



When Humboldt Goes to the Movies

North Coast Moviemaking

By Ted Pease

Chances are that no one alive has ever seen the first movie made in Humboldt County, and, sadly, no one ever will.

That's because there are no surviving prints of the gripping "A Lass of the Lumberlands," a 1916 silent film starring Helen Holmes, "who specialized in damsel-in-distress movies involving trains," as the Arcata Eye reported in 2013.

But plenty of other North Coast-made movies, TV shows, commercials and music videos shot here over the last 102 years are still in circulation.

The Humboldt-Del Norte Film Commission website lists 58 feature films shot here since 1916, 84 TV shows and more than 170 commercials.

Four brand new films were shot here:

- "A Wrinkle in Time," with a cast led by Oprah Winfrey and Reese Witherspoon, was shot in New Zealand and Eureka's Sequoia Park. It opens March 9.

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Director Frank Darabont frames a shot in the fictional town of Lawson during filming of "The Majestic" in Ferndale in 2001. Photo courtesy of the Clarke Historical Museum.

Ferndale — Welcoming Hollywood Since 1948

By Caroline Titus

When Food Network star Guy Fieri and his production company rolled into Ferndale in November 2013 to shoot "Guy's Hometown Tour" for his popular show, "Diners, Drive-Ins and

Dives," Ferndalers didn't bat an eye.

The Cream City is used to hearing, "Lights! Camera! Action!" after being the locale for TV shows, commercials and major movies dating back to 1948.

When three-time Oscar-nominated director Frank Darabont ("The Shawshank Redemption," "The Green Mile," "The Mist") crossed the bridge

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SINCE 1981

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JOYCE HAYES, PUBLISHER

TED PEASE, EDITOR
707-443-9747, ext. 1226
tpease@humsenior.org

ELIZABETH WHITLEY,
ADVERTISING COORDINATOR
707-443-9747, ext. 1227
ewhitley@humsenior.org

HSRC Board: Jim Davis, president, Jim Aste, Kathryn Dunning, Elan Firpo, Willard Foote, Jack Irvine, Nancy Dye Leer, Richard Hanger, Susan Hansen, Sue MacConnie, Nanette Medin, Robin Smith.

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Tedtalks: Pass the Popcorn

By Ted Pease

My first movie experiences were Saturday morning matinees for kids, 25¢ at the Playhouse in Andover, Massachusetts. I don't remember a lot of the movies we saw — Westerns and newsreels and cartoons. Mostly, walking downtown with the Drake brothers to the movie theater involved complex games and ferocious snowball fights, so we seldom got to our seats on time, sometimes not at all.

The first time I remember noticing the movies as a social or cultural phenomenon was when the Saturday matinee was the Beatles' "Help!" (1965). I was 10, so the Beatles didn't really mean a lot to me, but they sure did to all the screaming girls around us. It was a little frightening, really.

By then, movies and TV were defining American life, as well as how the rest of the world perceived America. There is no denying the power and magic of the moving picture, nor its force as an economic engine: total global box office revenue in 2018 is expected to hit \$44 billion.

This issue of Senior News celebrates Hollywood's impact on the North Coast, drawing on the expertise and experiences of Humboldters who have found themselves caught up with (or on) the silver screen. This isn't Hollywood, of course, but it's not far from the sound stages of Warner Bros. to Redwood Coast locations, where about 30 productions are shot every year.

Most of those are commercials, many for automobiles — Jeep, Porsche, BMW, Chevy,

VW — and who could forget the hapless TV crew that left a brand new Dodge Ram pickup in the rising tide on Moonstone Beach in 2013? But TV series and specials also come to use the coast and redwoods as a backdrop.

Then there were giant hits such as "E.T., the Extra Terrestrial" (1982), "Return of the Jedi" (1983) and "The Lost World: Jurassic Park" (1997) (to say nothing of constant fascination with Bigfoot).

In this issue, veteran KIEM-TV newsman Dave Silverbrand describes his movie debut in "Outbreak" in Ferndale in 1994. It's still exciting, he says.

Not everyone is dazzled when Hollywood comes to town, as Caroline Titus of the Ferndale Enterprise recounts, but even those who turn up to stand around for hours as unpaid extras are excited about the experience, as three-time movie extra Gail Slaughter of McKinleyville describes.

Our other contributors discuss the role of film in their lives — from Arcata filmmaker Suzanne Simpson, to Jan Ostrom's tips on movies with the grandkids, to Hollywood veteran Betsy Goodspeed, who learned a secret about Jimmy Durante when she was just 8.

There's just something special about the movies, and something even more wonderful for those who get to be part of the Lights! Camera! Action!

—
Ted Pease is editor of Senior News.



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THE HUMOR ISSUE

A Local Newsman's Big Moment on the Silver Screen

By David Silverbrand

My wife said it was a scam, the telephone message from Warner Brothers. It was 1994. They were making a film in Ferndale and needed someone to play a small-town TV reporter. The movie, "Outbreak," starring Dustin Hoffman, depicted a deadly ebola virus.

As a reporter for KIEM-TV, I was a logical candidate. And it helped that I had met the casting director, Judith Boulet, a woman with knack for finding homegrown talent.

In my small part, I would be standing in the middle of a cow pasture as helicopters flew overhead while soldiers quarantined a packed community. I would be shouting to my TV audience that I didn't have any official information. "It is, in a word, frightening," I would yell.

On shooting day, the film crew pasted me with makeup and fitted me with a frumpy sports coat. They shuttled me to the field where camera crews were preparing the shot. It had to be perfect — the hovering helicopters, panicking townspeople, resolute soldiers, all the backdrop for a timid local TV guy with no film experience.

On the other hand, I knew my lines. And as director Wolfgang Peterson waved his arms to "Roll!" I spurted them out. Of my eight takes, I nailed five of them perfectly.

The director, munching on cheese and crackers, was thrilled. Flubs would have cost them a fortune.

For that, I got a Hollywood kiss from Judith



Veteran KIEM-TV newsman David Silverbrand preps for his chance at silver screen fame in front of Fernbridge in 1995. Photo courtesy of David Silverbrand.

Boulet and \$500. I would have done it for the kiss alone.

Sure, it would have been nice to meet Dustin Hoffman, René Russo, Morgan Freeman or any of the A-list actors in the film. But that never happened.

For months, I wondered what would happen to my on-camera movie debut. Would it wind up on the editing room floor, and the film relegated to a late-night TV movie channel?

Instead, it was a box-office sensation, topping other films for five weeks running.

The premiere of "Outbreak" at the Eureka Theater was something special, too. Scores of extras appeared to see the result of their on-screen experience. Many would be disappointed, their parts reduced to flashes of color or eliminated altogether.

My part remained intact, however, all 47 seconds of spell-binding action. It was "frightening."

Every three months, I am reminded that my movie experience was no scam when I receive a check for \$10, commission for European DVD sales.

Yes, there was an international audience for a movie about a deadly virus — a compelling story built around a small-town TV guy with big dreams.

—
David Silverbrand, 71, of Cutten is still a reporter for KIEM-TV and expects his next big Hollywood break any day now.

NORTH COAST MOVIE MAKING . . . From Page 1

• "An Evening with Beverly Luff Linn," which features Humboldters as extras in Eureka Inn shots (See "Life in the Background," page 4), was just released at Sundance.

• "Primal Rage," a horror flick shot in Del Norte County, opened at the Eureka Theater in February.

• "She's in Portland," a roadtrip film now in post-pro-

duction, includes scenes in Eureka and Crescent City.

As film commissioner since 2010, Cassandra Hesseltine connects moviemakers with North Coast locales.

It's not a hard sell, said Hesseltine, herself a former Hollywood producer and assistant director. "Usually it's for the stellar locations that filmmakers come here," she

said. "They need redwoods or the rocky coastline. Car commercials love our roads. And films like 'The Majestic' love our Victorian architecture."

It's been a good year for North Coast filmmaking, and Hesseltine is looking forward to celebrating at the Film Commission's Red Carpet Gala on March 5, Oscar Night, at the Eureka Theater.

"I love movies," said Hesseltine, who says she decided she wanted to work in the movie business when she was 5. "A good movie can change the way we think, break our hearts, or even sometimes heal them. To be part of that world is everything to me."

She became a producer at 27, and film commissioner at 37. "It is amazing that

my childhood dream came true. I feel so lucky to work in the industry while living in Humboldt.

"It does give me special satisfaction when watching movies on the big screen that I helped on," she said. "It's a thrill like no other for me."

—
Ted Pease is Senior News editor.

Life in the Background — Memories of a Movie Extra

By Gail Slaughter

I used to scoff at the idea that making movies was hard work. How hard could it be to put on a costume, spend a few minutes in front of a camera, and do it over if you made a mistake?

Being a movie extra — three times — changed my mind. Days on the set were longer and more exhausting than at any other job I've had.

"The Carrier" was a low-budget horror movie filmed in Michigan in 1985. A young man has a disease that makes people disintegrate. Townspeople wrap themselves in plastic for protection.

So for my film debut I got wrapped in plastic. Luckily, the weather wasn't hot, because they wrapped me four hours before they needed me. When you're an extra, it's always hurry-up-and-wait.

Another day I reported at 7 a.m. and sat on the grass until after noon, when the extras went inside a church to film a small-town dance. We clapped, danced and reacted to fights until 3 a.m. We weren't paid, but they fed us.

"The Carrier" played a few weeks in mid-Michigan



In "The Carrier," the author and dozens of other townspeople were swaddled in plastic to protect them from a deadly disease. Gail Slaughter photo.

and then disappeared.

Movie 2, "Super Sucker" (2002), was also filmed in Michigan, home of writer, director and star Jeff Daniels. He plays a vacuum cleaner salesman who discovers his wife using the vacuum for "non-traditional purposes." Suddenly every woman wants one.

A call went out for "1,000 screaming housewives," and at least that many of us showed up, in a wild array of housedresses and aprons. From 9 p.m. to midnight, we ran screaming down the street. At 2 a.m. we cheered as Daniels gave a speech. At 4:30 a.m., we pretended to see him get run over. Again, we weren't paid, but got snack-packs.

Despite Daniels' fame and a gala premiere, "Super Sucker" never found a distributor and went straight to DVD. I was lost in the screaming crowd anyway.

My movie career was resurrected last year when 100 seniors were needed for "An Evening with Beverly Luff Linn," filmed at the Eureka Inn.

About 100 of us were the audience for an odd stage show by the title character (Craig Robinson of "The Office"). We were filmed — and

re-filmed — entering and taking our seats. When "Beverly" made his grand entrance, we clapped vigorously. "But don't smile," we were told. "It looks better."

The show ends in a brawl, which was shot about eight times until filming ended at 3 a.m.

I was seated right behind the female lead, Aubrey Plaza, so I just might get on screen. That would be gravy, since I was paid for this one.

"Beverly Luff Linn" premiered at the Sundance Film Festival last month to mixed reviews, and has not yet been distributed.

Whatever the fate of any of these films, the fun of being a movie extra will never end up on my cutting-room floor.

Gail Slaughter, 73, of McKinleyville prefers the stage to movies. She recently performed in the Boomer Troupe's "The Music of Our Lives."



In "Super Sucker," hundreds of extras showed up on the film site when the call went out for a crowd of crazed housewives. Gail Slaughter photo.

Shot on the North Coast

- A Sea of Green (2014), David Lach, dir.
- After Earth (2013), Will Smith
- Almost Heroes (1998), Chris Farley
- American Pickers (2010-) (TV), History Channel
- Bigfoot: The Lost Coast Tapes (2012), Corey Grant, dir.
- E.T. the Extra-Terrestrial (1982), Steven Spielberg, dir.
- Finding Bigfoot (2011-) (TV), Animal Planet
- Humboldt (2016) (TV), John Malkovich
- Monster Fish (2010-2016), (TV) National Geographic
- Moonlighting (1985-1989) (TV), ABC
- Return of the Jedi (1983), Mark Hamill
- Salem's Lot (1979), (TV), David Soul
- Swiss Army Man (2016), Daniel Radcliffe
- The Big Trees (1952), Kirk Douglas
- The Lost World: Jurassic Park (1997)
- The Love Witch (2016), Anna Biller
- The Wine of Summer (2013), Maria Matteoli, dir.
- Today Show, NBC
- Valley of the Giants (1938), Wayne Morris
- Willow Creek (2013), Bobcat Goldthwait, dir.
- Woodshock (2017), Kirsten Dunst

ASK THE DOCTOR

Zombies & Other Disasters: Have a Plan

By Jennifer Heidmann, M.D.



The Centers for Disease Control and Prevention (CDC) actually posted on its website tips to prepare for the zombie apocalypse. For the record, I do not believe in zombies, nor am I endorsing zombie-related fear. But what the CDC accomplished with this campaign was to get people engaged in the process of preparing for disasters.

The comic relief maybe takes some of the heaviness out of having to think about something bad happening. The CDC site (cdc.gov/phpr/zombie/index.htm), offers good ideas for preparing for any unexpected unpleasant event.

Here on the North Coast, these come in the form of earthquakes, tsunamis and storms, and perhaps fires and mudslides. What are some of the things we can do to prepare? The CDC recommends three things: get a kit, make a plan, be informed.

The Kit: Prepare supplies and necessary items for at least three days, longer if possible. Pack food and water (one gallon a day per person). Pack medications and supplies like syringes. Include a light source, eyeglasses, batteries, a radio, and solar chargers. Keep a folder of essential paperwork with insurance information, medical records, and a copy of your family emergency plan (meeting places and contacts for a start). Include some cash and extra sets of keys, too.

This is just a brief overview of what the CDC recommends. You may want to make a checklist of what you and your family would

need to survive and add those things to your kit. A toolbox or fishing tackle box makes a good kit that can be protected from the elements. Store it someplace easy to get to in an emergency

The Plan: Prepare a card with contact numbers for each person in your household to carry with them. Choose someone living out of the area as a contact, too, and memorize that phone number. Make sure everyone understands where to meet, with a few secondary options. Know how to escape from your home and where your emergency supply kit is stored. Have a plan for your pets. Practice with your family, especially with kids.

Staying Informed: Make sure you have a radio with a solar charger or extra batteries. Know what the emergency radio stations are in your community. The California state emergency management agency has this kind of information at caloes.ca.gov. Given our relative isolation, there is a good chance Humboldt County would be cut off in a disaster, so it would be wise to prepare for two weeks without supplies coming in from other counties.

Here are some specific suggestions regarding health and a disaster:

- Insulin is normally refrigerated, but it can be used unrefrigerated for up to 28 days. It is best to avoid extreme temperatures. Do not put insulin on ice and freeze it. Make sure you have a supply of syringes

Continued on Page 19

Long Life, Connected Life

It's no secret that being lonely hurts. Most humans need human contact and interaction. For those without partnerships or close friendship, the walls of their lives can seem to close in, especially as they age.

You don't need a fancy research study to prove that, but researchers increasingly do find a direct link between human interaction and longevity.

Dr. Robert Waldinger is a psychiatrist, psychoanalyst and Zen priest who directs the Harvard Study of Adult Development. Researchers have tracked 724 men since 1938 to understand what keeps humans healthy and happy.

Polls find that the life goal of 80 percent of millennials is to get rich. But — big surprise! — money can't buy health or happiness.

“Social connections are really good for us, and that loneliness kills,” Waldinger said. “The experience of loneliness turns out to be toxic.”

Good, close relationships are “protective,” he said, physically and mentally.

So aside from finding yourself in a happy marriage, what can you do? “It turns out that people who are more socially connected to family, to friends, to community, are happier, they're physically healthier, and they live longer than people who are less well connected,” Waldinger said.

Watch Waldinger's 12-minute TEDtalks here: ted.com/talks/robert_waldinger_what_makes_a_good_life_lessons_from_the_longest_study_on_happiness.

—Ted Pease





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HEAVENS TO BETSY

— BY BETSY GOODSPEED

‘Da Schnoz’ Speaks

My father was a composer-conductor in the Golden Days of Radio, and I find it remarkable that he took me to rehearsals when I was 8 years old. He may have considered it part of a budding musician’s education, and someone was always keeping an eye on me.

The day I met Jimmy Durante, I was pretending to be an elevator operator. I loved the way he played along with my act, and when the elevator stopped I followed him down the hall.

He asked, “Are you showing me to the studio so I won’t get lost?”

I blurted, “I need to ask you a question.”

He stopped. “All right, I’ll try to answer your question.”

I whispered, “Is that your own nose?”

He knelt down to my level as he said, “Feel it.”

I put one finger out to touch his nose. Then I backed away and said, “Eewwooh!”

“No one would hire me because I was too ugly,” Durante said. “I was born with a monstrous nose, so I did the only thing I could . . . I made it bigger.”

I had to laugh with him. I found that so clever, and now I find his solution profound. I never told anyone what he said, not even my father, who believed Jimmy Durante’s nose was part of him. The moment

was too precious.

Now I suspect that Durante added the putty nose when he was feeling frisky, or for special occasions like radio shows. He might have hoped some innocent fan would ask the key question so he could tell his story. Later, I saw a photo of him with a child touching his nose, and I’m sure that’s what was happening.

“My mother said his greatest gift was warmth; now we call it heart.”

Durante became a highly successful singer in spite of a raspy tone that could have started as an exaggeration.

My mother said

his greatest gift was warmth; now we call it heart. Whatever it was, it made him more than magical.

“The Schnoz” was not a Hollywood comic who sacrificed his dignity for a laugh. His humor came from being himself. But he was also a marvelous actor who could make an audience hang on every word when he quoth Shakespeare.

I’ve learned since then that many things we regard as calamities can be turned into opportunities. One of the major benefits of writing one’s memoirs is self-knowledge as the big picture emerges.

Betsy Goodspeed, 91, of Eureka is a novelist, musician and retired TV performer and host. Visit her blog at annthatswhy.wordpress.com, or see her 1964 Denver TV performance on the concert harp at youtu.be/ZWBd_85L9WI.



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FERNDALE — HOLLYWOOD FAME . . . From Page 1

into Ferndale on a family trip in the late 1990s, he decided to make it the location for “The Majestic,” his 2001 film with Jim Carrey as a blacklisted screenwriter.

Ferndale seemed the perfect stage for the film, set in the 1950s. An entire facade of The Majestic Theatre was built for the film at the city parking lot on Main Street, and the movie’s fictional Lawson Town Hall was built right over the US Bank.

Up the hill at the picturesque Ferndale Cemetery, crews added a plot for Lawson’s WWII veterans. To make the grass match other parts of the cemetery, crews tore up the yards of two Ferndale residents and gave them new lawns in exchange.

Crews built indoor sets at the Humboldt County Fairgrounds, and on the corner of Ocean and Main, Lino’s Garage turned into “Mabel’s Diner,” such a pleasant addition to Main Street that locals hated to see it torn down when filming was complete.

Hollywood pumped plenty of cash into the Victorian Village, and many Ferndale residents got a chance to see the inner workings of Hollywood

when they were hired as extras.

The fuzzy feeling wasn’t so apparent in 1994, however, when Warner Bros. proposed “Outbreak,” starring Dustin Hoffman. Merchants resisted the proposition to make Ferndale the scene of an apocalyptic plague thriller, but the production promised to pump \$5 million into the county’s economy, so Ferndalers agreed.

Again, Main Street was transformed for “Outbreak,” about an epidemic that threatens to kill the entire country. The Army seals off the town with barbed wire while Hoffman tries to find a cure before the top brass blows the town to smithereens.

Lots of Ferndalers and other Humboldt residents worked as extras, and the economic boost to the town, rebuilding from damage suffered from three major temblors in 1992, was substantial. One local carpenter reportedly earned \$12,000 for helping to build a false front over the US Bank, and a local dairyman is said to have gotten \$7,500 to move his cows out of a field so helicopters could land.

By August, it was county fair time, and locals

were getting tired of helicopter noise and the invasion of actors in military uniforms and hazmat suits. The mayor demanded that Warner Bros. pay double for overtime, and banned the choppers from the fairgrounds, where they were spooking the horses.

Many other film crews have come to Ferndale over the years — “A Challenge to Lassie” in 1948; the CBS series “Blue Skies” in 1987; “Salem’s Lot” with James Mason and David Soul in 1978; “A Death in Canaan” with Stefanie Powers and Tom Atkins in 1977; and a Dr. Pepper commercial featured many locals dancing and singing, “I’m a Pepper, you’re a Pepper” in the late 1970s.

It’s exciting when movies come to town, but after all this time, it’s just part of Ferndale.

—
Caroline Titus is editor and publisher of *The Ferndale Enterprise*. This article is adapted from a longer version that appears in the 2017-2018 *Ferndale Enterprise Souvenir Edition*, free at *Ferndale businesses*.

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PAINTING THE OCEAN

BY MARGARET KELLERMANN

When Everything Clicks

Winter is my favorite time to see films, especially if I can go with a fellow film lover, sink into a comfy theatre chair, cheer for the underdog, and leave with a sense of time well spent.

For me, two of the best films this season were “Lady Bird” and “Loving Vincent.” As both my sons know, I distinguish between movies and films. For me, movies tend to play it safe with jokes and plot lines, while

films set the bar higher. My sons tease me that after almost every film, I can’t help say-

ing, “That was great, except I would change....” They sigh heavily as I insist, “I love films so much, I want them to just — click.”

Incredibly (my sons would say), I couldn’t find a single problem with “Loving Vincent,” which could win Best Animated Feature Film at the Oscars on March 4. The crafting of each frame shows deep imagination at work. Everything clicks.

I had one issue with “Lady Bird”: the ending seemed pasted on. Spoiler alert: Why would the title character, who had just arrived in the Big Apple, suddenly return (even in dreams), to Sacramento, driving wistfully past her old haunts? Why would this pure story need to end Heavy on Nostalgia? It could have ended minutes earlier, when Lady Bird stumbles into a Manhattan church. Standing at the back, she’s blasted by the choir’s gorgeous

noise, her face flowering with an epiphany: *The world is bigger than I knew.*

After critiquing the film’s ending, I found the original script of “Lady Bird” online. As it turns out, writer-director Greta Gerwig had originally ended the movie in the Manhattan church. Maybe the producers had told Gerwig, “Don’t end it in a church. It’ll look like a religious movie.” But I think she was right.

“I love films so much. I want them to just — click.”

That scene in “Lady Bird” reminded me of the epiphany I experienced soon after

moving to New York City from California 30 years ago. I sat in historic St. Paul’s Chapel for a writers’ reading series. Not introduced yet, author Chaim Potok sat facing us near the altar, about to read from his novel, “The Chosen.” I was struck by the painful irony of the Jewish author agreeing to read his potent work in a church sanctuary.

As I wiped tears away, he looked across the pews at me. I’ll always remember his look of complete understanding. Some things just—click.

—
Margaret Kellermann is a local writer and musician whose latest CD is “Coast: Original Celtic Folk.” Visit bluelakestudio.net/contact.

Circus to Screen to Stage — A Family Tradition

By John Meyers

I come from a show business family. My maternal grandparents were circus performers in the early 1900s — Edward Mundy, lecturer and magician, and Emily, Madam Zola the fortune teller. They traveled with small circuses, mostly through the South.

My mother, Thelma, recalled as a child being put in the snake pit with her younger sister whenever the circus was being set up so they wouldn’t wander off. No wonder she had her own snake act by the time she was 12. She also put in her years as Spidora, the amazing spider woman, in the sideshow.

When the family reached California in the early 1930s, they got into the movie business. My grandfather had speaking roles in a number of movies into the 1950s, including “Alexander’s Ragtime Band” (1938) with Tyrone Power, “Chad Hanna” (1940) with Henry Fonda and Dorothy Lamour, and “Love Me Tender” (1956) with Elvis, whom he pronounced “a nice boy.” Mom was an extra, a favorite of directors for her screaming voice. She appeared in “North Star” (1945) with Dana Andrews and Jane Withers, “Wilson” (1944) with Alexander Knox, and “State Fair” (1945) with Dana Andrews and Anne Baxter, among many other films.

Hollywood is where my mother

met my father, Milton. By the late 1930s, my dad was a stuntman in movies such as “Stagecoach” with John Wayne (1939), “Gunga Din” with Douglas Fairbanks, Cary Grant and Victor McLoughlin (1939), and “Sergeant York” with Gary Cooper (1941), among many others.

His specialty was falling off horses. You’ve seen old Westerns where a horse and rider take a spectacular head-over-heels fall? They used to tie a rope to a horse’s front feet and then start the horse galloping. At the end of the rope, the horse would go over head-first. It was called a “running W,” and it killed so many horses and stuntmen that the

stunt was finally outlawed.

My only film experience is as an extra in one episode of a short-lived TV series, “Lucan,” in 1977. But my wife of 48 years, Sheryl, and I took up acting with community and college theatre in Plumas County. I also wrote melodramas, and we toured a two-person melodrama and olio show across the states for six years in the 1980s.

You may have seen one of my plays performed in Trinidad by the Born in a Trunk Players.

—
John Meyers, 69, of Trinidad is a writer and historian.



SHOWBIZ — John and Sheryl Meyers on stage in Longmont, Colorado, in the 1980s. Photo courtesy of John Meyers.

Humboldt's Own 'Locally Grown' Movie

By Ted Pease

You wouldn't know it to look at her, but Suzanne Simpson is a force of nature, and a force *for* nature.

The gentle, soft-spoken 77-year-old is an accomplished artist, sculptor and filmmaker who loves Arcata for its vitality and, especially, its strong sense of community.

Simpson celebrates that in creating the newly released PBS documentary "Locally Grown: America's Food Revolution" (locallygrownthefilm.com), along with her co-producer, Humboldt State University film professor David Scheerer.

For Simpson, art, film and food are all part of "creating a community" of shared values, shared vision and shared bounty in Humboldt's "locally grown food bubble."

Simpson is the driving force behind the film, which frames Humboldt County as a national model in "reviving and revitalizing local agricultural traditions and economies."

Scheerer, an independent filmmaker whose work focuses on the environment and natural resources, says the project was Simpson's brainchild. "Suz is a mastermind of making connections and bringing people together," he said. "And she doesn't stop until she gets it done."

Jen Maguire, an HSU social work professor who specializes in social policy solutions, is co-author of the film's companion field guide. "She literally brought us to her kitchen table, fed us tasty local home-cooked food, and started a conversation about what Humboldt County is doing right and how we might share it with other communities," Maguire said.

"I know how important it is to build and nurture a community," she said. "And Arcata brings together such

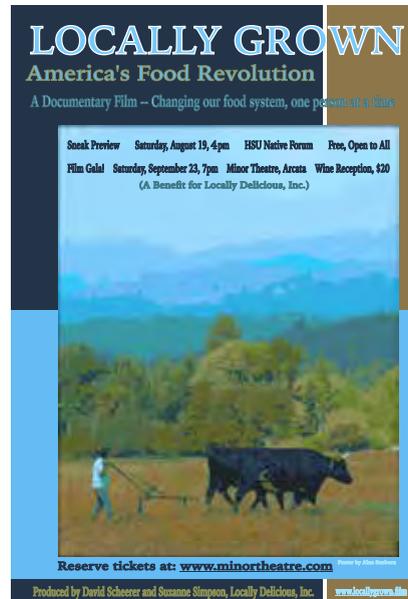


'Locally Grown' co-producer Suzanne Simpson in her Arcata home: "I need another project." Ted Pease photo.

perfect ingredients of diverse perspectives, ages, arts and locally grown food."

"Locally Grown" documents a return to past self-sufficient agricultural practices that permit people to feed themselves without depending on imported food and Big Ag. The film makes its case through the stories of six small-scale Humboldt farmers who the filmmakers say can serve as models and inspiration for other communities that want to become more food-independent.

"For me, stories are really import-



organic farmers and their produce with Food for People, the county food bank.

"A few years ago, a few of us

older ladies [known as the 'Heirloom Tomatoes'] got together and did a couple of projects," Simpson said — They published a cookbook, "Locally Delicious: Recipes and Resources for Eating on the North Coast," and "Lunchbox Envy," which focuses on healthy meals for kids.

"I needed another project," she said. "Since I had been a filmmaker, and I knew all the farmers from the cookbook projects, I wanted to do a film based on the idea of the Three E's — building a healthy community based on economy, equity and environment."

For Simpson and her team, "economy" means a locally grown food revolution to revitalize rural economies. "Equity" means building fair food systems serving everyone. And "environment" refers to sustainable production of healthy food while leaving behind a "light footprint."

The film illustrates these points through visits to farms and businesses that practice hands-on, low-impact agricultural techniques.

The resulting 30-minute trip across some of Humboldt County's agricultural landscape is a lush bit of storytelling that documents techniques from hydroponic gardening to traditional native net fishing to revival of historic whole grains.

"I go back to the most basic thing," Simpson said. "People need to eat. If you don't have food, you don't live. So when you have a community that is producing the kind of food that we have here in Humboldt, it's very special."

Ted Pease is editor of Senior News.



AGING IS AN ART — BY JOHN HECKEL

‘Turn This Place Around’

Accountability is more effective when you know a little about who you are holding accountable.

Meet Jason Collier, the new administrative director of Seaview Rehabilitation and Wellness Center in South Eureka.

Seaview has been much discussed in our local press. I, among others, have written a number of articles critical of the facility and its dysfunctional former administrative director. I have been visiting Seaview on a regular basis for five years, and have documented the horrible conditions its patients have had to endure.

Much has been written and said about the inferior quality of our local “one-star” Shlomo Rechnitz-owned and operated facility. Rechnitz and his statewide chain of nursing homes continue to garner deservedly critical press.

But Seaview’s new administrative director talks like a reformer, one who is eager to bring about change. Collier’s language evokes hope and optimism: “I’ve been brought here to turn this place around,” he says.

Collier approaches his job at Seaview as if “I were caring for my own grandparents.” Listening to him talk, I get the feeling he really does care.

He comes to Seaview from a five-star Rechnitz-owned skilled nursing facility outside of Sacramento. It has been a very long time since anyone attempted anything restorative at Seaview. Collier openly admits that Seaview needs “turning around,” and he thrives on the chal-

lenge. This in itself is refreshing.

I want to be clear about this, and give credit where credit is due. Since Collier’s arrival, things have changed. More importantly, patients sense the difference. For the first time in many years, they have hope — hope that the condition of their lives will improve, that someone cares and listens, that things at Seaview might get better.

I want desperately to embrace that possibility.

“Our main belief is that everyone should be able to live a comfortable and fulfilling life, no matter their age or circumstances,” Collier’s website says. That is a principle for which to hold him accountable.

Holding someone accountable implies a shared responsibility. Collier may have all the good intentions in the world, but without our participation, all those efforts will ultimately fail. We need to be involved in this “turn-around.”

If you have feedback for him, write Jason Collier at Seaview, 6400 Purdue Drive, Eureka, CA 95503 or, better yet, call him at (707) 443-5668.

Let him know that you care. Let him know you are holding him accountable, and let him know that you want to help him “turn this place around.”

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

Film Fest Preps for 51st Year

By Susan M. Abbey

Recognized as the “Oldest Student-Run Film Festival in the World,” the Humboldt Int’l Film Fest (HIFF) is getting ready for its 51st annual screening and judging of this year’s top independent film entries. The festival runs April 18-21 at the Minor Theater in Arcata.

Over the festival’s half-century, hundreds of Humboldt State University students have worked endless hours to create the success it is today: a highly recognized international short film festival open to independent filmmakers of all ages from all over the globe.

The festival promotes the art of film, not only as a means of entertainment, but also as a vehicle for self-expression and a stimulus for dialogue about social, political and cultural issues.

The first Humboldt Film Festival was organized in 1967 by Humboldt State University professor George Goodrich, who was instrumental in making film a part of the HSU curriculum. The next year, two of his students — David Phillips and Don McKenzie — took over the festival. Since then, HSU students have used their own money and supplies to ensure the festival would go on.

“We used typewriters in the department office, copy machines for free, shot an intro on 16mm, [and] booked what was then Sequoia Theatre,” says Phillips, who went on to become Humboldt’s own movie mogul, purchasing the Minor Theater in 1971.

(See a history of the Minor in “Humboldt Then & Now,” page 21.)

Each year, HSU students who enroll in the university’s unique film festival course are trained and certified to pre-screen and judge the wide variety of entries. Students in a special HSU Film Festival class and club judge incoming entries from September to March. Guest professional film-industry judges and local film enthusiasts then view and rate finalist entries in each of four categories — narrative, documentary, animation and experimental.

Past judges have included legendary director Frank Capra, film and sound editor Walter Murch, Oscar-winning film editor Marcia Lucas, and award-winning director Alexander Payne.

The festival’s mission: “To create a space for independent filmmakers to express themselves, free from the censorship of mainstream media. The Humboldt International Film Festival is particularly aware of the power of short, independent film, and we seek those which inspire social and environmental change.”

For information about the festival, visit hsufilmfestival.com online.

Susan M. Abbey, 63, of McKinleyville is an instructor in the Department of Theatre, Film and Dance at HSU. This is her eighth year as faculty adviser to the student-run festival.

“Frankly, my dear, I don’t give a damn.”

—Clark Gable, “Gone with the Wind,” 1939.

HSRC to Expand Its Services in Fortuna

By Joyce Hayes

Humboldt Senior Resource Center (HSRC) is bringing its vision for community-based eldercare to Fortuna.

A partnership between the Mel & Grace McLean Foundation and HSRC has led to plans to build a new site for an Adult Day Health Center and Redwood Coast PACE to serve the Fortuna area.

PACE (Program for All-inclusive Care for the Elderly) provides com-

prehensive medical care and support services for eligible seniors, age 55 and older.

The McLean Foundation will build the facility on the same 37-acre parcel it has acquired for the proposed Gene Lucas Community Center.

The Adult Day Health and Redwood Coast PACE Center will serve the entire Eel River Valley — from Scotia to Loleta and inland to Carlotta

— increasing accessibility to services and health care for area seniors without a long bus ride to the Eureka site.

HSRC is working with Greenway Partners to develop the building plans. The goal is for a 2019 completion.

HSRC's Fortuna Senior Nutrition Program, including Home Delivered Meals, will also relocate to the new Gene Lucas Community Center. The Senior Dining Center provides

inexpensive, nutritious hot meals to anyone 60 and older.

This new partnership creates an exciting opportunity for improving access to HSRC services in Fortuna, to help Eel River Valley seniors remain living independently in their homes.

Joyce Hayes is executive director of the Humboldt Senior Resource Center.

New Medicare Cards Coming

The Centers for Medicare & Medicaid Services (CMS) will start mailing new Medicare cards to recipients this spring as the federal government moves to eliminate use of Social Security numbers for IDs by April 2019.

The measure is designed to protect Medicare recipients from potential identity theft through lost Social Security numbers, which are currently used as ID numbers on Medicare health insurance claims.

Californians will start getting their new cards in April, as the new cards will be sent to 57.7 million Americans over the next year.

"We're taking this step to protect our seniors from fraudulent use of Social Security numbers, which can lead to identity theft and illegal use of Medicare benefits," said CMS Administrator Seema Verma. "We want to be sure that beneficiaries know about these changes well in advance."

Drug Scam Warnings

The federal Drug Enforcement Administration (DEA) is warning California consumers and physicians about an international extortion scam aimed at people who have recently purchased medications online or by phone.

The scammers call, identifying themselves as law enforcement agents, and tell their victims that purchasing drugs on the internet or over the phone is illegal. They threat-

en legal action or arrest unless the victim pays a fine, usually thousands of dollars, by wire transfer, often to overseas accounts.

The DEA says no real agents would ever contact citizens by phone, or demand money as a "fine." If you receive this kind of phone call, the DEA recommends refusing any payment, and reporting the contact online at [deadiversion.usdoj.gov/pubs/press-releases/extortion scam.htm](http://deadiversion.usdoj.gov/pubs/press-releases/extortion%20scam.htm).

Multipurpose Senior Services Program -MSSP

Now Enrolling

MSSP provides care management that helps eligible frail elders to stay living in their homes.

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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 Tasha at 443-9747 x1228, troma@humsenior.org

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/S.A.I.L with Beth & Lois
- 2:30-4 Memoir Writing Class

Every Tuesday

- 10-11 Harry's Bingo (not March 6)
- 11:30-12:15 Lunch - Menu page 15
- 12:30-1:30 Bunco (not March 6)
- 12:15-2:15 Pinochle
- 2:10-3:10 FABS/S.A.I.L with Beth & Lois
- Mar. 6 & 20 1:30-3:30 Ukulele Play 'n Sing
- Mar. 6 10:30-11:30 Dine & Dance w/Ray, Dave & Lois
- Mar. 27 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
- Mar. 7 & 21 1-2 Caregiver Support Group
- Alzheimer's Library, 1901 California St., Bldg. B, 2nd Floor, Eureka
- Mar. 14 11:30-12:15 Emblem Club serves lunch
- Mar. 21 9:30-11:30 Foster Grandparents Program
- Mar. 21 10-11:30 Commodities distribution
- Mar. 29 8:30-11:30 Medication Interaction & Consultation

At right, Joan Rainwater-Gish and Evelyn Legier, 80, at a S.A.I.L. class. See Evelyn's story in Joan's column, "Living Vigorously," on page 16.

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. w/ Beth & Lois
- Mar. 1 & 15 10-12 Genealogy group
- Mar. 15 12:30-1:30 Covered CA/Medi-Cal assistance drop-in clinic
- Mar. 29 8:30-11:30 Medication Interaction & Consultation

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
- Mar. 2 & 16 1:30-2:30 Conscious Living Book Club
- Mar. 23 11:30-12:15 Birthday Celebration
- Mar. 30 11:30-12:15 Spring Holiday Celebration

Saturday

- Mar. 3 Noon Sassy Seniors: Round Table, Eureka
- Mar. 17 Noon Nooners: Oriental Buffet, Valley West, Arcata



Fortuna Dining Center

HSRC at Mountain View Village • 2130 Smith Lane • Call Launa at 725-6245
Lunch: Tuesday-Friday at 12:00 p.m. - Menu page 15

Tuesdays

- 12 Lunch

Wednesdays

- Mar. 7 10:30 Music w/Bill Corena & friends
- 12 Lunch
- 5-8 BINGO

Thursdays

- 12 Lunch
- Mar. 1 & 15 12-1:30 Caregiver Support Group
- United Methodist Church Fireplace Room
- 922 N Street, Fortuna

For info call 443-9747

Fridays

- 12 Lunch
- Mar. 16 12 St. Patrick's Day Lunch
- Mar. 30 12 Spring Holiday 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)
- 1-4 Party Bridge
- Mar. 26 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

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
- Mar. 7 10-11 Genealogy
- Mar. 21 10:30-11:30 Executive Board Meeting
- Mar. 14 12-1 Monthly Luncheon: Corned Beef & Cabbage, Carrots, Potatoes, Bread, Dessert (Sign up by 3/09) \$5
- Mar. 28 1-2 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
- Mar. 1 11-11:30 Taco Soup & Cornbread, \$3
- Mar. 8 11-11:30 Chicken Fajita, \$3
- Mar. 15 11-11:30 Pea Soup & 1/2 Sand., \$3
- Mar. 22 11-11:30 Tuna Casserole, \$3
- Mar. 29 11-11:30 Lasagna, \$3

Every Friday

- 8:30-9:30 Tai Chi
- 10:30 Walking Group at Hiller Park
- 1-4 Pinochle
- Mar. 5 10-11 Sweet Spot
- Mar. 30 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

- Mar. 12 & 26 11-12 Silver Quills Writing Group

Every Tuesday

- 9-11 Katie's Krafters
- 10-11 Senior Pool Hour-HealthSport \$5 fee (prior registration required)
- 11 Bread distribution
- 12:30-2 Bead Jewelry Class
- Mar. 6 10-11 Blood pressure check
- Mar. 6 & 20 10-11 Caregiver Support Group
- Mad River Community Hosp. Minkler Education Room 3800 Janes Road, Arcata
- For info call 443-9747
- Mar. 20 10-11:30 Spring Fling & Psychadelvis
- Mar. 27 2 Arcata Slow Walk-Arcata Marsh
- Mar. 27 12:30-3:30 Balance & Fall Risk Assessments (See page 17 "Community Calendar" for more info.)
- Walking Group w/Chris

On hold until April

Every Wednesday

- 10-11 Chi Gong-RSVP 443-8347
- 11 Bread distribution
- 10-11 Tai Chi for Arthritis Advanced
- 10-11 Karaoke
- 12:30-1:30 Tai Chi with Kathy
- Mar. 14 10:30-11:30 Chuck Clarke & the Old Gold Band

Every Thursday

- 9-10 Tai Chi w/Tim (\$3 donation)
- 9-11 Katie's Krafters
- 10-11 Senior Pool Hour-HealthSport \$5 fee (prior registration required)
- 12:15-1:15 Learn Tech with Brett
- Mar. 1 10:30-11:30 PJ's Live Music
- Mar. 8 11-12:15 Cal Fresh Sign-up assistance
- Mar. 15 10:15-11:15 Fresh 'n' Sway Trio
- Mar. 15 10:30-11 Commodities Distribution

Every Friday

- 10-11:30 Ping Pong with Pete
- Mar. 9 10-11:30 Site Advisory Council
- Mar. 16 10:30-11:15 Music with the Half Notes
- Mar. 23 11:30-12:15 Birthday Celebration Lunch

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Changing Face of Dementia Innovations in Care—2018

By Hannah HagQuist

The 2018 “Changing Face of Dementia” conference, sponsored by the Humboldt Senior Resource Center in partnership with the Dementia Care Coalition, is planned for June 7 at the Sequoia Conference Center in Eureka.

“Innovations in Care—2018” is this year’s theme, which will provide a thorough look at dementia and Alzheimer’s disease from the perspectives of a physician, a pharmacist and a clinical psychologist in the hope of giving participants a comprehensive understanding of these diseases.

The conference speakers will be Dr. Jennifer Heidmann, medical director of Redwood Coast PACE; pharmacist Cynthia Aguilar from Cloney’s Pharmacy; and Elizabeth Edgerly, Ph.D., executive director of the Northern California/Northern Nevada Alzheimer’s Association.

Few U.S. families are not touched in some way by dementia or Alzheimer’s. More than 5 million Americans are living with Alzheimer’s, a number that is projected to rise to 16 million by 2050.

Since 2000, deaths related to Alzheimer’s have increased by 89 percent, making it the sixth leading cause of death in the nation, ahead of breast cancer and prostate cancer

combined. One of every three seniors dies with some form of dementia, experts say.

The disease also has a disproportionately high impact on families because of the burden on family caregivers. More than 15 million Americans provide unpaid care to loved ones with dementia, studies show, which comes to an estimated 18.2 billion hours of care.

Caregivers’ own health suffers in the process, with 35 percent of family caregivers reporting that their own health has declined since they started taking care of their loved ones who have dementia.

Ongoing research, education, advocacy and support offer hope for those with dementia and the people who care for them. The 2018 “Changing Face of Dementia” conference will provide tools for healthier aging and caregiver support.

The “Changing Face of Dementia – Innovations in Care—2018” conference will be June 7 from 8:30 a.m. to 4:30 p.m. at the Sequoia Conference Center, 901 Myrtle Ave., Eureka. For information or to register, visit humboldt-dcc.org, or call 707-443-9747, x3203.

Hannah HagQuist is HSRC’s Alzheimer’s Services coordinator.

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Take CalFresh to the Movies

By Tasha Romo

Whether in the theater or at home, watching movies is always a popular pastime. For many, snacking is part of the movie-watching experience, but that can pose a challenge to those who are monitoring their intake of things like fat, calories, carbohydrates or sodium.

A medium-size theater popcorn contains 1,200 calories, 60 grams of saturated fat, and up to 1,500 milligrams of sodium. Even a soft pretzel, which seems like one of the healthier choices at the movies, contains roughly 450 calories, 2 grams of fat, and 86 grams of carbs.

Studies show that while watching television or a movie, people tend to consume more calories. It's because they're distracted. Planning ahead before watching a show can help in making snack choices that are both good and good for you.

Whether you crave crunch, sweetness or nostalgia, there is a healthy snack alternative for you. Dry cereal, pretzels, baby carrots or apple slices are crunchy snacks that are a lot better for you than buttered popcorn. Low-fat mozzarella string cheese or a serving of nuts are other filling choices. Berries, apple slices or some dark chocolate can provide sweetness. For popcorn lovers, air-popped kernels sprinkled with a little

nutritional yeast — not butter! — is a delicious choice.

My family's favorite movie snack is trail mix, which combines all the sweet, salty, crunchy and filling qualities we desire in movie snacks. We love to mix almonds,



walnuts, pistachios, raisins, dried mango, fresh blueberries, dark chocolate chunks, popcorn and sometimes whatever breakfast cereal we have open.

There are so many variations of trail mix that it can be made to suit anyone's tastes and nutritional needs. No matter what tastes you crave when you watch a movie, you can find a healthy alternative to satisfy you.

Keep in mind that those who qualify can use CalFresh benefits to purchase all of these kinds of home-grown movie munchies (which you can't for moviehouse popcorn and Gummy Bears).

CalFresh is easy to use; monthly benefits are issued on an electronic benefit transfer card. This card can be used at most grocery stores, discount chains, farmers' markets and neighborhood stores. Applying is as easy as a phone call.

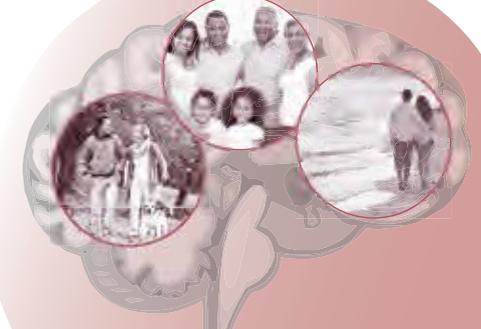
Most applicants with savings accounts, a house and automobiles still can qualify. Those who receive a State Supplementary Payment (SSP) along with Supplemental Security Income (SSI) are not eligible, but Social Security Retirement or Disability benefits are okay.

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

Tasha Romo is Nutrition and Activities Program manager at the Humboldt Senior Resource Center.

Humboldt Senior Resource Center & Dementia Care Coalition present

The Changing Face of Dementia: Innovations in Care – 2018



Register online at www.humboltdcc.org

Thursday, June 7, 2018

Sequoia Conference Center
Eureka CA

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March 2018

Dining Menu



Humboldt Senior Resource Center

Nutrition & Activities Program

FIRST WEEK

Mar. 1 Beef Stroganoff over Egg Noodles
Mar. 2 Tuna Casserole

SECOND WEEK

Mar. 5 Dining Centers closed
Mar. 6 Lemon Herb Baked Fish
Mar. 7 BBQ Pork Rib
Mar. 8 Baked Potato Soup
Mar. 9 Chicken Cordon Bleu

THIRD WEEK

Mar. 12 Dining Centers closed
Mar. 13 Meatloaf with Gravy
Mar. 14 Chicken Parmesan w/Spaghetti
Mar. 15 Green Chili Egg Bake
Mar. 16 Corned Beef & Cabbage, red potatoes, baby carrots, dinner roll, grapes, Shamrock pudding-*St. Patrick's Day*

LOW-FAT OR NONFAT MILK IS SERVED WITH EACH MEAL

FOURTH WEEK

Mar. 19 Dining Centers closed
Mar. 20 Hamburger on whole wheat bun
Mar. 21 Spinach & Roasted Garlic Ravioli
Mar. 22 Italian Wedding Soup w/meatballs
Mar. 23 Chinese Chicken Salad, Pineapple Upside Down *Birthday Cake*

FIFTH WEEK

Mar. 26 Dining Centers closed
Mar. 27 Hot Turkey Sandwich
Mar. 28 Shrimp Liguine w/Spinach & Tomatoes
Mar. 29 Teriyaki Chicken
Mar. 30 Pineapple Baked Ham-*Holiday Meal*

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

Something New at 80

Evelyn Legier, 80, of Eureka is a Discovery Shop volunteer and S.A.I.L. class member. I wanted to talk to Evelyn because she represents what I know is possible for older adults who want to become fit.

When she first came to my S.A.I.L. class, we were both unsure that it was the right class for her. But through her attitude and willingness to try, I now know that she is a person who is indeed “Living Vigorously.”

Q: Why did you choose to join a strength-training class?

Evelyn: My friend invited me to visit her class. Had I understood that it was a strength-training class, I would not have attended, not even once. I had no interest in developing muscles. Why would I? For what? I thought strength training was for younger people or for sports participants. It was many sessions later before I understood the need for and the meaning of a strength-training class.

Q: Going with a friend helped you get out of your comfort zone and try something new? Did that work?

Evelyn: On my way home from that first class, I concluded the exercises were too easy and doubted they would make a noticeable difference in my well-being. Also, I thought I was too old and wouldn’t fit in, that it wasn’t worth the effort or time. So going with a friend provided the motivation. The challenge was to return.

It was quite a surprise to awaken the next morning with complaining

muscles. It was obvious that a new comfort zone awaited me through the class; it was the old ways that would no longer be comfortable.

Q: Since starting a strength training class, have you noticed any changes in your physical body and your attitude?

Evelyn: For sure, I’m stronger. I lift 8- and 10-pound weights. My posture has improved and I walk taller. I have a sharpened awareness of my body and its position in space. Balance recovery is better, as is my overall sense of well-being.

Without exercise, I grumble more and have less energy. I now believe that I can stay active for at least a few more years. I know you expect me to be active into my 90s. While such an expectation makes me smile, on the inside I’ve decided why not?

Q: What advice would you give an older adult who wants to start or resume a physical activity that requires some strength and energy?

Evelyn: Wanting to do it is the most important step. The next critical step is to stay with a new program for a couple of weeks, at least. Changes take a bit of getting used to. Working with a trained individual is also critical.

—
Joan Rainwater-Gish, 75, of Eureka is a certified personal trainer and group fitness instructor who leads senior exercise classes.

Contact: jrainwater-gish@suddenlink.net

Watch Movies with Your Grandchildren

By Jan Ostrom

When I became a later-in-life step-grandparent with no previous experience, I realized I had to just be myself with the grandchildren as each one arrived. So, as a classic film lover longing to share the Hollywood art form, I planned out a “new tradition” of sharing classic movies with the kids.

We made a deal: one Disney for one Little Tramp, one “Mutant Ninja Turtles III” for one giant ants flick (“Them!” 1954), etc. Over a decade of movie nights, we bonded.

Why should young people watch classic films? For the same reasons we all watch great films — because they might be thrilling, hilarious or romantic, and because a great film can change the way you look at the world.

Common wisdom holds that young people will never watch a black-and-white film with old people in it; they’ll get bored. That’s always a possibility, but you can make the difference for your grandkids.

I thought about old movies that might click with each child, read about when and how the films were made, and took notes of scenes to call to their attention. This may interrupt the flow of the film, but it gives the short attention span time to catch up and absorb what’s happening.

If kids like sword-fighting with lasers, try “Robin Hood” (1938) with the rascally Errol Flynn. Slow it down to watch the graceful movements of trained actors, and tell them stories about the plucky princesses of the Olden Days.

In “The Thief of Bagdad” (1940), Douglas Fairbanks flies his true love

on a magic carpet, using excellent hand-and-model special effects. Or show them “Rebel Without a Cause” (1955); give kids some background, and almost any teenager can identify with James Dean, Natalie Wood or Sal Mineo.

Kids will laugh with zany Buster Keaton and a railroad steam engine called “The General” (1926). I’ve stopped films in mid-scene to point out the composition, as in Charlie Chaplin’s “Modern Times (1936), when the Little Tramp is caught in the carefully constructed rubber gears of a giant machine.

It’s easy to get kids to recite the robot’s “*Gort, Klatuu barada nikto*” line from “The Day the Earth Stood Still” (1951), and we all sing along with musicals like “Meet Me in St. Louis” (1945).

Compile your own lists of great movies.

Here are some sources: American Film Institute (afi.com/100years/movies10.aspx); AMC’s top Oscars (filmsite.org/oscars2.html); Rotten Tomatoes’ top 100 classics (rottentomatoes.com/top/bestofrt/top_100_classics_movies/); and “1001 Movies You Must See Before You Die” (imdb.com/list/ls052535080/).

Books: Robert Osborne, “85 years of the Oscar: The Official History of the Academy Awards” (2013); and Tony Thomas, “The Films of the Forties” (1975).

—
Jan Ostrom, 73, of Eureka is a retired professor of film and television.

Know Your Privacy Rights

Medical providers, hospitals, and government and social service agencies — including Humboldt Senior Resource Center — are responsible for protecting the privacy rights of patients and clients.

HIPAA — the federal Health Insurance Portability and Accountability Act — is the law that governs personal information, and it is worthwhile for you to know what it covers, and how it protects you.

HSRC staff members undergo regular training to update their understanding of HIPAA and privacy protection practices to serve participants better, and to avoid potential privacy breaches such as identity theft.

Under HIPAA, these kinds of personal information are expressly protected: a patient's demographic information, physical or mental condition, and health care details, including

hospitalizations and treatments, and other personal data.

In 2014, the DHHS reports, 12.7 million U.S. adults were victims of identity theft, at an estimated cost of \$16 billion. Repairing the damage done by an ID thief — including charges again the victim's assets — can take months, and often the victim is not reimbursed.

Similar privacy protections apply to financial institutions and government agencies.

To protect yourself from identity theft, know your rights and responsibilities. Never give out your personal information unless you initiate the contact and are sure you know the person you are talking to is legitimate.

For more HIPAA information, visit hhs.gov/hipaa/for-individuals/index.html.

—Ted Pease

March Community Calendar

Free Balance Assessment

The Humboldt State University biomechanics lab will conduct another free fall, balance and mobility assessment workshop for seniors at the Arcata Community Center on Tuesday, March 27, from 12:30-3:30 p.m. The assessments include a full personal history, testing, and written evaluation with recommendations. Call 826-5973 for information.

Go, Goose, Go!

Get up early on Saturday and Sunday, March 3 and 4, for "Sunrise at the Refuge," aka the Aleutian Cackling Goose Fly-Off & Family Fun Weekend at Humboldt Bay National Wildlife Refuge. The gate to the visitor center, 1020 Ranch Road in Loleta, opens at 6:15 a.m. Besides thousands of geese, come out for interpretive guided tours of the refuge and family-fun activities on southern Humboldt Bay. For info, call 707-733-5406 or visit fws.gov/refuge/humboldt_bay/.

HumDiggity Dog

HumDOG's 31st Dog Expo is set for Sunday, March, 4 from 10 a.m. to 4 p.m. at Redwood Acres Fairgrounds in Eureka. Meet 20 breeds of dogs, and see exhibits and demos of dog agility, obedience, tricks, sled dogs, dancing dogs and police K9s. Talk to owners, trainers, vendors, breeders and rescue groups. Free. Info at 444-3862 or humdog.org. Please leave your own pets at home.



Bird Art Contest

For the 15th year, Friends of the Arcata Marsh and the Redwood Region Audubon Society are co-sponsoring a Student Bird Art Contest. Kids from kindergarten through high school can win cash prizes for their drawings of local birds. All entries will be displayed, and winners will be announced, during the Godwit Days festival in April. Enter by Friday, March 23. Go online at rras.org or arcatamarshfriends.org for information.

Audubon Nature Writing

The Redwood Region Audubon Society is sponsoring its 13th annual children's nature writing contest. Up to six cash prizes will be awarded for the best essays or poems on "What Nature Means to Me" by Humboldt or Del Norte County students in grades 4 through 12. Entries may be no longer than 450 words, and submitted by Friday, March 23. See contest rules online at rras.org. Awards will be presented at the Godwit Days in April.

Grange Flea Market

Humboldt Grange #501 holds its yearly Flea Market on Saturday, March 3, from 9 a.m. to 3 p.m. Vendors are still needed. Tables rent for \$20 inside and \$10 outside. Admission is free. Please call Fern at 268-3806 to reserve a table.

HSU Library

The Humboldt State University Library invites the public to help celebrate the grand opening of its new Special Collections research space. The opening will include speakers, tours and presentations. Come see the new resources available for studying Humboldt history. Thursday, March 1, 3-5 p.m., on the Library's third floor.

North Coast Co-op Events

March 7 • Wellness Wednesday

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

March 6, 13, 20, 27 • Senior Day

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

March 3 • Vision & Goals Kick-Off!

Share your vision of the Co-op with the Co-op's Board of Directors, Co-op staff, and fellow members. Located at Eureka Woman's Club, 1513 J Street, Eureka at 2pm.



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Friday, April 13

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Conference Room: 3327 Timber Fall Court, Eureka

You're invited to the first in a Leave a Legacy lunch series featuring the stories and contributions of people who have transformed our community. Join us for a catered lunch and lively conversation facilitated by *Julie Fulkerson.*

FEATURED PANEL PARTICIPANTS:
Bryan Hall Sr., Eureka Rescue Mission
Jerry Rohde, Community Historian
Gail Saunders of the Saunders Family

\$20/person (includes lunch) Space is limited. Make your reservation today with OLLI at HSU.

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ASK THE DOCTOR . . . From Page 5

in your kit. If you have diabetes and get a wound, make sure to have supplies to clean and dress it, as the risk of infection is higher under emergency conditions.

- If you are prescribed oxygen, nebulizers or breathing machines (like CPAP or BiPAP), make sure you have concentrators and a back-up power supply. Label the concentrated oxygen tanks with how long the oxygen will last. Keep a supply of masks and tubing. Local hospitals will have oxygen as well, but it will likely be in high demand.

- Build a first aid kit. This can include a book about basic first aid techniques, wound care supplies, soap, ibuprofen or tylenol, an antihistamine (like Benadryl), safety pins, splinting material, scissors, tweezers, gloves and sunscreen, just to name a few things.

- Have a supply of blankets, some basic tools, toilet tissue and some

extra clothing.

In this small space I cannot give an exhaustive review of how to prepare for a disaster. I recommend going to the CDC website (cdc.gov/disasters), which offers many links regarding planning for specific disasters and dealing with specific healthcare needs.

Remember: When it comes to zombies and other scary things, it is best to hope for the best, and plan for the worst. Seriously, though, zombies are not real.

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

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Joyce, Redwood Coast PACE participant

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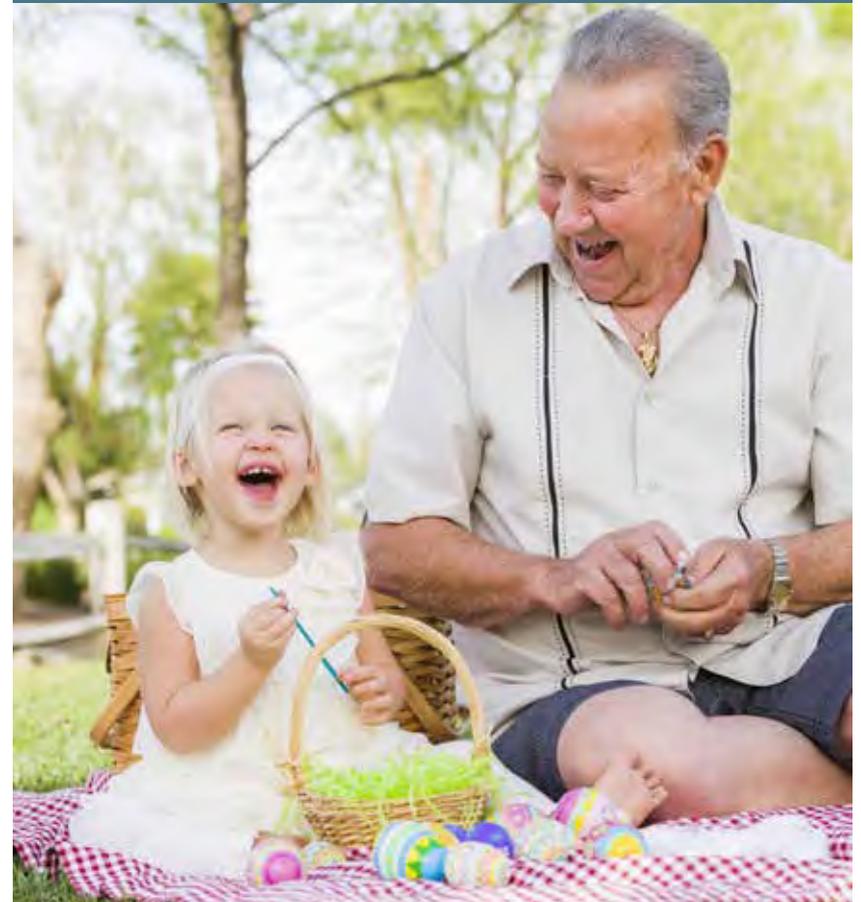
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FEATURED PANEL PARTICIPANTS



Bryan Hall Sr.,
Eureka Rescue Mission



Jerry Rohde,
Community Historian



Gail Saunders of
the Saunders Family



Julie Fulkerson

FACILITATOR

Leave a Legacy Humboldt has sponsored two successful Women, Wealth & Wisdom workshops, and participants tell us the inspirational lunch panels have had particular impact. We've decided to extend the experience and sponsor a lunch series featuring the stories and contributions of people who have Transformed our Community. Please join us for a catered lunch and lively conversation facilitated by Julie Fulkerson.

\$20/person (includes lunch) Space is limited.

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Tell Us Your Stories

Senior News is always looking for good stories. Got one to tell?

Next month, Senior News will offer its April Humor Issue, with stories about humor and laughter in our lives.

In May, we're looking for tales of your Glory Days — what moments or times do you remember as “the best days of my life,” from sports triumphs to the day you blasted into space?

In June, we go to the dogs. And cats. And horses, oxen and yaks. We're looking for stories about to role of animals in Humboldt life.

And there's more coming every month, stories about Humboldt history or things that affect your daily life. Got ideas? Tell editor Ted Pease about them: 443-9747, x1226, or tpease@humsenior.org.

Senior Guide

The Area 1 Agency on Aging's newest “Senior Information Guide” is now available. Released every two years, the Guide is a directory of services and resources for seniors and their caregivers in Humboldt and Del Norte counties.

Guides are available free in local businesses, or at AIAA, 434 7th St., Eureka. Or get an electronic version online at a1aa.org.

For information, contact Dan Birmingham at 442-3763.

“Badges? We ain't got no badges! We don't need no badges! I don't have to show you any stinking badges!”

—Bandito, “The Treasure of Sierra Madre,” 1948.

The Minor Theater — An Arcata Tradition Since 1914

By Bob Doran

There was a full house on Dec. 13, 1914, for the grand opening of Pettengill's Minor Theater, run by a woman now known only as Mrs. Pettengill. Local businessman Isaac Minor bankrolled the operation (literally, he also owned the National Bank of Arcata across the street). They showed silent films and booked vaudeville acts like the escape artist Harry Houdini.

Movies were a new thing at the time. In fact, the Minor is arguably the oldest theater in America built to show feature films. Isaac was looking for a lasting monument to cap off his career, and when he died less than a year later, he left the Minor and a fine granite mausoleum.

Except for short closures, the Minor continued to offer movies until 1960, when television grabbed America's consciousness. The theater moldered for a decade until a small group of Humboldt State students, part of a nascent cinema program, leased the building and saved it from being torn down to make way for a parking lot.

After major renovation by something they called the Minor Theater Corp., the group celebrated a grand reopening in 1971 with a screening of "San Francisco" with Clark Gable, and the Marx Brothers' "A Night at the Opera."

Under the leadership of student David Phillips, the group bought the movie palace and offered revival films, art house fare, and, eventually, first-run films. Phillips became a small-scale movie mogul, buying the Arcata Theater, the Arcata Drive-in, The Movies at Bayshore Mall, and building Eureka's Broadway Cinema and Mill Creek Cinema in McKinleyville.

When he was ready for retirement, Phillips sold the last of his properties, the Broadway and Mill Creek Cinemas, to Oregon-based Coming Attractions Theatres. But, perhaps nostalgic, he didn't sell the Minor, leasing it to Coming Attractions for 10 years.

When that lease was about to run out, the Oregon folks left Arcata, taking their projectors and the seats with them.

Meanwhile, local film buff Merrick McKinlay, owner of the hip video store La Dolce Video, with his partner Aimee Hennessy, opened Richards' Goat Tavern & Tea Room, including a small screening room called The Miniplex.

Contractor and businessman Josh Neff had bought the Minor building, and was looking for someone who knew movies to run the theater. He asked Merrick if he was interested. He couldn't say no.

They reopened the new Minor Theater on Sept. 16, 2016, with new seats, new projectors and a new operating plan. There's table space between the rows for food, beer, wine, cider and sodas. Josh says they are fine-tuning both the menu and offerings. Lately, that meant offering a live simulcast of the new Metropolitan Opera season on Saturday mornings, and live comedy.

With Oscar time in early March, movie lovers will find Arcata has a lot of options. Pass the popcorn.

—
Bob Doran, 67, of Arcata is a compulsive photographer (via Instagram @bobdoran) and a semi-retired journalist working at *thehum.online*.



It was standing-room-only on Dec. 13, 1914 (above), when the Pettengill Minor Theatre opened for its first full-length feature film with Isaac Minor himself in the audience. (Can you find him?) Nearly 102 years later, the renovated Minor reopened under new ownership (left), celebrated by new owner Josh Neff and film booker Merrick McKinlay, a crowd of movie lovers and live music on the sidewalk. Photos courtesy of Bob Doran.

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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.

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