



2018 Hopes & Dreams . . .

Let's Eat More Cake

By Ted Pease

Joe and I were talking in the parking lot at Ace Hardware in McKinleyville when I asked him to give me something for my story in Senior News.

"No," he said.

The idea is for people to talk about their hopes or expectations or fears about the coming year, I explained. Not New Year's resolutions, but what you want in 2018.

"No," said Joe.

"Cake," piped up Katie, Joe's 6-year-old granddaughter, who was eavesdropping from the pickup passenger seat. "I want cake."

Specifically, she said, chocolate cake.

That's a pretty good goal for the new year.

Senior News asked a random selection of people to take stock and look ahead to 2018. Here are some of their hopes, dreams, plans and predictions.

"In 2018, I want to stop watching CNN and spend more time laughing with friends, reading, and volunteering," said Maggie Kraft, executive

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DÉJÀ VU? In 1987, young Garrett Howard's haircut from Bertha Herd was immortalized in a project capturing a day in the life of Humboldt County. Thirty years later, the scene is recreated as Herd trims her daughter, Ellen Brown's, hair in a photo by her granddaughter. Nancy Wollin photo (left); Marcella Brown photo (right).

30 Years Later, Still Cutting Hair

By Mark Larson

Thirty years ago, Humboldt State student Nancy Wollin's photo of hairdresser Bertha Herd cutting hair at Christina's Central Styling in

McKinleyville was part of a 24-hour photography project documenting the "People, Places and Events of Humboldt County."

This fall, Herd, now 83, was still cutting hair, and her granddaughter, Marcella Brown, 29, caught her for a

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SINCE 1981

HEALTHY LIVING

THEN & NOW

LETTERS

Published by
HUMBOLDT SENIOR RESOURCE CENTER

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Sr. News

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Tedtalks: Brace Yourself for 2018

By Ted Pease

The coming of every New Year is a bitter-sweet thing.

On the one hand, December 31 puts a final period on an old, used-up year, for good or ill. Fond farewells, regrets, or good riddance.

On the other hand, January 1 opens a new chapter; the optimist sees a blank page filled with glowing possibilities, while the pessimist worries about what's to come.

To me, this New Year offers some of both. I am happy to say that there's been plenty of joy and laughter for me and mine in 2017, for which I can be only grateful. But it has also been a year of upheaval and trauma, from a darkening political and societal landscape to an unusual number of horrific natural disasters — hurricanes, fires and floods.

So I am uncertain about 2018 and what it holds for us.

That's the tone I get from comments of random folk who sent in their hopes and dreams and fears about the New Year, from hopes of chocolate cake to concerns over where the country's heading. This New Year somehow seems shakier than others.

This issue of Senior News is not just the "New Year's Resolutions Edition," however, which is a bit of a cliché in newspapering. We do get advice about turning over a new leaf — our in-house doc, Jennifer Heidmann, suggests vegetables and eight other goals for a healthier, happier year (page 5). And columnist Margaret Kellermann suggests we "Slow Down and Smell the Coffee" (page 8).

We also welcome a new regular columnist:

Joan Rainwater-Gish, a personal trainer and fitness instructor who leads exercise classes for seniors, plunges into the New Year with a challenge to "Live Vigorously" in 2018 (page 16).

We also feature some end-of-year clean-up, finally releasing some articles that have been left behind as previous months' issues filled up. One is 89-year-old Ralph Nelson's remembrance of himself as a new Army Air Corp enlistee hitchhiking cross-country in 1947 (page 4).

Speaking of bygone times, "Remember Typewriters?" asks veteran newsman Dave Rosso (page 10). And historian Jerry Rohde takes us back to 1941 to explain the mismatched "Erector Set-like" Hammond Bridge that traverses the Mad River in the Arcata Bottom (page 21).

All this reminds us that everything was once new. Alfred Lord Tennyson, Queen Victoria's national poet laureate, was an optimist. He wrote, "Hope smiles from the threshold of the year to come, whispering, 'It will be happier.'"

I'm sure we can get it right.

Ted Pease is Senior News editor.

On Page 1: The photo atop Page 1 features three dedicated Senior News volunteers, all three of whom have written for the paper: from left, proofreader Ann King chats at last Fall's HSRC volunteer luncheon with Senior News Community Advisory Board members Jessie Wheeler and Dave Rosso.

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Humboldt's 'Peace Boat' Cruises into the Pacific in 2018

By Helen Jaccard

Golden Rule, the original 1956 anti-nuclear peace boat that inspired Greenpeace and many other ocean-going peace efforts, is sailing into its new role in 2018, as military and nuclear threats escalate worldwide.

Vietnam-era veteran Gerry Condon of San Mateo, 71, is president of the Golden Rule Project and a member of the boat's crew.

"We provide an alternative message of peace," Condon said. "It is becoming more and more clear that military might is not the answer to the world's problems — in fact, it makes them worse.

"Just look at the dangerous standoff right now between the U.S. and North Korea," he said. "This could lead to a catastrophic nuclear war with hundreds of thousands of casualties. Real diplomacy is urgently needed right now, instead of threats and shows of force."

This is the central message driving Golden Rule Project veterans and volunteers, like restoration coordinator Chuck DeWitt of Samoa, 72, a veteran of the U.S. war against the people of Vietnam, and Ed Fracker of King Salmon, 88, who advises the project about sails and rigging.



CANADIAN SALUTE — The crew of a Canadian warship stands at the rail and salutes the Golden Rule as the peace boat sails past during Fleet Week in San Diego last October. Chris Stone/San Diego Times photo.

Fracker is concerned about the long-term safety of the fuel rods from the Humboldt Bay nuclear power plant stored a short walk from his home.

The Humboldt Bay-based Veterans For Peace (VFP) sailboat cruised to cities along the West Coast in 2017, offering 20 educational presentations to inspire action against war, militarism and the buildup of nuclear weapons.

The 34-foot ketch gained international fame in

1958, when four Quaker peace activists tried to sail Golden Rule to the Marshall Islands to halt atmospheric nuclear bomb tests. Eventually, she found her way to Humboldt Bay, where she sank in a storm. A group of veterans refloated the boat and restored Golden Rule from 2010-2015.

In these times when the world is threatened with nuclear war at a level most have never seen, the Golden Rule Project supports the Nuclear Weapons Ban adopted by the United Nations in July. The boat sails for a nuclear-free world and a peaceful, sustainable future by bringing education and focus on nuclear issues, international conflict and environmental destruction.

Next on the Golden Rule's itinerary? After wintering in San Diego, the peace boat will sail to Hawaii, the Marshall Islands and

Japan to bring attention to the possibility of nuclear war, and to encourage peace in the Pacific.

To learn more about the VFP Golden Rule Project, please visit vfpgoldenruleproject.org, or on Facebook at Golden Rule Peace Boat.

Helen Jaccard, 62, of Seattle is a Golden Rule crew member and serves as project manager for the sailboat's peace tours.

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Flying Cross-Country, (Almost) Free

By *Ralph Nelson*

It was October 1947 when I completed radio operator training with the Army Air Corps at Fort Monmouth, New Jersey. Transferred to Mitchel Field, north of New York City, to wait for my working assignment, I was granted a 10-day leave.

I was far from my home in Southern California's San Gabriel Valley. My buddy, Frank Puciarelli, from Los Angeles, was in the same situation, and neither of us could afford a round-trip plane ticket.

Then we heard that, with luck, we could hitch a ride on any military aircraft that had room. So we headed for Operations. There were no flights headed west, we were told, but we hung around anyway waiting to see what might be available.

In the late afternoon, we were informed that a flight would be leaving for Washington, D.C. That was a bigger airfield with more traffic, so we boarded a twin-engine C47. We were treated to a view of the New York City skyline as we flew and caught a brief glimpse of the National Mall before landing.

We settled into the transient barracks with the hope of finding a flight the next day. At 5 a.m., we were awakened and informed that a flight to Santa Ana, California, was leaving from the terminal across the runway.

We dressed quickly and grabbed our gear. Not permitted to walk across runways, we had to find a taxi to take us around, and then waited for an hour before boarding a C54, a four-engine plane that would take us nonstop to Southern California.

Not until we were airborne did the realization sink in that we hadn't eaten since noon the previous day. The smell of cooking in the back of the plane soon whetted our appetites, but we were advised that it was being prepared exclusively for Marine personnel. There was nothing we could do but remain hungry.

We endured the long flight and felt a big relief when we touched down at El Toro Marine Base.

We didn't know that there had been a Marine general aboard the plane, so we had to remain seated until he deplaned and had been met with full ceremony. We finally disembarked and took a bus to town.

Not until we had found a restaurant and had eaten did we congratulate ourselves for having made it from New York to Southern California within 24 hours for the cost of a short taxi ride.

After a couple of days at home, I telephoned Frank to discuss how to return to Mitchel Field. Another GI buddy had earlier hitched by military aircraft both ways. But on his way back, he was delayed in St. Louis and had to report in AWOL.

Frank and I decided to return by Greyhound bus. It took us four days and three nights to get there.

Ralph Nelson, 89, of Eureka, served in the Army Air Corps from 1946-49, mustering out as a sergeant. His airplane hitchhiking days are over.



Ralph Nelson as an 18-year-old new enlistee in the Army Air Corps, 1946.

The Freebird Club — It's Airbnb for Older Travelers

Irishman Peter Mangan's dad, a retired, widowed veterinarian in his 70s, was bored and a little lonely when he started renting out a cottage on his property in County Kerry, Ireland, mostly for something to do with his time.

"What was enjoyable for him was meeting the older guests who came to stay," Mangan said. "They'd go to the pub together and go sightseeing and have dinner. There was real bonding. The common denominator was their age group."

The idea became the Freebird Club, styled after Airbnb but aimed at adults — both guests and hosts — age 50 and older. It costs \$30 to become a Freebird member, which gives you access to the home listings. Like Airbnb, Freebird supports itself by charging fees to both guests and hosts.

But it's about more than just an Airbnb stay-over in a private home, Mangan said. As its website says, "We're not just about places, we're about people."

The club is designed to encourage interaction,

even friendships, between older travelers and their older hosts. It's "about empowering older people and giving them opportunities to be mobile and vibrant," Mangan said.

Freebird went online in April 2017 (freebirdclub.com), and already has more than 1,500 members in 38 countries, with more than 30 U.S. Freebird hosts as of December. "The idea has really resonated," Mangan said.

—Ted Pease

ASK THE DOCTOR

Eat Your Veggies

By Jennifer Heidmann, M.D.



New Year's resolutions have been around for thousands of years. The ancient Babylonians made them, as did the Romans in the time of Julius Caesar. There is a sense of a clean slate with the turn of the calendar year, as if anything is possible.

I am not sure if anyone has compiled data on the percentage of people who keep their resolutions and, if they do, for how long. Human nature bends toward the comfortable and the habitual, and many resolutions likely set the bar too high for success. Personally, I would like to resolve to run a sub-3-hour marathon in 2018, but unless I sprout wings immediately, this is not likely, even if I work my very hardest.

So what should we aim for to make the new year better?

It is up to each of us to know what is important for our own well-being, but I would like to offer a list of high-impact but achievable resolutions to promote better health in 2018.

1. Exercise at least 30 minutes a day, five to seven days a week. This can be divided up into chunks (10-15 minutes). If that sounds too hard, start with 10 minutes a day and work up. Any physical movement counts, but here are some ideas: walk, swim, do yoga, dance, vacuum, rake leaves, take an exercise class at a gym or the Humboldt Senior Resource Center, play tennis, ride an exercise bike, or stream an old Richard Simmons exercise video on line. If you have chronic health issues, consider asking for guidance

from your doctor or a physical therapist.

2. Drink less alcohol: one to two drinks per day, max. Less is better. Alcohol adversely affects weight, cognition, coordination and sleep.

3. Volunteer in your community. It is not only a nice thing to do for others, but has been shown to improve health and happiness in the volunteer.

4. Get outside. Sunshine helps raise one's vitamin D level, and being outdoors in a beautiful place helps calm the mind and lessen depression, improves sleep, lowers blood pressure, and may be associated with living longer.

5. Read books. Besides being a nice escape, a good novel can improve memory, reduce stress, and may increase empathy and understanding of those different from us.

6. Eat less meat. Meat is no longer an essential part of the human diet, and it is linked to higher rates of cancer, heart disease and obesity. Raising meat also adversely impacts our environment.

7. Be creative. Pick some activity (music, dance, theater, writing, visual arts) and commit to it three times a week. Learn an instrument. Join a drawing class. Or just put on some music and dance. Why? It turns out being creative is good medicine — it can reduce stress and lessen depression, improve memory, and though it is scientifically hard to improve, it adds joy to life.

8. Ditch the screen. Try for an

Continued on Page 19

Good Eyesight — Longer Life?

Anyone with less than 20-20 eyesight knows how poor vision can affect quality of life. For more than 20 million American over 40, cataracts are a problem.

“Experts say what’s clear is that resulting vision problems can have a significant impact on a person’s life,” from day-to-day household tasks to social activities reports U.S. News & World Report,

Now doctors say that cataract surgery not only improves eyesight significantly for older Americans, but also seems to decrease mortality, according to a study of 74,044 participants by the Women’s Health Initiative.

“Cataract surgery is done to improve people’s vision,” says UCLA ophthalmology professor Dr. Anne

Coleman, the study’s lead researcher. “So what is it about improving your vision that improves the quality of life, but also decreases your risk of dying?”

The study found cataract surgery associated with lower mortality from all causes, including “vascular, cancer-related, accidental, neurologic, pulmonary and infectious diseases.”

The link may simply be that people with better eyesight are more likely to exercise, get out of the house and socialize, have less risk of falling, and live more active lives generally.

Cataracts, or a gradual clouding of the eye’s lens, become more common with age. In most cases, cataracts are easily corrected with outpatient surgery. Consult your doctor.

—Ted Pease

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Mayhem on the Information Superhighway

By Bob Morse



The Federal Communications Commission voted 3-2 on Dec. 14 to rescind a regulation known as “net neutrality,” which established the concept that all data transferred over the internet should be treated equally.

Under the Obama-era rule, Internet Service Providers (ISPs) couldn't prioritize, block, slow down or charge different rates for different types of data.

FCC Chairman Ajit Pai (who used to be a lawyer for one of the largest ISPs, Verizon) believes those restrictions limit competition and hinder innovation and development. Pai and other Trump administration opponents of net neutrality believe this has resulted in higher costs and slower internet speeds than in other developed countries.

So, great. With the end of net neutrality, we'll all see our internet bills go down and our access speeds increase, right?

I'm doubtful. The technological, philosophical, legal and business issues surrounding the internet are extremely complex. But let's follow the logic: If net neutrality, which restricted ISPs from controlling data that passed through their pipes, was also hindering investment, how will allowing

ISPs to control that data make them more likely to invest and innovate? Because they can use that data to make more money. Where does that money come from? The data's consumers (you and me).

Verizon, AT&T and Comcast are not in the data-delivery business out of altruism, but for profit and to increase shareholder value.

Because there is almost no internet provider competition in most areas, they already have us by the short fibers. We've all become reliant on the internet, and if AT&T or Suddenlink decided to change how content is delivered, and if they decided to charge for “extra” services (like, say, Netflix), most of us would grudgingly pay it. In fact, they also could charge Netflix more for carrying their data, so Netflix would raise rates to help defray that cost. Consumers would pay more on both ends.

Netflix may seem like a trivial example. But let's imagine teleconferencing, especially in rural areas, between doctors and other health professionals and remote clients via live video feed. This service uses lots of data. Right now, once the equipment is set up, there is no additional charge. But ISPs could charge end-users more.

Technology is evolving at lightning speeds. We

don't know what magic online applications are coming, or how they will be used. But the people and businesses who are inventing those new technologies may become more tentative if their cost is subject to the whim of a few corporations.

These scenarios are not pure fantasy. Net neutrality was created as a blunt tool to prevent such abuses. Those that occurred prior to the regulation were isolated, and didn't get much notice, but they raised a specter of worse things to come. Rescinding net neutrality rules without some clear regulatory oversight is an even more blunt action whose repercussions could severely affect the most vulnerable, such as the poor, rural populations, and those on fixed incomes.

We won't really know the impact for a while pending the inevitable lawsuits and legislative wrangling. As they used to say in old media: “Stay tuned.”

—
Bob Morse is an occasional Senior News columnist, and owner of Morse Media, a Eureka web development company. He was one of the founders and a board member of the Redwood Technology Consortium.



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30 YEARS LATER . . . From Page 1



30 YEARS LATER — Andy Alm of Arcata holds the book including the photo taken of him at his computer at the Northcoast Environmental Center in 1987, recreating the pose at his home office in Arcata. Mark Larson photo.

reprise of the 1987 photo.

“It never occurred to me that anyone but my family would be interested in this picture,” Brown said.

Brown was one of more than 70 photographers who traveled around Humboldt County again on Oct. 20, looking for interesting photos of life around them.

We had high hopes that photographers would look at the book published with the 1987 photos, and re-photograph anyone still living. As it turned out, the first submitted photo I received was from Brown, which is very similar to Wollin’s 1987 photograph.

“I’m not really a photographer,” said Brown, who used a Galaxy S8 phone to take the picture. “My only background is taking a photography class in high school.

“But when I saw the photo from 1987 of my grandmother cutting hair, I set out to photograph her in a similar way, cutting Ellen Brown’s hair.”

Ellen Brown, the customer in the 2017

photo, is Marcella’s mother and hairdresser Herd’s daughter.

I also chose to recreate a photo from the 1987 project — former student Andy Alm, who had been photographed at his computer at the Northcoast Environmental Center by Humboldt State student Lynn Norton.

I re-staged Alm, who now works at his home office, holding the page from the 1988 book that included Norton’s portrait.

“The technologies have changed a lot in the past 30 years,” Alm said.

Photographers submitted 300 photos created during the 24 hours of Oct. 20, providing a “snapshot” of life in Humboldt County on that day. Twenty-eight were selected for a show at the F Street Foto Gallery (above Swanlund’s Camera at 527 F St. in Eureka), running through the end of January.

—
Mark Larson is a photographer and former chair of the HSU journalism program. Email him at marklarsonphoto@gmail.com.

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SONGS WE TELL EACH OTHER

BY MARGARET KELLERMANN

Slow Down and Smell the Coffee

A few years ago, needing to de-stress from modern inconveniences, I drove into Victorian Ferndale, hoping the 19th-century ambience would slow my jittery heart rate.

I parked a block from Main Street, in front of the old Catholic church. A woman exited the church, lifting a finger.

“Okay to park here?” I asked.

“Of course it is!” She pointed: “Look between those trucks. You’ll see three deer. They’re walking into town.”

I turned in time to see the last deer. “There was a mother,” she said. “Two children.”

Well, I had my walking orders: Keep an eye out for a family of deer, while going in and out of shops. I studied one storefront. It promised, in small gold lettering, carpentry and coffee together.

Aromas of just-ground coffee met me at the door. Maybe it had once been a general store. Bare wood floors were unpolished, except by a century of

*I saw caring’s beauty in action. There was a splendor there I needed to imbibe...
But such a force, mastery in service,
it tears you from your moorings...*

—Hafiz

boot and brooms. Sergio Mendes’ “Brasil 1966” played on a hi-fi. When the record ended, the needle lifted like a poised conductor.

The man behind the counter greeted me with a silence.

“Hello,” I said. “I’ll have a coffee.” Looking at the chalkboard menu, I saw there was one other choice to make: “Sumatra.”

He bowed his head and went to work. The quiet was like Sunday afternoons in Grandpa’s house, or a Quaker meeting.

“It’s a good day,” he said. “So blue.”

I nodded. “I once thought of serving coffee in my vintage furniture shop in Portland. So people would slow down.”

He rubbed his eyes thoughtfully. “This is how every café in Japan used to be, 40 years ago.” Meaning the ceremony of

making beverages, I supposed.

Beyond the glass wall was a carpentry shop with people working, talking in huddles. “What are they doing?” I asked.

“They’re learning how to make a Native American kayak.” He pointed to one kayak hanging from the rafters. It looked like an airship of fiberglass the color of tanned hide, an aboriginal fuselage.

“Is it always kayak-making?” I asked. “Or other things, as well?”

He handed me the cup. “Next week I’m teaching how to make a bamboo bicycle. So, a kayak and a bicycle: no matter where you are, you always have a way home.”

Margaret Kellermann’s visit to Mind’s Eye Manufactory & Coffee Lounge in Ferndale prompted an invitation to perform Celtic-inspired music there. Reach her at bluelakestudio.net/contact.

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Easing the End: Suggestions for Unlearning Fear of Dying

Fear of dying is so widespread and natural that it’s a fear we almost don’t have to list: It’s a given.

Ken Druck, author of “Courageous Aging,” says we learn to fear death as children, and it’s a hard lesson to unlearn. “But it’s worth the effort,” Druck says.

“Freeing up the space in our minds and hearts where fear has resided and replacing it with newfound peace, courage and understanding is one of the greatest gifts we can give ourselves,” he writes.

Conquering fear of death is a process,

Druck says. It may not be possible to eliminate fear of the unknown; the goal is to learn “to calm our hearts, deepen our faith, bolster our courage, surrender our need for control, give a voice to our fear and reimagine the greater possibilities.”

We cannot know what happens when we die, or where we were before birth. Humans have developed images of the afterlife — whether clouds and cherubim or some other belief system — to give them something concrete to hold onto. But “unknowingness is a natural part of

the human experience,” Druck observes, and worth embracing.

Attitudes toward death are developed over a lifetime, which means we’re all works-in-progress, Druck says.

“When we make strides in reconciling the fact that we’re here on lease, we can decide to live from gratitude and pay the good fortune, blessings, gifts and miracles we’ve been able to experience forward to our kids, grandkids and future generations.”

— Ted Pease

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IN 2018, LET'S EAT MORE CAKE . . . From Page 1



MOLLY — It's hard not to be hopeful when the new year includes a puppy, says JoAnn Schuch, whose 2018 projects include Molly, just adopted from Arcata's Companion Animal Foundation. John Olson photo.

director of the Area 1 Agency on Aging. "There is enough scientific evidence that these three things will help me age successfully, and watching the news probably won't."

Many found it hard to be hopeful.

Catherine Mace of Eureka, president of the Humboldt Historical Society, is deeply concerned about the country's direction. "I am most afraid of the threats to Social Security and Medicare."

Violinist and longtime Humboldt public servant Julie Fulkerson of Eureka, the 2017 Humboldt Woman of the Year, is not hopeful about 2018: "Hope that DT will be out of office . . . fear that he will not be," she emailed.

Change was a common theme.

"There's a long list of things that I can only pray for and not change myself, such as peace on earth and civility in politics," said Connie Stewart of the California Center for Rural Policy at Humboldt State University.

"The things I can actually help do that

matter are some big community things and some small personal things — to help raise the money for Humboldt State University and College of the Redwoods to start the RN-to-BSN [nursing] program . . . and to stop leaving clothes piled up in the corner of my bedroom."

Humboldt 4th District Supervisor Virginia Bass of Eureka hopes people will work together in 2018. "My desire is that people will learn again that even if we don't agree with one another, the world will be a better place when we can put our differences aside," she said. "That is the only way to make the world a better place."

Affordable Homeless Housing Alternatives member Edie Jessup of Samoa agreed. "I am looking forward to my fellow 'elders' leading locally to confront the health and security of our growing numbers," she said. "2018 is an opportunity to band together, and speak up about the status of Humboldt County seniors."

Some addressed the question more globally: Carol Wiebe of Westhaven wrote, "My deepest desire would be to see policies in place that would protect our planet, and hope that our children will be able to share that same sense of wonder and joy."

Eureka attorney Elan Firpo is upbeat. "Next year I'm going scuba diving in the Red Sea for a week and then touring Egypt," she said. "Looking forward to adventure!"

Kitchen designer and Redwood Coast Village Volunteer JoAnn Schuch has already started her 2018 adventure: "In the coming year, I hope to be a good teacher for my new puppy, Molly," an Australian heeler mix that she adopted from the Companion Animal Foundation. "I pray I can practice kindness, good humor and patience while setting definite goals.

"Nothing compares to how training a dog can help you clarify your value system," Schuch said.

It's a good strategy. But, as 6-year-old Katie might observe, don't forget the chocolate cake.

Ted Pease, Senior News editor, has nothing but good words for 2018.



AGING IS AN ART — BY JOHN HECKEL

On Being Male

This has been a difficult month for old white men.

Every day seems to document another perverse definition of what it means to be male. But gender is not something we *are*; it is something we *do*, and it seems that many of us have not been doing it very well for a very long time.

Finding a solid footing with masculinity becomes ever more difficult as we get older. Whether professor, bricklayer or carpenter, many of us have spent a lifetime defining being masculine with power and careers.

For me, at 71, that is no longer an option.

The men who have dominated the headlines for the last month have been men who have defined power as power *over*. Maybe one of the lessons of old age is that being a man is not about power *over*, but that our doing of masculinity needs to be guided and defined by power *from within*, which comes from gratitude, compassion, and an inner sense of security.

Let us look at retirement as an opportunity, an opportunity to redefine what it means to be a man, and then to model that behavior to a younger group of men.

This opportunity falls especially on those of us who have been granted economic security in our old age. We have been gifted. We are free to act based on love, compassion and gratitude.

The best way we have to show our gratitude is, first, to define ways of being a man, and then to act on that definition in ways that give back to the community that gifted us with that economic freedom.

Define for yourself how you *do* being a man, then give yourself the possibility of acting on it. If being a man seems based on power *over*, question it or reject it outright. If it comes from within, embrace it with

compassion.

Volunteer for Big Brothers or CASA, and, *do* being male by men-

toring young men. *Do* being male by volunteering with the Redwood Coast Village program, moving somebody's firewood or fixing someone's broken chair. *Do* being male by volunteering for the Long-Term Care Ombudsman Program, and advocate for seniors.

Given all that is happening around us, we do not need more men acting based on their power *over*. We read and hear about them every day. Our community needs to interact with men who act based on love and empathy, and who are willing to model that for younger men and women.

For me, at 71, that is my only option.

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

“Let us redefine what it means to be a man.”

Remember Typewriters?

A Journalist Looks Back

By Dave Rosso

I came to Eureka in 2003 to take on the job as city editor at the Times-Standard. But the journalism bug began 40 years earlier.

In 1963, I arrived in Germany on my 20th birthday, and spent the next eight months working in restaurants and factories and writing about my experiences for the San Rafael Independent Journal. It was my first newspaper experience.

With each story, I sat at a typewriter, wrote my article. I took it out of the typewriter and made changes with a pencil, put the article in an envelope and mailed it to the IJ.

Then President John F. Kennedy was assassinated. I interviewed Germans to get their reaction and typed up my story. Then I realized it would be very old news by the time my editor in San Rafael received it by mail. So I sent it to San Rafael High School, where I had graduated in 1961. It was printed in the school's paper.

Six years later, after four years in the Air Force, I was hired by United Press International in Washington, D.C.

Stories were still composed on typewriters. I started as a dictationist. Reporters would phone in their stories, and dictationists would type them up. Editors then would grab the paper out of the typewriters and mark up changes with pencils.

Then the copy would be given to a teletype operator, who would type keys that punched holes in thin yellow tape. The tape was fed into equipment that would relay the stories to our clients by wire on large, very noisy printers.

I eventually got off the dictation desk and became a general reporter covering stories on Capitol Hill, at the White House and Cabinet offices, and at anti-war demonstrations on the streets. I was also an editor for the UPI's local D.C. desk.

When famed White House reporter Helen Thomas called in to dictate her stories, she always included punctuation. She would say, "... he said (period) New sentence." Once she wanted to be sure I added an apostrophe in the right spot in a story about David Eisenhower and his grandmother, Mamie. Helen said, "David's (possessive) grandmother" And I typed, "David's possessive grandmother"

My eagle-eyed editor caught it before it could go out on the UPI wire.

One Sunday in 1972, the Washington editor asked me to follow up on a story that had been in the Washington Post that day.

I called the D.C. Police Department and got the names of five men who had been arrested for breaking into the national headquarters of the Democratic National Committee in the Watergate Hotel complex.

I wrote UPI's first story about the event that eventually led to the resignation of President Richard Nixon.

I no longer own a typewriter, but I do use the computer keyboard. Taking notes by hand? Not with this arthritis.

Dave Rosso, 74, of Eureka is a retired wire service and newspaper journalist who no longer owns a typewriter, but still types many things.

In-Home Supportive Services: Care and Connection

By Margaret Lewis, Peggy Hobbs and Keri Schrock

In-Home Supportive Services (IHSS) is a critical service for people who are over 65, blind or disabled. It is a Medi-Cal program funded by federal, state and county dollars with the goal of allowing recipients to live safely in their own homes, and avoid the need for costly and sometimes isolating out-of-home care.

Caregivers typically assist with dressing, bathing, feeding, toileting, cooking, cleaning, shopping, laundry and transportation to and from medical appointments.

IHSS care recipients are responsible for hiring their own care providers, and there is a Care Provider Registry to assist. In the past year, the registry has increased by 101 percent, bringing the number of registered IHSS caregivers in Humboldt County to 209.

Margaret Lewis, vice chair of the IHSS Advisory Board, is a recently retired care provider who worked with

approximately 30 clients over the past several decades. The Advisory Board is a good source of support, she said, and serves as a venue to help providers feel empowered, interface with staff, and be able to voice problems and resolve issues.

Lewis has this advice for care providers and people considering becoming providers: Support recipients in making their own decisions as much as possible. Care providers may make recommendations or suggestions, but should let clients make their own choices about their lives, she said.

Care recipients typically have little control over their own lives, so allowing them to choose what to eat, how to spend their money and what to watch on TV is important. Support, help, and listen, but don't try to change them.

Additionally, caregivers should be clear, open, and honest with their clients: if the client asks you to do dishes, and

you want to scrub the toilet, do the dishes. The recipient is the employer and the boss.

It's also important to get to know the recipients for who they are. What's in their background that you can really admire? Let them know how important their achievements are. And have fun.

Lewis recalls driving a client to an appointment, and the client asked her if she knew any songs, so Lewis spent the trip singing show tunes.

Good humor, joking around and bringing some fun into people's lives is an invaluable gift, Lewis said. It's what caregiving is all about.

To learn more about IHSS, call 707-476-2100.

Margaret Lewis is vice chair of the IHSS Advisory Board; **Peggy Hobbs** is social worker supervisor at the Humboldt County Department of Health & Human Services (DHHS), and **Keri Schrock** is a DHHS program manager.

Coaching For Life

Certified life coach Wendy Pickett will offer a free "Rediscover Your Passions" workshop at Humboldt Senior Resource Center on Thursday, Jan. 11, from 12:30-1:30 p.m.

Pickett, a writer and artist, helps guide others to use their unique talents and rediscover their dreams to create attainable goals.

"You are worthy of your dreams, and they are much more attainable than you may have imagined," Pickett says. "Would you like to try? I dare you."

Space is limited. For more information or to reserve a spot please contact Tasha Romo at 443-9747, x 1228.

Multipurpose Senior Services Program -MSSP

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

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Humboldt Senior Resource Center in Eureka

1910 California Street • www.humsenior.org
Lunch: Tuesday-Friday at 11:30 a.m.-12:15 p.m.

For more information call the Activities Desk at 443-9747 x1240

The Senior Center is closed for January 1, 2018 & January 15, 2018.

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

Every Monday
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/SAIL by Beth & Lois
2:30-4 Memoir Writing Class

CLOSED Jan. 1 & Jan. 15, 2018

Every Tuesday
10-11 Harry's Bingo (not Jan. 2)
11:30-12:15 Lunch - Menu page 15
12:30-1:30 Bunco (not Jan. 2)
12:15-2:15 Pinochle
2:10-3:10 FABS/S.A.I.L. by Beth & Lois
Jan. 2 & 16 1:30-3:30 Ukulele Play 'n Sing
Jan. 11 12:30-1:30 Rediscover Your Passions Workshop, see page 11
Jan. 2 10:30-11:30 Dine & Dance w/Ray, Dave & Lois
Jan. 23 6-9 Stamp Club

Every Wednesday
11:30-12:15 Lunch - Menu page 15
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. by Beth & Lois
Jan. 3 & 17 1-2 Caregiver Support Group

Alzheimer's Library, 1901 California St., Bldg. B, 2nd Floor, Eureka
Jan. 10 11:30-12:15 Emblem Club serves lunch
Jan. 17 9:30-11:30 Foster Grandparents Program
Jan. 17 10-11:30 Commodities distribution
Jan. 24 8:30-11:30 Medication Interaction & Consultation

Every Thursday
10-11 Grocery Bingo: Bring 1 grocery item
10-11:30 Intermediate French class
11:30-12:15 Lunch - Menu page 15
1:15-2 S.A.I.L. w/ Muriel
2:10-3:10 FABS/S.A.I.L. by Beth & Lois
Genealogy group
Jan. 4 & 18 10-12 Covered CA/Medi-CAL assistance drop-in clinic
Jan. 18 12:30-1:30 Medication Interaction & Consultation
Jan. 25 8:30-11:30

Every Friday
9-10 Falun Dafa
10-11 Beginning Tai Chi Movements
11-12 Beginning Yoga
11:30-12:15 Lunch - Menu page 15
1-4 Bridge Games
Jan. 5, 19 1:30-2:30 Conscious Living Book Club
Jan. 26 11:30-12:15 Birthday Celebration

Saturday
Jan. 6 Noon Sassy Seniors-Oriental Buffet Arcata
Jan. 20 Noon Nooners-Applebees

HSRC participant Tokiko Madison shares her keyboard talents with the lunch crowd at the Eureka Dining Center. Ted Pease photo.



Fortuna Dining Center

HSRC at Mountain View Village • 2130 Smith Lane • Call Launa at 725-6245.

Lunch: Tuesday-Friday at noon - Menu page 15

Tuesdays
12:00 Lunch

Wednesdays
10:30 Music w/Bill Corena & friends
12:00 Lunch
5-8 BINGO

Thursdays
12:00 Lunch
Jan. 4 & 18 12-1:30 Caregiver Support Group
United Methodist Church
Fireplace Room
922 N Street, Fortuna

For info call 443-9747

Fridays
12:00 Lunch
Jan. 26 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

This senior center is closed until Jan. 2.

Every Monday
8:30-9:30 Tai Chi
10:30 Walking Group at Hiller Park
12-3:30 Computers* (*call for availability)
1-4 Party Bridge
Jan. 15 CLOSED for MLK Day
Jan. 29 11-12 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
Jan. 17 5:30-7:30 Spaghetti Feed, Hewitt Room, Azalea Hall

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
Jan. 3 10-11 Genealogy
Jan. 17 10:30-11:30 Executive Board Meeting
Jan. 31 12-1 Monthly Luncheon: Basket Chicken, Potato Au-Gratin, Salad, Desert (Sign up by 1/26) \$5 Heart Healthy Club

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
Jan. 4 11-11:30 Potato Soup & 1/2 Sand, \$3
Jan. 11 11-11:30 Taco Soup & Cornbread, \$3
Jan. 18 11-11:30 Chili Mac & Salad \$3
Jan. 25 11-11:30 Pea Soup & 1/2 Sand. \$3

Every Friday
8:30-9:30 Tai Chi
10:30 Walking Group at Hiller Park
1-4 Pinochle
Jan. 5 10-11 Sweet Spot
Jan. 26 10-11 Full Board Meeting (Open)

Arcata Community Center

An HSRC Dining Center

321 Dr. Martin Luther King Jr. Parkway

Lunch: Tuesday-Friday at 11:30 a.m.

Call Vanessa at 825-2027

Mondays
Jan. 8 & 22 11-12 Silver Quills Writing Group
Jan. 1 CLOSED for New Year's Day
Jan. 15 CLOSED FOR M. L. King Jr. Day

Every Tuesday
9-11 Katie's Kraffers
10-11 Senior Pool Hour-HealthSport \$5 fee (prior registration required)
Bread distribution
11 Bead Jewelry Class
12:30-2 Blood pressure check
Jan. 2 10-11 Caregiver Support Group
Jan. 2 & 16 10-11 Mad River Community Hosp. Minkler Education Room 3800 Janes Road, Arcata For info call 443-9747

Jan. 30 2 Arcata Slow Walk-Arcata Marsh Walking Group w/Chris
On hold until Spring

Every Wednesday
10-11 Chi Gong-RSVP 443-8347
11 Bread distribution
10-11 Tai Chi for Arthritis Advanced
10-11 Karaoke
11:30-12:30 Tai Chi for Arthritis Beginning
Jan. 3 11-11:30 Boomer Troupe Musical Group
Jan. 10 10:30-11:30 Chuck Clarke & the Old Gold Band

Every Thursday
9-10 Tai Chi w/Tim (\$3 donation)
9-11 Katie's Kraffers
10-11:15 Chair massage w/Pete (donations accepted)
10-11 Senior Pool Hour-HealthSport \$5 fee (prior registration required)
Learn Tech with Brett
12:15-1:15 PJ's Live Music
Jan. 4 10:30-11:30 Cal Fresh Sign-up assistance
Jan. 11 11-12:15 Swing 'n' Sway Trio
Jan. 18 10:30-11 Commodities Distribution

Every Friday
10-11:30 Ping Pong with Pete
Jan. 12 10-11:30 Site Advisory Council
Jan. 19 10:30-11:15 Sing-a-Long with Half Notes
Jan. 26 1-12:15 Birthday Celebration Lunch

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—Rainer Maria Rilke (1875-1926), Austrian poet.



Humboldt Senior Resource Center

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VOLUNTEER SPOTLIGHT

Georgia Smites of Eureka has volunteered at the HSRC's Eureka Dining Center for six years.

Q: What do you do as a volunteer?

A: I work as a greeter in the lobby, and man the reservation desk in the dining room. I am on the site advisory committee, and help out with everything I can, including the summer lunch program (SAK), White Bag packing and firewood sales.

Q: What's the highlight of your volunteer work?

A: I enjoy greeting people both in the dining room and lobby. It is nice in the dining room, because you get to know

people a little better, but I just like to help people. The people I work with are wonderful, and the staff kind of like having me around.

Tasha Romo, HSRC's nutrition and activities manager, is Georgia's supervisor. "Georgia is a true pleasure to be around," Romo said. "She is knowledgeable, friendly, and always willing to step up and help. She is a true advocate for our program and does everything she can to support HSRC, the participants and staff.

"She is known for her participation in all things fun," Romo added. "She will dress up for every holiday, brings treats, and make crafts. She takes on every task I ask of her and does it all with a smile. Georgia is a true gem."



More than 100 HSRC volunteers gather for a luncheon in their honor. Ted Pease photo.



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VOLUNTEER:

Calvin Martin, 65, of Arcata started volunteering in the Arcata Dining Center in June.

Q: What do you do as a volunteer?

A: I do a number of things, but basically I specialize in table maintenance, keeping them clean and organized and disinfected.

Q: What's the highlight of your volunteer work?

A: I love doing it. I can't always give financially, so I like to give back in the ways I can. Since I love doing this, it is great. I'm just so happy to be here.

Calvin's supervisor is two thumbs up on Calvin: "Calvin is always willing to lend a helping hand," says Vanessa Kuersten, the Arcata Dining Center coordinator. "He comes in ready to serve in any way that he can. He gets to work right away and loves to serve his companions by removing their dishes or making their day go just a little smoother whenever he can.

"Cal is my go-to guy when I need help at the dining center because his attitude and graciousness are always so welcome," Kuersten said.



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January 2018

 Humboldt Senior Resource Center
Nutrition & Activities Program

Dining Menu

FIRST WEEK

- Jan. 1 **Closed for New Year's Day**
- Jan. 2 Hot Turkey Sandwich
- Jan. 3 Greek Chicken & Orzo
- Jan. 4 Butternut Squash Ravioli
- Jan. 5 Lemon Herb Fish

SECOND WEEK

- Jan. 8 *Dining Centers closed*
- Jan. 9 Shrimp Gumbo
- Jan. 10 Tamale Pie
- Jan. 11 Caprese Chicken
- Jan. 12 Taco Salad

THIRD WEEK

- Jan. 15 **Closed for MLK, Jr. Day**
- Jan. 16 Beef Ravioli
- Jan. 17 Chicken Curry
- Jan. 18 Soft Taco
- Jan. 19 Baked Citrus Salmon-**B-day Cake**

FOURTH WEEK

- Jan. 22 *Dining Centers closed*
- Jan. 23 Swedish Meatballs
- Jan. 24 Chicken Cacciatore
- Jan. 25 Cheese Manicotti/Tomato Cream Sauce
- Jan. 26 Chinese Chicken Salad

FIFTH WEEK

- Jan. 29 *Dining Centers closed*
- Jan. 30 Loaded Baked Potato Soup
- Jan. 31 BBQ Chicken

People 60+ are invited
\$3.50 suggested donation

For those under 60 there is a fee.

No one 60+ will be turned away for lack of funds.

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LIVE VIGOROUSLY

BY JOAN RAINWATER-GISH

Get Stronger in 2018

The Webster dictionary defines “vigorous” as having strength and energy. This column will highlight local individuals who live vigorously. All of them will be over 60, and most in their 70s, 80s and some in their 90s.

I am passionate about this subject because I believe the choices we make as we age can make a huge difference in how we age. I have learned this on my own path to aging, and also from teaching senior exercise classes.

I find many seniors who are physically able won’t challenge themselves to do more — like lifting more weights or increasing their aerobic activities — because of fear of hurting themselves. So, staying in their “safe zone” is the choice they make.

But staying in a safe zone does not challenge the body or the spirit. In fact, humans start losing muscle mass shortly after turning 30. After age 30, we lose approximately 1 percent to 2 percent of muscle per year, according to a 2014 research study, so by the time we are seniors, we may have lost between 20 percent to 40 percent of our strength.

Losing muscles as we age is called sarcopenia, and results in losing strength, balance and stamina, which can curtail many everyday activities, like shopping, traveling, playing with grandkids or engaging in sports.

But it doesn’t have to be that way.

I’m not talking about taking risks; I am suggesting progressive steps. Before taking on challenges to reduce this muscle loss, first get your body ready. If you haven’t exercised for a while, check with your doctor to make sure it’s OK for you to do. Then do the following:

1. Start by walking to build up endurance. Aim for 30 minutes a day. Besides strengthening legs, the benefits include improving balance and blood pressure, building bone mass, and reducing sickness such as colds, Alzheimer’s, and colon cancer — all while improving your mood (see everybodywalk.org).

2. Then start lifting weights two or three times a week. An excellent free book on how to do this is “Go for Life: Exercise & Physical Activity,” from the National Institute on Aging (see nia.org).

The more you challenge yourself, the more physically fit you will become. My hope is that if I can show you what seniors your age are capable of physically accomplishing, you might make the choice not to stay in your “safe zone,” but to go out and live vigorously.

Let’s make this our motto for 2018!

Joan Rainwater-Gish, 75, of Eureka is a certified personal trainer and group fitness instructor who leads senior exercise classes, including S.A.I.L. Her new column will appear monthly.

Planning for Emergencies

By Carol McFarland

No one PLANS for an emergency, but part of wisdom is knowing how and when to react to hazards or illness, where to get help, and understanding the costs.

Sudden fires are “a fairly common occurrence with seniors,” says Arcata Fire Chief Justin McDonald. In fact, older adults (65+) are twice as likely to perish in fires as the general population, according to the Federal Emergency Management Agency (FEMA).

Worried about whether a flaming pan, a kitten on the roof, or slipping in the tub constitutes an “emergency”? “Err on the side of caution,” McDonald advises. In the case of fire, “Get out first and then call 911.” A fire can “grow exponentially” every minute, he said, so make that call right away and let the dispatcher decide how to help.

When a 911 call comes in, the caller’s location is pinpointed electronically, and the dispatcher determines if it’s a life-threatening situation, or if medical assistance is needed. Before you hang up, help is on the way.

Non-emergency calls should go directly to fire departments.

Arcata: 825-2000
Eureka: 441-4000
Fortuna: 725-5021

Many seniors have emergency numbers programmed into their mobile phones, or belong to a safety buddy system with friends, or may sign up for the Humboldt Senior Resource Center’s “Are You OK?” service for seniors who live alone (call the HSRC Activities office at 443-9747, x 1240.)

—
Carol McFarland, 77, of Arcata is a retired journalist and Senior News Advisory Board member.

Supervisors OK More Single-story Homes

The Humboldt County Board of Supervisors recently adopted an ordinance to allow construction of more one-story, senior-friendly homes.

County Planning Director John Ford said the measure OK’s single-family homes built on a larger “footprint” than previously permitted, as long as they are on one floor.

Single-story homes are attractive to an aging population with mobility challenges. Increasing the permitted size of the home’s footprint from 35 percent of a building lot’s area to 50 percent makes larger one-story homes possible on small lots.

Builders say the change might mean more affordable housing. Blue Lake homebuilder Kent Sawatsky said savings might amount to “maybe a 20 to 25 percent bump in terms of affordable housing I can provide.”

The areas most likely affected by the change will be neighborhoods in McKinleyville and in much of Eureka and Cullen.

Supervisor Virginia Bass observed that it’s not only seniors who are attracted to single-story homes. “I don’t quite fit that demographic yet,” she said, “but my knees do.”

—Ted Pease



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January Community Calendar

King Tides Start the Year

Join Friends of the Arcata Marsh in the California Coastal Commission's statewide King Tides Event on Monday, Jan. 1. The new year starts with extra high tides, and FOAM Board members Elliott Dabill and David Couch, and photographer Paul Johnson will lead a special walk to observe and photograph the shoreline. Meet on the porch of the Interpretive Center at 10:30 a.m.. For more information, call (707) 826-2359.

Lanphere Dunes

Start the year off right with a New Year's Walk through the beautiful Lanphere Dunes, a protected area of the Humboldt Bay National Wildlife Refuge, on Saturday, Jan. 6, from 10 a.m. to 1 p.m. Meet naturalist Barbara Reisman at Pacific Union School, 3001 Janes Road in Arcata, to carpool to the site. Space is limited, so please call 444-1397 or email info@friendsofthedunes.org for reservations.

Early-bird Music Tickets

Early-bird tickets for the 28th annual Redwood Coast Music Festival in April are now on sale for \$15 off the full event through the end of February. The festival, April 5-8, features returning favorite bands as well as new talent and local youth bands. Tickets available at all Coast Central Credit Union branches, the North Coast Co-op or online at rcmfest.org.

Redwood Acres Flea Market

Eureka's largest monthly indoor flea market, with more than 140 tables of collectibles, antiques, toys, jewelry, clothing and treasures opens its doors on Sunday, Jan. 14. Early birds get in for \$1 at 8 a.m., others from 9 a.m.-3 p.m. for \$2. Redwood Acres Fairgrounds, 3750 Harris Street, Eureka.

Zoo Conservation Grants

The Sequoia Park Zoo Conservation Advisory Committee is accepting proposals for the seventh annual Conservation Grant Awards Program. Funding for up to \$1,500 is available for projects with a clear direct impact on wildlife or habitat conservation, including research, educational programs and habitat management. Proposals are due Jan. 31. For details, see sequoiaparkzoo.net/conservation/field-conservation.

Steelhead Days 2018

Humboldt Steelhead Days 2018 runs from Saturday, Jan. 13, to Saturday, Feb. 17, with prizes for the three biggest hatchery steelhead landed on either the Mad River or the Trinity. In addition, filmmaker Shane Anderson, director of storytelling for Pacific Rivers, will show his documentary film, "A River's Last Chance: A Story of Salmon, Timber, Weed and Wine along California's Mighty Eel River," at the Eureka Theater Jan. 18, and at Lost Coast Brewing on Feb. 10. Info and registration at humboldtsteelheaddays.com.

Arcata Marsh Tours

Join Friends of the Arcata Marsh every Saturday afternoon in January (Jan. 6, 13, 20 & 27) for free 90-minute walking tours of the marsh and wildlife sanctuary, led by guides knowledgeable in the area's ecology, birds and wildlife, and history. Meet at 2 p.m. at the Interpretive Center on South G Street. A slower-paced tour on level ground is set for Tuesday, Jan. 30, at 2 p.m., starting from the first parking lot on I Street south of Samoa Boulevard. For information, call 826-2359.

"Every moment is a fresh beginning."

—T.S. Eliot (1888-1965), *British poet.*

North Coast Co-op Events

January 3 • Wellness Wednesday

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

January 2, 9, 16, 23, 30 • Senior Day

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

January 4 • Board of Directors Meeting

Monthly Board Meeting. Member-owners are welcome to attend! Located at Ten Pin Building, 793 K Street, Arcata at 6pm.



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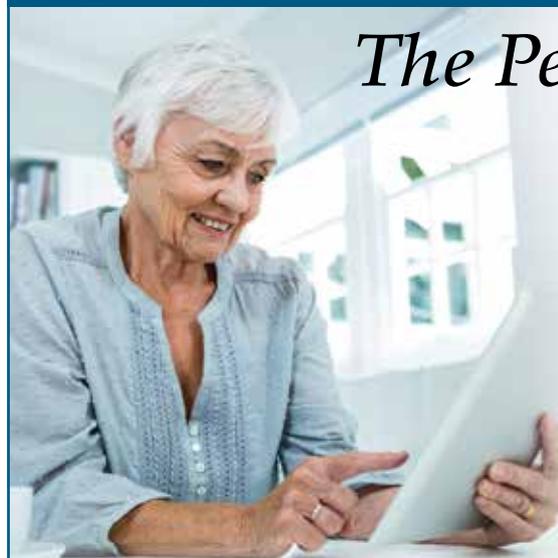
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ASK THE DOCTOR . . . From Page 5

hour less time each day watching TV, in front of the computer, on the cell phone or the iPad. Also opt for real books instead of electronic ones, especially around bedtime, as screen time can worsen insomnia.

Another health benefit of less screen time, particularly on the cell phone, is walking around and actually seeing things and people instead of constantly looking down at the phone in one's hand. Natural beauty is right there to see, if only you look up.

The new year is a chance to start some new habits. In fact, each moment of each day offers a new

chance to embrace health. Which brings me to my last recommendations for well-being: Take it one day at a time. And always eat your vegetables.

Dr. Jennifer Heidmann, a regular *Senior News* columnist, 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.

AARP Sues Nursing Home Over Elder Evictions

An 82-year-old Sacramento woman and her 93-year-old husband are suing their nursing home to let them live together.

Gloria and Bill Single had both lived happily at Sacramento's Pioneer House until March, when the care facility sent Gloria to the hospital for a psychological evaluation, and then refused to let her back in.

The Pioneer House staff said Gloria, who has dementia, heart disease and other ailments, became unruly, and sent her by ambulance to Sutter Medical Center for evaluation without consulting her family.

The hospital tried to send her back later the same day, but the nursing home wouldn't accept her, saying the facility couldn't care for someone with her needs. After a May hearing, the California Department of Health Care Services sided with Single, and ordered Pioneer House to give her its first empty bed.

After three months in the hospital while the nursing home refused to take her back, Gloria had no activity, stopped talking and lost her ability to walk because she was confined to a bed.

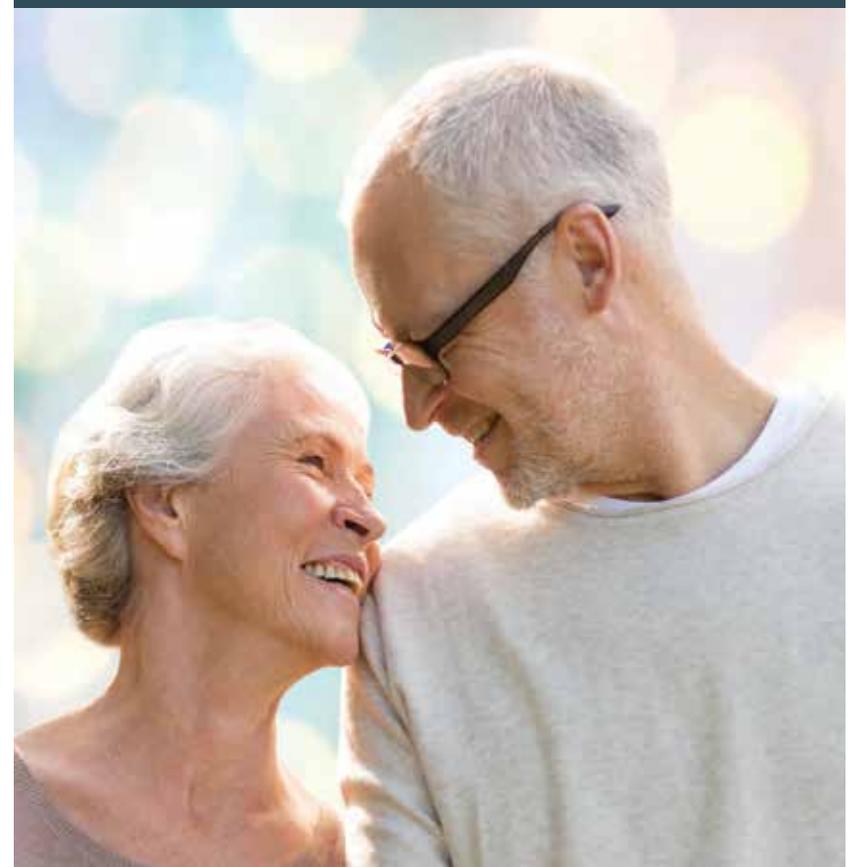
Nationwide, reports National Public Radio, "eviction is the leading complaint about nursing homes. In California last year, more than 1,500 nursing home residents complained that they had been discharged involuntarily."

AARP has brought the lawsuit against Pioneer House on the Singles' behalf. "The problem of patient dumping is one of the most troubling complaints of nursing home residents throughout the country," said AARP's chief attorney, William Alvarado Rivera. "This is basically a form of abuse by nursing homes that dump these patients, especially Medicaid patients, to fill their beds with 'better' residents."

—Ted Pease

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Alienating Your Children

“It’s a silent epidemic,” says psychologist Joshua Coleman. A growing number of elder parents feel alienated from their adult children — not enough time or attention, not enough communications, not feeling like their adult kids need them.

Why aren’t we closer to our adult children? Parents of adult children increasingly say they don’t connect as much as the parents would like. The kids don’t call very often, or even return your phone call. They won’t make plans to get together, even though they have plenty of time for friends.

Coleman, senior fellow at the Council on Contemporary Families makes a study of these issues in his book, “When Parents Hurt: Compassionate Strategies When You and Your Grow Children Don’t Get Along.”

He says elderly parents are now reaping the results of raising their kids in the 1960s to be “the axis around which the family turned.” Taught to be independent individuals who question authority, they became self-sufficient adults who may not feel duty to the parents who raised them.”

“Parents whose entire being exists for their children often have unrealistic expectations of their adult children,” Coleman said, and that can hurt.

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“Hope smiles from the threshold of the year to come,
whispering, ‘It will be happier.’”

—Alfred Lord Tennyson (1809-1892), *British Victorian poet laureate.*

A Troubled Bridge over Local Waters

By Jerry Rohde

Most of you who have driven Highway 101 north of the Mad River will have seen the striking, Erector-Set-like bridge off to the west. Known as the Hammond Bridge, it is the southern starting point for the Hammond Trail, a scenic, ambling route that can take you all the way to Moonstone Beach (and soon beyond).

There's been a bridge there since 1905, but it wasn't always the one you see today. The original bridge was built for the Humboldt Northern Railway, with wooden sides and roof. The Humboldt Northern was intended to access the great tracts of timber on Redwood Creek and Prairie Creek, but it came up far short of its ambitious goal.

That didn't stop it from being a valuable asset, however, since for years the Humboldt Northern carried redwood logs and lumber from the Fieldbrook and Little River areas south to Samoa. From there, the logs were floated across the bay to the Dolbeer & Carson mill and the lumber was shipped

on schooners for sale out of the area.

By the 1930s, the Hammond Lumber Company had taken over the railroad, and in 1941 the covered bridge was replaced. The transformation was not a simple process. Hammond didn't want to start from scratch, so the company recycled two bridges that had been used elsewhere. From the timberlands west of Portland came a steel truss bridge, while a steel girder bridge was transported from the foothills of the Sierras. They would be laid end-to-end to span the Mad River.

The smaller steel girder bridge was pretty easy to put in place, but its steel truss companion was a different proposition. When it was disassembled in Oregon, someone thoughtfully marked each piece to aid in its reassembly — a big “L” for every piece that went on one side of the bridge and a large “R” for the pieces that went on the other. The three-man crew at the Mad River site was left to determine how each piece connected.

They figured out the jigsaw puzzle, but encountered an additional, unexpected problem — an earthquake that sent shockwaves rippling down the Mad and nearly dropped two terrified crew members into the river.

Everyone, including the bridge, survived the ordeal. The “new” Hammond bridge was completed, and served for more than 20 years before the rail line shut down.

Nowadays Humboldt County is saving its pennies to replace the rusting 1941 structure. But you can still drive out Mad River Beach Road and stroll up the inviting ramp that takes you over the river on the county's only publicly accessible railroad bridge.

—

Jerry Rohde of Eureka is a retired HSU history professor and who teaches and lectures regularly on Humboldt history.



THE HAMMOND BRIDGE — The Hammond Lumber Company's railroad bridge over the Mad River is a bit of a Frankenstein, assembled in 1941 by linking two different bridges. At left, the Georgeson family poses in front of the original wooden trestle over the Mad River in about 1906. Hammond's rail line shut down in the 1960s, but the clunky bridge continues to carry trail hikers, dog walkers, bicyclists and wanderers across the river as part of the Hammond Trail. Photo at left courtesy of Jerry Rohde. Photo at right by Ted Pease.

Letters to the Editor

Prescription Labeling

To the Editor:

I read the November issue of Senior News [“Honoring Their Service”] and found it to be a wealth of wonderful articles. I especially liked “Going to the Doctor? Speak Up!”

I have a concern about prescription labeling. I am 74 years old and deaf. I take 14 different medications for high blood pressure, high cholesterol, depression, asthma, neuropathy, bone loss, and many other ailments. Since I am Native American, I go to United Indian Health Services. I am fearful that I may begin to suffer from dementia, since my mother, grandmother and great-grandmother died from causes related to Alzheimer’s.

I have repeatedly asked for my prescription labels to indicate not only the medicine, but also to state the purpose of the meds, i.e., blood pressure, cholesterol, etc. But I have not received any results.

On one occasion, I actually took an overdose of medication. If each prescription indicated what its purpose was, I would not have made this mistake.

How many other people have had this problem?

Judith Little, Eureka

Enough Wood Smoke

To the Editor:

This letter is in response to the (overly) fact-filled letter about the dangers of burning wood [Golla, “Harm from Woodstove Smoke Not Trivial,” November 2017].

I would like to remind readers that humans have been burning wood since the beginning of our existence, and the human race has managed to reproduce and thrive all along the way.

Furthermore, there are probably studies out there that suggest it’s healthier to stack wood and haul it into the house every day than to sit in front of a computer researching arcane statistics.

Susan Dodd, Eureka

PS: I don’t cut wood as I’m 73, but I do stack it and bring it in every day.



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To qualify for RCAA’s Senior and Homebound/Disabled List for the 2018 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	\$2,097.98
2	\$2,743.52
3	\$3,389.05

You may call beginning January 1st through April 30, 2018 to be placed on the list. Please call 707-444-3831, extension 201 or 206 to speak to an RCAA’s Energy Specialist to be put on the list.

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). E-mail tpase@humsenior.org or mail to Senior News, 1910 California St., Eureka CA 95501.

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