WEEK

- Aug. 14 Dining Centers closed
- Aug. 15 Chicken w/Fire Roasted Tomatoes
- Aug. 16 Old Fashion Goulash
- Aug. 17 Chef Salad
- Aug. 18 Hawaiian Chicken - Luau

FOURTH WEEK

- Aug. 21 Dining Centers closed
- Aug. 22 Novella's Beans & Buttermilk Cornbread
- Aug. 23 Chicken Curry
- Aug. 24 Green Chile Egg Bake
- Aug. 25 Salisbury Steak
 - Birthday Cake

FIFTH WEEK

- Aug. 28 Dining Centers closed
- Aug. 29 Meat Loaf w/Gravy
- Aug. 30 Lemon & Dill Fish
- Aug. 31 Beef Burgundy

People 60+ are invited
\$3.50 suggested donation
 For those under 60 there is a fee.
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* For times see the Activities at Senior Centers calendar for Eureka, Arcata & McKinleyville.

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Lunch: Tuesday-Friday at 11:30 a.m.-12:15 p.m.
For more information call Tasha at 443-9747 x1228

Every Weekday
8:30-4 Library
9-3 Senior Service Office
12-3 Billiards

Every Monday
10-12:30 Mah Jongg
11-1 Back to Basics Line Dancing
1:15-2 S.A.I.L. w/Muriel
2:10-3:10 FABS/SAIL by Beth and Lois
2:30-4 Memoir Writing Class

Every Tuesday
10-11 Harry's Bingo (not Aug. 1)
11:30-12:15 Lunch - Menu page 11
12:30-1:30 Bunco (not Aug. 1)
12:15-2:15 Pinochle
2:10-3:10 FABS/S.A.I.L. by Beth & Lois
3:30-4:30 Tai Chi for Arthritis (Fee required)
Aug 1 & 15 1:30-3:30 Ukulele Play'n Sing
Aug 1 1:30-3:30 Dine & Dance w/Ray, Dave & Lois

Aug. 22 11:30-1 CalFresh Info and sign-ups w/Food for People
Aug. 22 6-9 Stamp Club

Every Wednesday
11:30-12:15 Lunch - Menu page 11
Aug. 9 S.A.I.L. w/Muriel
1:15-2 Intermediate Line Dancing
2:10-3:10 FABS/S.A.I.L. by Beth & Lois
Aug. 9 10:30-11:30 Fred & Melissa
Aug. 16 11-11:30 LeeAnn Moroni performs
Aug 2 & 16 1-2 Caregiver Support Group
Alzheimer's Library,
1901 California St., Bldg. B,
2nd Flr., Eureka

Wednesday (cont.)
Aug. 16 11-11:30 LeeAnn Moroni performs
11:30-12:15 Emblem Club serves lunch - Menu page 11
Aug. 16 9:15-11:15 Foster Grandparent Program
10-11:30 Commodities distribution
Aug. 23 10:30-11:30 Val Leone performs
Aug. 30 10:30-11:30 Dale Wignet performs

Every Thursday
10-11 Grocery Bingo: Bring 1 grocery item
10-11:30 Intermediate French class
11:30-12:15 Lunch - Menu page 11
1:15-2 S.A.I.L. w/ Muriel
2:10-3:10 FABS/S.A.I.L. by Beth & Lois
Aug 3 & 17 10-12 Genealogy group
Aug. 17 12:30-1:30 Covered CA/Medi-Cal assistance drop-in clinic
Aug. 31 8:30-12:30 Medication Interactions & Consultation

Every Friday
9-10 Falun Dafa
10-11 Beginning Tai Chi Movements
11-12 Beginning Yoga
11:30-12:15 Lunch - Menu page 11
1-4 Bridge Games
Aug. 4 11-11:30 John Nelson & Friends
Aug. 18 10:30-12 Luau
Aug. 25 11:30-12:15 Birthday Celebration
Aug. 25 10:30-11:30 Accordionaires perform

Saturday
Aug. 5 Noon Sassy Seniors
Ritas on Harris-in Eureka
Aug. 19 Noon Nooners-Sizzler in Eureka

Fortuna Dining Center

HSRC at Mountain View Village • 2130 Smith Lane • Call Launa at 725-6245.
Lunch: Tuesday-Friday at noon - Menu page 11

Tuesday
12:00 Lunch

Wednesday
12:00 Lunch
Weds. 5-8 BINGO
Aug. 2 10:30 Music w/Bill & Corena

Thursday
12:00 Lunch
Aug. 3 & 17 12-1:30 Caregiver Support Group
United Methodist Church
Fireplace Room
922 N Street, Fortuna
For info 443-9747

Friday
12:00 Lunch
Aug. 18 11:30 Luau
Aug. 25 12:00 Birthday Lunch

McKinleyville Senior Center

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

Every Monday
8:30-9:30 Tai Chi
10:30 Walking Group at Hiller Park
12-3:30 Computers* (*call for availability)
Party Bridge
Aug. 28 1-4 Low Vision Workshop

Every Tuesday
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

Every Wednesday
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
Aug. 2 10-11 Genealogy
Aug. 16 10:30-11:30 Executive Board Meeting
Aug. 30 12-1 Monthly Luncheon - Chinese Baked Chicken Wing, Veggie, Fried Rice & Dessert \$5 (Sign up by 8/23)
Heart Healthy Club & Sweet Spot

Every Thursday
9:30-10:30 S.A.I.L. Class
10:30-12 Pinochle Lessons
10:40-11:40 Stretching
12:30-3:30 Bingo
Aug. 3 11-11:45 Pea Soup & 1/2 Sandwich - \$3
Aug. 10 11-11:45 Chicken Fajhetas - \$3
Aug. 17 11-11:45 Italian Meatball Soup & 1/2 Sandwich - \$3
Aug. 24 11-11:45 Chef Salad - \$3
Aug. 31 11-11:45 Baked Potato - \$3

Every Friday
8:30-9:30 Tai Chi
10:30 Walking Group at Hiller Park
1-4 Pinochle
Aug. 25 10-11 Full Board Meeting (Open Meeting)

Arcata Community Center

An HSRC Dining Center
321 Dr. Martin Luther King Jr. Parkway
Lunch: Tuesday-Friday at noon
Call Vanessa at 825-2027

Mondays
Aug 14 & 28 11-12 Silver Quills Writing Group

Every Tuesday
9-11 Katie's Krafters
10-11 Senior Aqua Aerobics \$5 fee at HealthSport-Arcata (prior registration required)
10-11:15 Karaoke
11 Bread distribution
12:30-2 Bead Jewelry Craft Class
Aug. 1 10-11 Blood Pressure Check
Aug. 1, 15 10-11 Caregiver Support Group
Mad River Community Hosp.
Minkler Education Room
3800 Janes Road, Arcata
For info call 443-9747
Aug. 8 & 22 10 Walking Group w/Mary Ann
Aug. 29 2 Arcata Marsh Slow Walk

Every Wednesday
10-11 Chi Gong-RSVP 443-8347
11 Bread distribution
12:30-1:30 Tai Chi for Better Balance II

Every Thursday
9-10 Tai Chi (\$3 donation)
9-11 Katie's Krafters
10-11:15 Chair massage (donations accepted)
10-11 Senior Aqua Aerobics \$5 fee-HealthSport (prior registration required)
Learn Tech with Brett
12:15-1:15 Tai Chi for Beginners
Aug. 10 11-12:15 Cal Fresh Sign-up assistance
Aug. 17 10:15-11:15 Swing 'n' Sway Trio
Aug. 17 10:30-11 Commodities Distribution

Every Friday
10-11:30 Ping Pong with Pete
Off Aug. Site Advisory Council
Aug. 18 10:30-11:15 Music with the Half Notes
Aug. 18 noon Luau
Aug. 25 11:15-12:15 Birthday Party & Celebration

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Multipurpose Senior Services Program (MSSP)

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New Healthcare Services Director Named

Humboldt Senior Resource Center has named a nurse with wide expertise in elder and dementia care as its new director of Healthcare Services.

Teresa L. Oliveri, RN, BSN, joined HSRC in July, and will oversee both Adult Day Health & Alzheimer's Services, as well as the Multipurpose Senior Services Program (MSSP).

Oliveri was director of health services at the Roxy Ann Memory Community in Medford, Oregon, an organization she launched in 2010 that provides care to Alzheimer's and dementia clients.

Previously, she had been health services director at Northridge Center Assisted Living in Medford, and also has served as a nurse at various other clinics and care facilities, including most recently Open Door Community Health Center in Fortuna.

HSRC Executive Director Joyce Hayes said she was pleased to welcome Oliveri.

"We are delighted to have someone with Teresa's experience join our team," Hayes said. "Under her leadership, we look forward to enhancing our Adult Day Health, Alzheimer's and MSSP services to meet the needs of the growing senior population in our community."



Teresa L. Oliveri

Classes at HSRC Are a Good Time

Humboldt Senior Resource Center (HSRC) offers a variety of low-cost or free classes at its Eureka and Arcata centers.

Try yoga, tai chi or even aqua aerobics at HealthSport to ease arthritis and improve your flexibility, or a S.A.I.L. class to Stay Active and Independent for Life.

There are writing classes, bead jewelry groups, and the regular ukelele strummin' and singin' ensemble.

Dig into your family's past with the genealogy group. Cue it up with the billiards players, learn how to make technology your friend, or join the walking group, or take an Arcata Marsh tour.

The goal is to make it fun and easy to explore new things through HSRC classes and activities.

All HSRC classes are free or very low-cost to make them within reach of nearly everyone. See the full calendar every month on pages 12-13, or call the HSRC Activities office at 443-9747, x1228 to learn more.



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Botanical Garden is All Aflutter

By Jan Ostrom

Dance with butterflies this month at Humboldt Botanical Garden's new butterfly house, home to hundreds of native butterflies and caterpillars.

North Coast butterflies and caterpillars — painted ladies, red admirals, Western tiger swallowtails and monarchs — have moved into the butterfly house in the Botanical Garden's Sun Valley Greenhouse.

"These fascinating creatures have been around for at least 50 million years," said Garden site manager Terry Kramer, "and probably first evolved some 150 million years ago."

Visitors can see every stage of a butterfly life cycle, from egg to pupa to adult butterfly. "The life of the butterfly itself is relatively brief, about two to four weeks," Kramer said. The adult butterflies breed and lay eggs, she said, which hatch into caterpillars, which in turn form a chrysalis from which a new butterfly emerges.

The Botanical Garden's Board Director

Evelyn Giddings is a longtime butterfly fan.

"Butterflies and moths are indicators of a healthy environment and healthy ecosystems," she said. "We appreciate them as excellent pollinators, fertilizing trees, flowers, and shrubbery. And of course, they are very beautiful."

The butterfly house is open Wednesday-Sunday from noon-4 p.m. Admission to the Botanical Garden is \$8 for adults and children 6-17,

\$5 for seniors and active military. Children under 6 and members are always free. There is a suggested donation of \$3 for the butterfly house.

The Humboldt Botanical Garden is at the north entrance to College of the Redwoods on Tompkins Hill Road, Exit 698 off Highway 101, and is open Wednesday-Sunday 10 a.m.-4 p.m. See hbgf.org online for information or to volunteer, or call 442-5139.

Jan Ostrom of Eureka is a Humboldt Botanical Garden member and volunteer.



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Stroll the Garden, relax at tables and chairs, while children enjoy activities and face painting.

Tickets

PRESALE: \$40 members, \$50 non-members

AT THE GATE: \$50 members, \$60 non-members

Children 13-21 are half price • Children under 12 - FREE

Humboldt Botanical Garden is located at the north entrance to College of the Redwoods Exit No. 698, off of U.S. Highway 101. For info call 442-5139 • www.hbgf.org

The Challenge of Exploring New Things

By *Bobbie McKay*

As I was approaching retirement in 2011, I began to explore avenues that would interest and challenge me. This was just at the time the OLLI (Osher Lifelong Learning Institute) program began. I was not ready to commit to long-term classes, so, for me, OLLI was a perfect balance of education, entertainment and adventure.

I was fortunate to join from the start and began my journey while I was still working. Classes included entertainment — bridge classes,

wine-tasting and travel programs that took me vicariously to Nepal, Macchu Piccu, India and the Galapagos Islands, places I would never had the opportunity to see,

I've had adventures, such as hiking Fern Canyon in the Redwood National Park, mushroom hunting and studying the geology of the coast (I now see hills in an entirely different way). On one hiking trip, I learned of a group that regularly does short hikes around Humboldt, and I get notices

about of these hikes regularly.

There are classes for self-improvement: yoga, pilates and hiking, as well as many classes on local history. The local history classes have been fascinating, including information about native tribes that is often buried in our history books.

What I like most is the variety of classes and the short-term commitment (most classes are a few hours). We are very fortunate to have such a thriving program in our community

that seems to grow every year.

The program also provides a venue to meet people with similar interests, and also to explore areas that are new and that challenge my intellect. The bridge class has an opportunity to meet monthly to play other students. I have yet to try this challenge.

—
Bobbie McKay, 70, of Eureka is a transplanted New Yorker who was a social worker in Humboldt County for 37 years.



CUTTING A RUG — From left, Pat and Jerry Cotten, Jeannie and Larry Buerer, and Reilley Mullen and instructor Debbie Weist practice their footwork as part of an OLLI dance class. Kellie Jo Brown photo.

20 Years . . . From Page 10

1-3 p.m. at Heart of the Redwood Community Hospice.

Some 200 volunteers work with BGHP cancer survivors, providing peer support to new and established clients on concerns from gynecologic cancer to living with a breast cancer .

BGHP will celebrate its 20th anniversary on Saturday, Sept. 9, from 3-5 p.m. with a free "Cancer as a Turning Point" mini-conference at Sequoia Conference Center, 901 Myrtle Ave., Eureka. New York physician Dr. Mi-

chael Finkelstein, author of "Slow Medicine: Hope and Healing for Chronic Illness," will be the speaker, followed by comedian Jonna Tamases with her one-woman show, "Jonna's Body, Please Hold!"

To pre-register, go online to healingjourneys.org, or contact the BGHP at 825-8345 or at bghp.org.

—
Chris Angell, 70, of McKinleyville, is a 12-year BGHP Warmline Volunteer, and **Rose Gale-Zoellick, 52**, is BGHP's executive director.

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“There is nothing more notable in Socrates than that he found time, when he was an old man, to learn music and dancing, and thought it time well spent.”

—Michel de Montaigne (1533-1592), French philosopher

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North Coast Co-op Events

August 2 • Wellness Wednesday

The first Wednesday of every month, save 10% off our entire Wellness Department.

August 1, 8, 15, 22, 29 • Senior Day

Seniors 60 and over receive a 5% discount on Tuesdays. No membership needed, but we'd love for you to join!

August 9 • Member Action Committee Meetings

5:30pm at the Ten Pin Building, 793 K Street in Arcata.

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August Community Calendar

Crabs Season Ends

It's the bottom of the 9th inning for Humboldt Crabs baseball. The nation's oldest summer collegiate baseball team plays its last five games during the first week of August. The Crabs face the San Francisco Seals Tuesday and Wednesday, Aug. 1 & 2, at 7 p.m., and ends the season against the Auburn Wildcats Friday and Saturday, Aug. 4 & 5 at 7 p.m., and Sunday, Aug. 6 at 12:30. Go Crabs!

UFOs Above Bridgeville

Watch flying saucers soar over the Van Duzen River at Bridgefest on Aug. 19 in Bridgeville. The old bridge swarms with extraterrestrials and curious humanoids as teams display and launch homemade flying (and falling) saucers, earning points for distance, accuracy, style and looks. “Out of this world” blueberry pies and an all-American BBQ are on the menu, with proceeds benefitting the Bridgeville Volunteer Fire Company. Call the 777-1775 or go to bridgevillecommunitycenter.org/bridgefest.html for more information.

Humboldt County Fair

Cheer on the horses at the Humboldt County Fair, the oldest in the state, Aug. 23-Sept. 4. Friday, Aug. 25 is Senior Day with free admission. Six days of live and satellite horse racing, mule racing, carnival rides and games, live entertainment, sheepdog trials and livestock events, Ladies Hat Day at the Races, surf & turf BBQ competition hosted by the Food Network's Guy Fieri . . . and all the rest of the best of Humboldt. Details at humboldtcountyfair.org.



Ocean West Rummage Sale

Ocean West Senior Mobile Home Park in McKinleyville will hold an All-Park Rummage Sale on Sunday, Aug. 12, from 9 a.m.-4 p.m. Join park residents at the central Gazebo/Visitor Parking Area for bargains and a bake sale. Ocean West is at 1090 Murray Road, east of Highway 101.

North Coast Stand Down

A fundraising dinner to support the North Coast Stand Down, the annual October event providing support to returning military veterans and their families, takes place Thursday, Aug. 17, at the Elks Lodge, 445 Herrick Ave., Eureka. Proceeds go to benefit veterans. For tickets, call 826-6272 or go to northcoaststanddown.org

Solar Eclipse

The Aug. 21 “Great American Eclipse” crossing the country from Oregon to South Carolina won't be a total blackout in California, but it will be about a 90 percent eclipse in Humboldt County. The sun starts to darken a little after 9 a.m., continuing to maximum eclipse at 10:14 and concluding at about 11:30 a.m. Get your eclipse glasses. See eclipse2017.org/2017/circumstances/ca.htm for info.

Woofstock 2017

You and your best four-legged friend can have a doggone great day at Woofstock, the biggest dog festival in Humboldt County, Saturday, Aug. 12, from 10 a.m.-4 p.m. The annual Sequoia Humane Society benefit kicks off with the Mutt Strut through Old Town at 10:30 a.m. Then come the Best Woof contest, the Dog/Owner Look-Alike competition, music and more. Come to Halvorsen Park on the Eureka waterfront at the foot of L Street. See woofstock.org for details.

One of the Benefits of Growing Old(er) in Humboldt

By Claire Perricelli

My husband, Gene, and I have enjoyed OLLI classes since they began — we even got “life memberships” early on. That was something of a gamble at our ages, but what a good investment it has turned out to be.

We average probably three or four classes per semester — classes and field trips to learn about local human, architectural and natural history, as well as local geography and geology. We have met folks with similar interests and had our appreciation of our environs and its amenities expanded.

The multidisciplinary van trips to various natural areas are probably among the most exciting. We get to spend a whole day with various experts in gorgeous surroundings. We learn about the natural and human history, as well as about the protection and restoration of our natural treasures, all without having to drive ourselves to our destinations. Can't beat that.

Classes may be free lunch seminars, reasonably priced classroom offerings of one

or more sessions, field trips, even out-of-area trips. And if you don't find something you like, you are encouraged to suggest or arrange a program of potential interest to you and others.

Did I mention that there are no tests and no grades? just great information, people and experiences. And none of that old “Back to School” stress you may remember. It's quite the opposite — genuine excitement to see what gifts may be offered each new semester.

As a bonus, OLLI membership comes with an HSU Student Body card, which carries various on- and off-campus benefits.

I can't say enough about how much our classes have enriched our lives and made our excursions out and about in Humboldt County more meaningful for us.

Claire Perricelli, 71, and her husband, Gene, 75, of Eureka have been OLLI fans since 2006.



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coming attractions

Future Senior News Themes

September — My Old House • October — Genealogy • November — The Food Edition • December — 2017 Wrap-up

Coming in February — Senior News Photo Contest

To suggest story ideas, contact Senior News editor Ted Pease: 443-9747, ext. 1226; tpease@humsenior.org

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THE DOC IS OUT . . . From Page 5

Neurology noted that learning activities can help delay symptoms of Alzheimer's disease, which in turn can contribute to a better quality of life.

And then there's music. Learning to play a musical instrument in later life also has been shown to help offset cognitive decline, and can be a great source of self-satisfaction and enjoyment. Practicing difficult new skills in older age is associated with improved memory.

Learning can also help combat depression, isolation, boredom and poor self-image. Participating in group learning settings can help in finding new friends and social opportunities, and it is well known that those who have more friends tend to be more active and more engaged in their communities.

The cognitive challenges of learning help keep the brain functioning at a higher level. According to Science Daily, mental abilities are best protected when they are used often. This mental "exercise" can even help you to sleep more soundly.

A healthy mix of physical and intellectual activity can help maintain overall well-being as one ages. Just as a muscle can atrophy from limited use, so can your mind.

The benefits of lifelong learning are many. And it's never too late to start.

René Arché, a medical editor and writer, is director of marketing and communications at the Humboldt Senior Resource Center. Regular columnist Dr. Jennifer Heidmann returns next month.

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Bonnie, participant

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Orvamae Emmerson died in 2006.



Growing Your Social Security

By Amanda Donahue

For more and more Americans, reaching retirement age no longer means the end of an active working life.

If you're willing and able, working later in life can go a long way toward a secure future for you and your family. Besides providing additional income, extending your employment or working for yourself could boost your lifetime Social Security benefits.

Here's how: Waiting to start claiming SS retirement benefits can grow them by up to 32 percent. Through delayed retirement credits, your monthly benefit amount increases by about 8 percent per year between full retirement and age 70.

Even if you do start drawing benefits, you get credits on your earnings record for each year of additional work.

Retirement benefits are calculated using your best 35 years of earnings, so your benefit amount could be adjusted upward if your annual earnings after retirement are greater than one of the years used to calculate your initial benefit amount.

An increased benefit could mean more support for your family, too, through benefits to your spouse, children and survivors.

This year she will rebuild a firehouse.

A few weeks after the Arcata Fire Department responded to Orvamae Emmerson's 911 call, she amended her estate plan to include support for local first responders through Humboldt Area Foundation. Orvamae Emmerson's dedication to emergency responders will save lives for generations to come.

to learn more
call **707-267-9922**

To learn how you can touch the lives of others by including your favorite charity in your will or estate plan, contact an attorney, financial advisor or LEAVE A LEGACY Humboldt at 707-267-9922.



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Make a Difference in the Lives that Follow

“The more I live, the more I learn. The more I learn, the more I realize, the less I know.”

—Michel Legrand, composer

Amanda Donahue is district manager in the Eureka District Social Security Office, 3144 Broadway St, Eureka (866-828-1991).

From Gold Rush to Sawmills

By John Meyers

In 1851, Baron Karl von Loeffelholtz came to America from Germany and spent \$8,000 to build a sawmill just south of Trinidad.

His name was Americanized to Luffenholtz, which is the name we recognize. His town was located well uphill, way above the beach, but the mill itself was on what is now Luffenholtz Creek, just 60 or 80 feet above the high-water mark.

Bryon March and William Deming opened their Trinidad mill in 1853 on the bluffs above what is now Trinidad State Beach. The mill was water-powered, using Mill Creek as the water source.

As the gold rush slowed, Trinidad Bay, like most lagoons, sloughs and streams along the Redwood Coast, became home to multiple sawmills. By the end of 1854, there were 10 sawmills operating around Humboldt Bay, and within 30 years, the North Coast had 400 mills cutting some of the largest trees in the world.

So the lumber business was picking up, but then the gold mining boom went bust, just like that.

By 1854, Trinidad's population had fallen to 104 people as the gold mines petered out and the town of Union (renamed Arcata in 1860) finished its wharf in 1855, making it a much easier place to off-load and load lumber cargo ships, even considering the dangerous bar crossing out of Humboldt Bay.

Trinidad had no wharf and remained a dangerous and difficult place for cargo ships until 1859, when Charles B. Ryder completed work on his wharf along the inner eastern side of Trinidad Head at a cost of \$8,000.

In order to facilitate getting lumber to the wharf from Deming and March's mill on the bluffs, Ryder also dug a tunnel through Trinidad Head. No sign of the tunnel survives.

The tunnel had wooden narrow-gauge rails through it for mule-drawn lumber cars to bring wood right to the wharf.

But even the wharf didn't make it much easier to load ships. Because of its location right against the Head, it was still a dangerous proposition to load and unload steamers and sailing ships, as they rolled and tossed with the surge of waves crashing against the Head and wharf while cranes attempted to hoist lumber aboard the bouncing vessels.

Not an easy task.

John Meyers, 68, is a Trinidad writer and historian. This is the last of three excerpts from his new book, "Trinidad: Looking Back From My Front Porch."



THEN & NOW — Trinidad's waterfront as it looked in the late 1890s (above) featured the Ryder Wharf, an impressive engineering feat lining the inner, eastern side of Trinidad Head. It was constructed to accommodate shipping and, especially, the booming timber trade. In addition to the wharf itself, Ryder dug a tunnel through the Head so mule-drawn carts could bring lumber to the ships. Homes, fish shacks and cattle pens occupied the shore above what is now Launch Beach, the Trinidad Pier and Seascape Restaurant. These days (below), the view is different from Tom and Ann Odom's house and the half-dozen or more homes that now look out from Edwards, Galindo and Van Wycke streets. Augustus Ericson photo, top, courtesy of the Trinidad Museum. Ted Pease photo below.



Letters to the Editor

TV Station Purchases Threaten Local Voices

To the Editor:

Sinclair Broadcast Group, one of the largest TV broadcasting companies in the country, recently acquired four local television channels — network affiliates for ABC, FOX, CW and Univision — making Sinclair a big part of Humboldt County's media landscape.

Comedian John Oliver ran an informative segment about Sinclair on "Last Week Tonight" that demonstrated how biased this company can be (tinyurl.com/LWT-Sinclair).

From experience, we know that absentee ownership reduces competition, threatens media localism, and harms information diversity.

Humboldt County is a small market, but we have high standards for companies that control access to information in our communities. Here are a few steps Sinclair should take to be a reliable source of information:

- Focus on localism through local news and public-interest programs.
- Identify non-local "must run" content.
- Provide equal airtime for local editorial content expressing opposing views.

- Ensure that Spanish language channel(s) include equivalent local program origination as other channels, and that tribes have in-language programming available on-air.

- Increase transparency on contract compliance through public files at local libraries.

- Program one or more channels with locally originated, non-commercial content.

Without a groundswell of community engagement — like a boycott of Sinclair advertisers — we don't hold out much hope that the new owners will address these issues. After all, we're just one small piece of a growing monopoly, and there is lots of money in media manipulation and control.

Access Humboldt's mission is to amplify local voices through community media. We will do what we can to keep Sinclair accountable, but we need your help. To get involved, contact us at 476-1798 or e-mail info@accesshumboldt.net.

—*Clay McGlaughlin*, Eureka
Media development specialist,
Access Humboldt

AARP Tax Help

To the Editor:

I would like to thank the AARP volunteers who make the local free income tax preparation program possible. They each dedicate approximately 100 hours to training, testing and preparing tax returns for local residents.

They accommodate as many people as possible, dealing with complicated and ever-changing tax law. Many stressful situations occur, but they persevere, buoyed by client appreciation and their desire to help people.

The AARP Foundation Tax Aide Program has been offering free income tax help for seniors and low-income clients since 1968, and has helped nearly 50 million U.S. taxpayers.

Locally, IRS-certified volunteers offer tax assistance at the Eureka, Fortuna and McKinleyville senior centers. This year, they helped more than 480 taxpayers, and electronically filed 393 tax returns for clients.

—*Larry Noe*, Cutten

GUIDE TO NATURAL SWIMMING HOLES

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BY ELIZABETH A. WHITLEY

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Upcoming Community Health Forums

St. Joseph Health continues their FREE Community Health Forums. Meet local physicians and specialists and take part in Q and A sessions. Lite bites and coffee will be served. **Mark your calendars for:**

Urology:

Wed., Sept. 6, Fortuna Monday Club
Wed., Sept. 13, Sequoia Conference Center
5:30 to 7:30 p.m.

Flu/Immune System/Infectious Disease:

Tues., Oct. 17, Sequoia Conference Center
Tues., Oct. 24, River Lodge, Fortuna
5:30 to 7:30 p.m.

**To register: Susan.VogtButch@stjoe.org
or 269-4205**

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

St. Joseph Health
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Letters Policy: Senior News welcomes letters to the editor. To be considered for publication, letters 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).

“As long as I’m learning something, I figure I’m OK — it’s a decent day.”

—Hunter S. Thompson (1937-2005), journalist

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