



# The End of Summer Edition



A FINAL SUMMER SPIN for Humboldt County Fairgoers, whirling into autumn. Mark Larson photo.

## Try to Picture This: Sailing Through Life

By Alan Workman

The last thing I remember was being on the surgical table talking with the medical staff before my open-heart surgery, and then there were voices.

I was confused. Had the surgery started? Were they losing me? I couldn't move, I couldn't hear anything clearly. I was frustrated. Something had gone wrong. I was dying.

Well, I didn't die. A planned four-hour surgery turned into nine hours. I later learned they had "lost" me twice. Almost six years later, I try to do what I enjoy and be around people who give my life depth and joy.

In many ways, I'm still a kid and a pirate. For the past 12 years, I've been living my childhood dream of living aboard my boat, the Belle France, at Woodley Island Marina. I was not prepared for the amazing experiences of living on the water.

Once, as we sailed, a humpback surfaced along our port side and followed the boat for a time. Then there was the day I rescued a drowning harbor seal while kayaking. Another time, I got caught paddling in a lightning storm and downpour an hour away from home. It was beautiful.

Do you know how many different species of birds inhabit Humboldt Bay? Neither do I, but I can identify lots more than I could when I first moved out here.

## Enduring Memories of Summer 2018

The 1966 surfer film, "The Endless Summer," is based on the concept that one need never stop riding summer's happy wave.

Even as the days grow shorter — this year's autumnal equinox comes at 6:54 p.m. on Sept. 22 — we can carry those golden moments with us.

Here are some memories, not all golden, from Summer 2018.

"My best day was in July," said one Humbolter who asked not to be identified. "I did nothing but sit on the deck, alone with a book and a dog."

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SINCE 1981

ASK THE DOC

HSRC

THEN & NOW

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HUMBOLDT SENIOR RESOURCE CENTER

Patient Rights

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Friends of Edith

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Old Washington School

Page 21

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# Tedtalks: Autumn Is Coming

By Ted Pease

Let's be clear: Summer's not over yet. But autumn has been sighted.

Even though there's plenty of summer weather ahead — September and October are often the sunniest and warmest months on the North Coast — signs of the changing season are everywhere.

Mornings are darker these days, and the long sunlit evenings don't linger as long. A new but familiar shopper has been spotted at the Saturday farmers' market in Arcata as Humboldt State students return. The kids, big and little, are back in school.

Labor Day always brings a bittersweet combination of nostalgia and dread, and knowledge that colder days are ahead.

This issue of Senior News looks back at memories of Summer 2018, as our contributors share some happy stories, tales of the Zucchini Hordes, and pastimes of painting, bicycling, singing, pets and boats that fill our lives.

It's not all happy summer memories this year, however, as awful fires have devastated so many lives in Redding and Mendocino and Lake counties, and elsewhere. This year's season change is especially bitter-sweet. Our hearts go out to our friends and neighbors, and to the firefighters and others who came to the rescue.

Here at Senior News, we're already preparing for October, November and beyond, looking for story ideas and writers.

In October, our topic will be "Retirement

— Now What?" As we reach that milestone, some with joy and some with dread, we have the opportunity to redefine ourselves. How we approach and navigate that transition says a lot about us, and about what our autumn decades will look like.

Some decisions are financial. For some, the end of a career leaves us clueless about what's next. For others, retirement is a chance to do new things.

Whether you are a greeter at Walmart, a volunteer, or a late-blooming artist, we want to hear about how you made that transition.

November is Election Month, and another way that we as a people and a community redefine ourselves. We're looking for stories about politics, how we engage in public life and with our neighbors and community.

If you've run for office, or think about it. If you can't stand politicians and political news ("fake" or otherwise). If you never miss a city council meeting . . . we want to hear from you. Here's a question everyone can answer: What was your first election, and whom did you vote for?

So enjoy September. And — say — do your neighbors a favor by accepting a few more zucchini than you really want.

*Ted Pease is editor of Senior News.*

**On the Cover:** The photo of silhouetted boats at Woodley Island Marina is by Alan Workman, who lives aboard his sailboat there.

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COMING NEXT MONTH

**Retired — Now What?**



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# Reflections of a Plein Air Watercolor Painter

By Paul Rickard



**PAINTING EN PLEIN AIR** means, simply, leaving the studio to paint in the open air, as in these Paul Rickard examples: Patrick's Point and the Arcata Plaza's embattled William McKinley centerpiece. Paul Rickard paintings.

Life is an open-ended adventure with the chance to find new inspiration as the days unfold.

In my former life, I was a career educator and taught in the Peace Corps, on the Yurok Reservation, and for the South Bay School District.

At 59, I retired from full-time teaching and bought a watercolor set. I hiked down to College Cove and painted a watercolor of a vista that held wonderful memories of friends and family gatherings.

These memories and the quiet, meditative experience of painting proved to create an eventful day in

my life. Since that June day in 2012, I have painted almost every day and have not stopped.

Open-air watercolor painting has been my passion, and has opened many doors that I have gladly walked through. In taking the plunge in a new direction, we expand our horizons and the definition of ourselves.

We are known by many names in life — husband, father, brother, friend, teacher. We gather in friendship and camaraderie with those who enrich and support us as we go through life, but new friendships open fresh possibilities that push us on.

Six years after that June day at College Cove, I am grateful to have taken this adventure. As a plein air Humboldt landscape painter, I find inspiration from the dark pines and tall redwoods, and resiliency in the gray skies and ever-changing tides.

Above all, I am driven to express the wonder of both the mundane and magnificent through watercolors. For me, watercolor painting is an unfolding mystery. I love the randomness and controlled chaos of the medium.

My wife, Nancy, and I host a Sunday Paintout every week, open to the community. It has become a weekly

event to gather in friendship at Humboldt's iconic vistas — Sequoia Park, the Arcata Bottom and Marsh, Freshwater Farms and the Trinidad coast.

Every Saturday, I post where we will meet on Facebook ([facebook.com/paul.rickard.7777](https://www.facebook.com/paul.rickard.7777)), and 10 to 15 people share in Sunday plein air camaraderie.

Come join us. If you can draw a stick figure, you're on your way.

—

**Paul Rickard**, 65, of Blue Lake is a retired teacher and a Humboldt watercolor artist.

## ENDURING MEMORIES . . . From Page 1

• **Jeanette Arpin**, a regular at the Humboldt Senior Resource Center, reports her “joys of gardening success.” After her potatoes failed last year, Jeanette is looking forward to pies — “This year, my peppermint, rhubarb and pumpkins are all thriving.”

• Eureka attorney **Elan Firpo** says she has wanted to see Egypt since she was a little girl. This summer she did. “I rode a camel named Ramses II; he made truly amazing noises from both ends,” she reports. “I also went scuba diving in the Red Sea. It was an amazing, exhilarating, life-affirming adventure and cultural experience.”

• “I made it to the corner of Humboldt and Sisiky counties,” writes hiker **Peter Jermyn** of Bayside, co-owner of Los Bagels. “Salmon Mountain near Orleans is the highest point in the county. It’s bear habitat; burned, wind-fallen trees blocked the way on a 100-degree day. A swim in the Salmon River completed the best of my summer days.”

• “I mostly celebrate summer in September and October, when we get sunshine,” said writer **Pat Bitton**.

• “I saw at least 50 whale spouts and the shine of them breaching off the coast of Big Sur one sunny Saturday this July,” said **Dr. Jennifer Heidmann**, the medical director for Redwood Coast PACE. “That was a good day.”

• **Jane Williams** of Trinidad got involved with the True North Organizing Network to help free a 33-year-old Arcata mother who was detained by federal immigration authorities in Bakersfield for seven months. “Meeting her has really been the high point of my summer,” Williams writes. “She is not the only one who got something out of this deal.”

• **Maggie Kraft**, executive director of the Area 1 Agency on Aging, took an eight-day, 1,200-mile road trip

with her 18-year-old niece, driving the newly reopened Highway 1 at Big Sur, visiting friends and relatives. “Finished it off with a high school reunion in Pleasanton. Great music, company and food along the route.”

• “My shiniest shining moment was discovering really good ginger beer (California Juice Co.) at Grocery Outlet, adding a shot of quality tequila, three ice cubes, a slice of lemon and — bingo — My New Favorite Drink,” said columnist and retired Humboldt State professor **Barry Evans**.

There were many more happy reports of family, trips, friends and What I Did on My Summer Vacation than we can fit here. But we can’t ignore that Summer 2018 will also be remembered for the massive fires in Redding and Mendocino County and elsewhere that did so much damage, and are still burning.

A moving perspective came from **Catherine Mace** of Eureka.

“This summer has given me two important happenings,” she wrote. “The first was some time to get my hands in the dirt and work on the garden. . . . I found peace in the actions and a sense of competency from managing the whole thing.”

“Then the fires started,” Mace said. After a regular monthly trip to Sacramento in July, she ran into smoke and fire along I-5 and Highway 20. “I was not too concerned at first,” she said, but then her last meeting ran late.

“The last 20 miles of Highway 20 before I got to 101 had huge smoke clouds rising to the west. Then, firefighters dousing the side of the road and flames on the hill.”

“I got the last room in Willits that night,” Mace said. “Drove home after a bad night’s sleep and have lost that sense of peace entirely.”

—Compiled by Ted Pease

## One Pet at a Time

By Kim Class



**SENIOR ANIMAL DAY:** veterinarian **Travis Christ** of Arcata Animal Hospital consults with **Linda Fisher** (right) about her cat, **Chloe**, as friend **Linda Hood** watches. Ted Pease photo

I count myself very fortunate to have found my passion. It was not just my deep love of animals that inspired me to open Companion Animal Foundation (CAF) 16 years ago, but also knowing that I wanted to help create the kind of community (a *kind* community) that I wanted to live in.

Running any non-profit requires a constant step back to evaluate where there are service gaps in a community, and what can be done to help close them.

At CAF, our constant question is why animals don’t receive the care they need and deserve. We then tailor our programs to help meet some of the needs.

One such program is our Senior Day of Caring, offered every other year to provide medical services at low cost for the pets of older members of our community. The idea was born out of a conversation about 10 years ago with the director of the McKinleyville Senior Center, who worried that seniors were forgoing very basic services for their pets because they couldn’t afford them.

Do we love our pets less because we have less in assets? It’s really a silly question. CAF’s Senior Day of Caring helps seniors who have few

options when it comes to basic care for their pets. Our most recent seniors event provided basic services — from exams by local veterinarians to nail clipping and vaccinations at low prices — at the Bayside Community Center.

I occasionally hear the comment

that people who can’t afford a pet shouldn’t have one. That is unfeeling. Pets can provide unconditional love and companionship, and even a reason to get out of bed in the morning.

The only limit here is money, not love. Since I value both love and animals, I want to support our seniors in this very basic way. It’s my privilege.

CAF also supports a spay/neuter program, pet adoptions and fosters, the BARK Program (Be Aware, Responsible & Kind), and is planning a mobile veterinary unit. All these efforts help move my community in the direction that makes me say, I love this life, I love this community.

—  
**Kim Class**, of Arcata is a registered veterinary technician and director of the Companion Animal Foundation. To get involved, visit [cafanimals.org](http://cafanimals.org) or call 826-7387.

## ASK THE DOCTOR

# Patient Rights & Responsibilities

By Jennifer Heidmann, M.D.



“Health care” is the term we use to describe an intimate human experience that can range from basic laboratory tests and physical exams to serious and life-threatening conditions requiring interaction between a person with

a problem and doctors, nurses, physician assistants, nurse practitioners or therapists

(physical, occupational, psychological, speech and many more).

We use health care to prevent disease (check-ups, cholesterol tests, blood pressure monitoring and treatment, cancer screening). We use health care when we have accidents, acute illnesses and catastrophic changes in our well-being.

Health care can be expensive, and sometimes people put off prevention of disease because of the cost. Unfortunately, the cost of a condition that might have been prevented or lessened is often exponentially greater than prevention would have been. And use of the emergency room is one of the most expensive aspects of our healthcare system.

Our right to health care is a moral imperative. No one should be barred, for any reason, from getting care they need. But how can we afford this as individuals and a society?

It can be helpful to understand our rights (to receive appropriate and safe health care when we need

it) and responsibilities (to advocate for ourselves or those we care for, and to be partners with those who provide health care).

Here is a guide to self-advocacy and ways to be part of the solution to heal our ailing healthcare system:

“Our right to health care is a moral imperative.”

**1. Ask about costs** of medications and tests, and understand what results

and information will be gained from them. Let your healthcare provider know immediately if you cannot afford your medications.

**2. Try to follow through** on recommendations your healthcare provider makes, and let them know if their recommendations are not working for some reason.

**3. Know what is important to you** for feeling well, and share this information with your healthcare provider so you can work as partners to meet your goals.

**4. Consider the Emergency Room** a place to go for true emergencies only.

**5. Complete your advance care directives paperwork** and discuss with the person you have designated as holding your power of attorney for health care what is important to you and what medical interventions you would or would not want if you become very ill.

**6. Know who your political rep-**

Continued on Page 19

## ‘My Knees Gave Out’

If you think about it, it should come as no surprise that our knees hurt.

Physicians who study such things recommend that adults walk 10,000 steps per day — about 5 miles — although the average American walks only half that much (anything less than 5,000 steps/day is considered sedentary).

But a moderately active American adult takes around 7,500 steps/day, or 3-3/4 miles. Keep that up, and by the time you’re 80, you will have taken about 216,262,500 steps, which comes out to nearly 110,000 miles, or four times around the globe.

No wonder our knees hurt.

The most common cause of knee pain in people 65 and older is osteoarthritis, doctors say, the natural wear and tear that causes cartilage — the rubbery padding in-between bones — to break down.

Other kinds of arthritis are inflammatory arthritis, resulting from an autoimmune disorder, and post-traumatic arthritis, the result of an injury that changes “the biomechanics of your knee,” says orthopedic surgeon Dr. Julie Switzer. “That exquisite, nearly frictionless movement has changed.”

Knee pain can also be caused by torn cartilage or ligaments, bursitis, tendinitis or gout. In all cases, obesity makes the problem worse.

The good news/bad news is that there’s usually no remedy for tired knees. Doctors disagree over whether knee surgery does more harm than good. Studies show that people over 50 who tried arthroscopic surgery to correct knee pain had no better results than those who used anti-inflammatories, like ibuprofen, resting the knee, icing, taping and physical therapy.

—Ted Pease

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## HEAVENS TO BETSY— BY BETSY GOODSPEED



## Summer Memories

I remember my children saying, “Only three more weeks until summer,” and laughing as my coffee cup clattered against my saucer.

One summer included a vacation on a houseboat we called the Good Grief. We cruised by the Statue of Liberty before offering free concerts from the upper deck. Audiences sat on folding chairs on a pier and laughed when passing boats rocked us in their wake.

My concert harp was roped to the siderails, our 9-year-old daughter played the autoharp and sang, and our 12-year-old son could play anything from folk songs to the Lone Rangers theme on a chromatic harmonica. Dad split his time between shooting videos and playing a miniature bagpipe to add a hilarious note.

Is it any wonder that I haven't been content to spend my 90s trading memories with old folks who tend to dwell in the past? I may need a wheelchair when I go to the zoo, but I can create short stories about the people and dogs that parade by my house during happy hour.

This is my first summer in Eureka after spending 25 years in Southern California. Down there, we escaped the heat by going to Morro Bay or Sequoia National Park, but now I've

got the best of all worlds.

These days, I'm starting a business to explore how creativity works. I called the Eureka Fire Department for advice about putting a kiln in our back yard, and we plan to build a giant wind harp in the front yard.

I have also drafted a novelette called “To Know is to See Clearly.” I lose myself by setting my characters free to resolve their con-

flicts. An underlying theme usually emerges to complete

the plot, after which the story is reworked to strengthen the message, which can be reinterpreted as needed.

The trick about writing fiction is to pause between scenes to indulge in musical meditation, do gentle yoga to maintain flexibility, or cook Chinese food.

My favorite summer memory is of a Fourth of July celebration when a sudden cloudburst required setting fire to all the fireworks at once. Despite the conflagration, no one sought shelter because of the astonishing sight of that many fireworks going off simultaneously.

I can still see it in my mind's eye, and I've come to think of my brain as a collection of fireworks.

**Betsy Mills Goodspeed, 92, of Cutten is a lifelong musician and a prolific writer and blogger.**

“I've come to think of my brain as a collection of fireworks.”



“Joe would be a great addition to Eureka's city council. He has always been concerned with the interests of the senior residents of Eureka.”

—Esther Allen, Retired RN,  
American Cancer Society volunteer



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# This is Not What I Planned for My Senior Years

By Suzi Fregeau

*“Why doesn’t my family come visit me?” “They have their own lives.” “I don’t want to be a burden to my children.”*

We hear these comments too often from seniors who feel forgotten, many of whom have lost connections with family and friends.

In the current political climate, we have to worry what will become of these vulnerable people. When government cuts funding, it seems that senior programs are always the first to go.

Critics complain, “Well, they should have planned better.” Or we hear government officials (public servants who get publicly funded lifetime retirement and health benefits) dismiss Social Security as an “en-

titement.” They seem to forget that these people who they say are asking for “handouts” worked their lifetimes to pay into the system, and are only asking for what is theirs.

These same seniors experience abandonment, isolation, neglect and abuse from those they depend on for care. It happens right here in Humboldt County: A senior at a local assisted-living facility who fell in the courtyard and died from her injuries. Another in a local nursing home who was financially abused by her grandchild. A nursing home resident who was neglected, and ended up in the hospital with significant bed sores.

There are too many stories right here in our own community of poor care, neglect, and abuse of those who

deserve so much better.

But the Long Term Care Ombudsman (LTCO) Program can help. We have had our successes.

Take “John,” an elderly nursing home resident with no family, who had been an alcoholic for years and suffered multiple strokes. When his Medi-Cal support ran out, he faced charges of more than \$9,000/month as a “private pay” resident. Social Security provided only \$1,200/month, however, so the nursing home planned to place him in a local motel, pay for one month (without care), and then he would be on his own.

Fortunately, an LTCO Program advocate stepped in and found a living situation that “John” could afford on his Social Security. Now he is living

independently and enjoys a much higher quality of life.

LTCO advocates visit facilities regularly to protect the rights of senior residents, and we investigate reports of elder abuse.

Our services are free to residents, but we do need financial support. Please consider a donation in the name of a relative, a grandchild, or a local nursing home resident. Or consider becoming a Long Term Care Ombudsman volunteer. Our seniors need you.

—  
**Suzi Fregeau** is program manager of the Long Term Care Ombudsman Program of Humboldt and Del Norte counties. Contact her at [sfregeau@alaa.org](mailto:sfregeau@alaa.org) or 269-1330

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## PAINTING THE OCEAN

BY MARGARET KELLERMANN

# What Glinda Taught Me

In the 1960s, my nuclear family visited Grandma's home near Hollywood. Grandma and my mom bragged casually to me, age 6, about their movie-star neighbors back in the 1940s.

"Gregory Peck and Shirley Temple lived just down the street," Grandma told me.

Mom recalled, "Liz Taylor attended my church youth group . . . once."

"Good way to meet boys," Grandma winked.

"Where are they now?" I asked.

"They've all moved away," Grandma said. "Wait, though. Billie Burke, who played Glinda in 'The Wizard of Oz,' lives just over the backyard fence."

I squealed. "GLINDA lives . . . over that fence?" Already I was planning a tree-climbing spy expedition.

"Actually," Grandma corrected, "it's the actress who *played* Glinda."

Whatever. *Glinda. Over. That fence.*

As a first-grader, I was an "Oz" fanatic. My friends loved Dorothy, the Cowardly Lion, the Tin Man and the Scarecrow. But those characters were all scaredy-cats. Fearless Glinda was the hero of my life. She tattooed an impression on my young self, for particular reasons:

1. Glinda appeared in a flying bubble, for gosh sakes. No greater entrance has ever been achieved. She wielded a mighty wand when wicked witches (a.k.a. bullies) created havoc in Munchkin Land (my school playground). Glinda snorted,

"You have no power here. Begone, before somebody drops a house on you, too!"

2. Glinda always smiled, unafraid, as when she told Dorothy (a naïve traveler through life, like me), "You can't go back the way you came." When I first heard that, I wondered, *But Glinda, why can't you magically send the kid home by another tornado?* Instead, Glinda sent the traveler on a twisting path, accompanied by friends with needs as important as her own.

3. It was Glinda, not the Wizard, who appeared at the most traumatic times. Glinda sprinkled gold-dust goodness on hopeless situations. She was an overcomer, and she trusted the traveler to be the same. Glinda taught me mantras for my life:

- You are capable of more than you know.
- Everything you were looking for was right there with you all along.
- You always had the power, my dear. You just had to learn it for yourself.

I did climb Grandma's backyard apple tree, keeping watch one afternoon. Glinda never appeared. Still, decades later, with the help of a serene presence and faithful companions, this grown-up child Margaret seems to be making it home all right.

—

**Margaret Kellermann's**  
*exhibition of paintings, "You Are Here," is at the Redwood Art Assn. Gallery, 603 F St. in Eureka, through Sept. 9.*

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# Ride a Bike for Transportation, Exercise and Fun

By Rick Knapp

I started riding a bicycle in 1974 in Sacramento during the Oil Embargo, when you weren't sure if you could get gas from one day to the next. Even worse, the price had doubled to 78 cents a gallon. Who could pay that?

It was a 15-mile round trip to my job. "Maybe I could ride a bike to work," I thought. At the time, I thought of it just as a way not to buy gas, but 115,000 miles later, I have come to appreciate my bicycle in many other ways.

After a year of biking to work on nice days, I began to ride regardless of the weather, and started weekend biking in the Mother Lode country. Then I began century rides and even double-century rides (200 milers). Some friends at work were also into biking, and I learned from them — both good lessons and bad.

By the time I moved back to Eureka in 1979, I was a full-fledged bicycle commuter, so unless I had to leave town with a suitcase, I rode every day to work and meetings — about 2,000 to 3,000 miles a year.

Fifteen years ago, when I retired as the district director of the Eureka Caltrans office, I started riding even more. Now I ride my bike to the store,



**MILESTONE** — Dedicated cyclist Rick Knapp celebrated an impressive bicycling achievement three summers ago on the Samoa Bridge. Contributed photo.

post office, bank, meetings, to restaurants, and anywhere I can get by carrying things on a rear rack and saddle bags.

Last year, at age 73, I rode the most miles I had

ever ridden in a year — almost 5,500. I still look at my bicycle as a means of transportation, but it's also a way to keep me in shape and have fun.

When it's rainy, sometimes I use the stationary bike at the gym, or the stair-stepper, but I enjoy riding outdoors better.

Using your legs every day on a bicycle helps your heart, your lungs, your balance and most of the rest of your body. Once you spend a few days or weeks riding, you will realize just how much you need it.

If you would like to get into biking or improve your skills, contact me for a free "BikeSmart" lesson.

Consider making a lifestyle choice that can give you the kind of joy and satisfaction that I have enjoyed over the last 44 years. It's never too late unless you wait until it is too late.

**Rick Knapp, 74, of Eureka is president and one of the founders of the Humboldt Bay Bicycle Commuters Association, which has trained hundreds of children and others to ride on the street responsibly. For information or training on safe biking, call Rick at 707-445-1097 or go online to [humbike.org](http://humbike.org).**

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AGING IS AN ART — BY JOHN HECKEL

## The Shame of Shame

Shame and our deteriorating physical condition.

Shame and our increasing dependency.

Shame and dying too soon.

Shame can be very hard to identify, especially if we're ashamed about being ashamed. Some learned psychologists suggest shame is the painful feeling of humiliation or distress caused by the consciousness of a wrong or foolish behavior or belief. I mean, what sort of fool feels ashamed about the possibility of dying too soon?

I did. In fact, part of me still does. In my case, the shame manifests as humiliation, humiliation caused by the awareness of this foolish thought: that dying too soon suggests failure.

What feeds this foolish thought?

Many, if not all, terminal diseases, when contracted too early in life, are associated with failure and shame. What failing in our body's immune system allows for the spreading of those destructive cancerous cells?

Our culture's reactions to how long we live also influence this thought process. The son whose father died at 55 of colon cancer hears, "I am so sorry. What a shame. He died so early." On the other hand, what I heard when my mother died at 95 was, "Wow, she lived a good, long life."

Then there is our culture's reaction to how we die. From a recent local newspaper's death and funeral notices: "Jim passed after a

long battle with ill health." Or how about, "After a long and courageous struggle with cancer . . ." All those battles, fights and struggles ended in failure. They were courageous and valiant attempts, but in the end they were failures, or so most of me once thought.

Part of me still does. Remember, I am in transition.

I am slowly moving, or transitioning, from existing within that shame of possibly dying too soon, fretting over things not done or accomplished, into the life well-lived, it's-OK-if-I-go stage.

I'm not quite there, but I definitely see myself getting there. It's within reach. It feels like acceptance on some monumental scale, as if a huge burden is being removed; regrets of things not done are disappearing.

The list of things that I need to do is getting shorter, just being in the present moment without expectations or regrets is becoming an ever-more frequent and enjoyable experience. I find myself resisting anyone's attempt to take me out of that present-tense moment.

Now all that is left is to confront the possible shame of living too long.

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

# Humboldt Botanical Garden's 9th Annual Garden Gala

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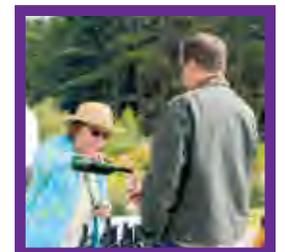


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**PRESALE:** \$40 members, \$50 non-members  
**AT THE GATE:** \$50 members, \$60 non-members  
Children 12 & under are FREE. Under 21 are half price.

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

## Edith's Philosophy Lives on in HSRC's Volunteers

By Janet Ruprecht

Edith Lee would be proud.

Edith, a beloved volunteer at the Eureka Senior Dining cCenter for 25 years, died last summer at 101. Gone but not forgotten at the Humboldt Senior Resource Center, she leaves behind a close-knit circle of friends who subscribe to the Edith Philosophy.

"I have to go serve the old people," she would say, even when she was older than they.

We celebrated her 100<sup>th</sup> and 101<sup>st</sup> birthdays in the dining room, and even when she could no longer come to the center, she was still connected through the Home Delivered Meals Program.

As a volunteer, Edith welcomed newcomers to the dining room, introduced them to others, and made sure they felt comfortable.

Jim Johnston met her when he began volunteering at HSRC. Later, when he was looking for a temporary place to live, she offered him a room



**FAMILY** — The Friends of Edith Lee stick together: From left, Carol Lee, Brenda Steinhour, Earlene Fisher and Jim Johnston. Ted Pease photo.

in her house. They became good friends.

As she grew frail and her memory began to fail, her daughter Carol looked after her, and Jim helped. They took a class for caregivers dealing with dementia. When Jim thought Carol needed some time away from caregiving, he urged her to volunteer at the dining center. She was enthusiastic, loved the people she met, and made new friends.

"The friends you make here become like family," said fellow volunteer Earlene Fisher, another friend of Edith. "Many people have outlived their spouses, and their children have moved somewhere else. Some come from far away, and don't know anyone until they come to the center."

Like Edith, Earlene and other volunteers look after their extended HSRC family members.

"If someone doesn't come, we call them up and say, 'Come to lunch. You know you'll feel better if you do,'" Earlene said. "It gives them a reason to get out of bed in the morning. It is a positive place to go, easy and safe."

Many of those friendships extend beyond the Center. "We visit each other, go out to lunch, celebrate birthdays," she said.

"The senior center is the most important thing this community has for seniors," Earlene said. It's not about age, but about friendships.

"We're not old!" she said. "We may be 70, 80, 90, but we are not old. Being around people makes us feel good. We forget about our health problems, and we are not sitting at home feeling sorry for ourselves."

—  
Janet Ruprecht is development coordinator at HSRC.

## NEW HSRC Activities

New in September: Look out for these new classes and events at HSRC in Eureka this month.

• **Ukulele & Hula:** On the first Tuesday of each month, join Joyce Flaughter for Fundamentals of Ukulele, and her Fundamentals of Hula class on the third Tuesday of the month.

Joyce has 30 years' experience teaching both ukulele and hula, and brings a love and passion for both to beginning students. The classes will be at 1910 California St., from 2-3:30 p.m.

• **Stepping Out Strong:** In association with American Bone Health, this presentation will focus on exercise and tips for fall prevention, including exercises for strength and balance. Led by certified exercise instructor Joan Rainwater-Gish, the session will be on Monday, Sept. 24, from 10:30-11:30 a.m. in the dining room. Space is limited. Register by calling 707-443-9747, x1240.

• **Meet the Artist:** Artist Yael Bentovim, whose work is on exhibit in the HSRC lobby, will be here Thursday, Sept. 13, 11 a.m. to 12:30 p.m. to talk about her work. Bentovim's artwork is on display through the end of September.

• **Flu Shots:** HSRC and Rite Aid will hold a flu shot clinic on Wednesday, Sept. 12, from 11 a.m.-12:30 p.m.. Flu shots are covered by most insurance companies. Bring your insurance card.

...



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

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# SEPTEMBER SENIOR CENTER ACTIVITIES

## Humboldt Senior Resource Center in Eureka

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

For more information call Tasha at 443-9747 x1228, tromo@humsenior.org

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

**Mondays**  
Sept. 3 CLOSED Labor Day  
9:30-10:30 Karate with Jerry Bunch  
10-12:30 Mah Jongg  
1:15-2 S.A.I.L. w/Muriel  
2:10-3:10 FABS/S.A.I.L. w/Beth & Lois  
2:30-4 Memoir Writing Class  
Sept. 24 10:30-11:30 Stepping Out Workshop

**Tuesdays**  
10-11 Harry's Bingo (not Sept. 4)  
11:30-12:15 Lunch - Menu page 14  
12:30-1:30 Bunco (not Sept. 4)  
12:15-2:15 Pinochle  
2:10-3:10 FABS/S.A.I.L. with Beth & Lois  
Sept. 4 10:30-11:30 Dine & Dance w/Ray, Dave & Lois  
Sept. 4 2-3:30 Fundamentals of Ukulele  
Sept. 18 11:30-2 Foster Grandparents Program  
Sept. 18 2-3:30 Fundamentals of Hula  
Sept. 25 11:30-1:00 CalFresh information & sign up with Food for People  
Sept. 25 6-9 Stamp Club

**Wednesdays**  
11:30-12:15 Lunch - Menu page 14  
1:15-2 S.A.I.L. w/Muriel  
1:30-3:30 Intermediate Line Dancing  
2:10-3:10 FABS/S.A.I.L. w/Beth & Lois  
Sept. 5 & Sept. 19 1-2 Caregiver Support Group  
Alzheimer's Library,  
1901 California St., Bldg. B,  
2nd Floor, Eureka

## Fortuna Dining Center

**An HSRC Dining Center at Mountain View Village**  
2130 Smith Lane • Call Launa at 725-6245  
Lunch: Tuesday-Friday at 12:00 p.m. - Menu page 14

**Tuesdays** 12 Lunch  
**Wednesdays**  
Sept. 5 10:30 Music with Bill, Corena & John  
12 Lunch  
**Thursdays**  
Sept. 6 & 20 12-1:30 Caregiver Support Group

**Wednesdays (cont.)**  
Sept. 12 11-12:30 Flu Shot Clinic  
Sept. 12 11-11:30 LeAnne Morini performs  
Sept. 12 11:30-12:15 Emblem Club serves lunch  
Sept. 19 10-11:30 Commodities Distribution  
Sept. 26 11-11:30 Dale Wignet performs

**Thursdays**  
10-11 Grocery Bingo: Bring 1 grocery item  
10-11:30 Intermediate French  
11:30-12:15 Lunch - Menu page 14  
1:15-2 S.A.I.L. w/ Muriel  
2:10-3:10 FABS/S.A.I.L. w/ Beth & Lois  
Sept. 13 11-12 Meet the Artist: Yael Bentovim  
Sept. 6 & 20 10-12 Genealogy group

**Fridays**  
9-10 Falun Dafa  
10-11 Beginning Tai Chi Movements  
11-12 Beginning Yoga  
11:30-12:15 Lunch - Menu page 14  
1-4 Bridge Games  
Sept. 7 11-12 Bob Ebenstein performs  
Sept. 7 11:30-12:15 Grandparent's Day Celebration  
Sept. 7 & 21 1:30-2:30 Conscious Living Book Club  
Sept. 21 10:30-11:30 Fred & Melissa perform  
Sept. 28 11:30-12:15 Accordionaires perform  
Good Neighbors Celebration  
Birthday Celebration

**Saturdays**  
Sept. 1 Noon Sassy Seniors, no lunch scheduled  
Sept. 18 Noon Nooners, Kristina's, Eureka

**Thursdays (cont.)** United Methodist Church  
Fireplace Room  
922 N Street, Fortuna  
For info call 443-9747  
**Fridays**  
Sept. 7 12 Lunch  
12 Grandparents Celebration  
12:30 Rite Aid Flu Clinic  
Sept. 28 12 Birthday Lunch

## McKinleyville Senior Center

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

**Mondays**  
Sept. 3 CLOSED Labor Day  
8:30-9:30 Tai Chi  
9-12 Computers\* (\*call for availability)  
10:30 Walking Group at Hiller Park  
1-4 Party Bridge  
1-4 Cribbage NEW!  
Sept. 24 11-12 Low Vision Workshop

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

**Wednesdays**  
8:30-9:30 Tai Chi  
9-12 Computers (call for availability)  
10-12 Needlework  
10:30 Walking Group at Hiller Park  
1-4 Pinochle  
Sept. 5 10-11 Genealogy  
Sept. 5 & 19 3-5 Caregiver Support Group  
Timber Ridge Assisted Living,  
1400 Nursery Way, McKinleyville  
Executive Board Meeting  
Sept. 19 10:30-11:30 Monthly Luncheon: Baked Chicken, Rice Pilaf, Salad, Bread, Dessert. (Sign up by 9-24) \$5  
Sept. 26 12-1 Heart Healthy Club  
Sept. 26 1-2

**Thursdays**  
9:30-10:30 S.A.I.L. Class  
10:30-12 Pinochle Lessons  
10:40-11:40 Stretching  
12:30-3:30 BINGO  
Sept. 6 11-11:30 Taco Salad, \$3  
Sept. 13 11-11:30 Meatball Soup & 1/2 Sand. \$3  
Sept. 20 11-11:30 Lentil Soup & 1/2 Sand. \$3  
Sept. 27 11-11:30 Taco Soup & Cornbread \$3

**Fridays**  
8:30-9:30 Tai Chi  
10:30 Walking Group at Hiller Park  
1-4 Pinochle  
Sept. 28 10-11 Full Board Meeting (Open Meeting)

## Arcata Community Center

**An HSRC Dining Center**  
321 Dr. Martin Luther King Jr. Parkway  
Lunch: Tuesday-Friday at 11:30 a.m.  
Call Vanessa at 825-2027

**Mondays**  
Sept. 3 CLOSED Labor Day  
Sept. 10 & 24 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  
11:30-12:15 Lunch - Menu page 14  
12:30-2 Bead Jewelry Class  
Sept. 4 10-11 Blood pressure check  
Sept. 4 & 18 10-11 Caregiver Support Group  
Mad River Community Hosp.  
Minkler Education Room  
3800 Janes Road, Arcata  
For info call 443-9747  
Sept. 11 & 25 10 Walking Group w/Chris  
Sept. 25 2 Arcata Marsh Slow Walk

**Every Wednesday**  
10-11 Chi Gong-RSVP 443-8347  
10-11:15 Karaoke (not Sept. 12)  
11 Bread distribution  
11:15-12:15 Tai Chi with Kathy-Advanced  
Lunch - Menu page 14  
12:30-1:30 Tai Chi with Kathy-Beginning  
Sept. 12 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 Swim Hour-HealthSport \$5 fee (prior registration required)  
11:30-12:15 Lunch - Menu page 14  
12:15-1:15 Learn Tech with Brett  
Sept. 6 10:30-11:30 P.J.'s Musical Group  
Sept. 13 11-12:15 Cal Fresh Sign-up assistance  
Sept. 13, 27 10:30-11:30 Bric Ogen & Guitar  
Sept. 20 10:15-11:15 Swing 'n' Sway Trio  
Sept. 20 10:30-11 Commodities Distribution

**Every Friday**  
10-11:30 Ping Pong with Pete  
(not 9-21) 10:30-11:30 Piano with John Humphrey  
11:30-12:15 Lunch - Menu page 14  
Sept. 7 10:30-12:15 Grandparents  
Sept. 21 10:30-11:15 Music with the Half Notes  
Sept. 28 10:30-12:15 Birthday Celebration & Good Neighbor Day

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# Delicious Partners: CalFresh & HSRC

By Tasha Romo



Since 1975, Humboldt Senior Resource Center's nutrition program has provided healthy and delicious lunches to seniors in the Humboldt community.

Over the last 43 years, the program has expanded its reach to produce nearly 500 nutritious meals per day for hungry participants at our dining sites and through the Home Delivered Meals program from Fortuna to McKinleyville, as well as for the Adult Day Health Program and Redwood Coast Program for All-inclusive Care for the Elderly (PACE).

Recently, HSRC has made changes to the lunch menu to meet the changing needs and palates of today's older adult. Diners can now choose between the regular menu item and a meatless entrée option.

Both options are specifically made to meet diners' nutrition needs. The meatless alternatives are available at our three Senior Dining Centers in Eureka, Fortuna and Arcata.

The regular menus include favorites like pot roast and potatoes, old-fashioned goulash and chicken cordon bleu. Meatless entrées include cheese enchiladas, spinach ravioli and a meatless summer berry salad.

All meals are prepared in our central kitchen and at our dining centers.

In addition to meals, HSRC's three dining centers offer older adults other resources to help combat food insecurity. A nutrition social worker is available to help diners apply for CalFresh, and shares information about community food resources.

Our dining sites also distribute farmers' market vouchers for eligible older adults, and a representative from Food for People, Humboldt's food bank, visits dining sites to answer

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

Applying is as easy as a phone call. Most applicants can have savings, own a house and cars, and still may 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, call the CalFresh hotline at 877-410-8809.

*Tasha Romo is HSRC's nutrition and activities manager.*

## September 2018



Humboldt Senior Resource Center

Nutrition & Activities Program

### Dining Center Menu

**FIRST WEEK**

- Sept. 3 All Sites Closed-Labor Day
  - Sept. 4 Meatloaf & Gravy
  - Sept. 5 Mediterranean Chicken
  - Sept. 6 Butternut Ravioli
  - Sept. 7 Roasted Pork Loin
- Grandparents' Day

**SECOND WEEK**

- Sept. 10 Dining Centers closed
- Sept. 11 Broccoli Cheese Soup
- Sept. 12 Chicken Caesar Salad
- Sept. 13 Pot Roast w/Gravy
- Sept. 14 Hot Turkey Sandwich

**FOURTH WEEK**

- Sept. 17 Dining Centers closed
- Sept. 18 Spaghetti w/Meat Balls
- Sept. 19 Beef Stew
- Sept. 20 Baked Western Omelet
- Sept. 21 Chinese Chicken Salad

**FIFTH WEEK**

- Sept. 24 Dining Centers closed
  - Sept. 25 Chicken w/Fire Roasted Tomatoes
  - Sept. 26 Mexican Black Bean Stew
  - Sept. 27 Chef Salad
  - Sept. 28 Beef Ravioli
- Birthday Cake & Good Neighbor Day

**People 60+ are invited**

**\$3.50 suggested donation**

*For those under 60 there is a fee.*

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# Song Villages and the Joy of Singing Together

By Seabury Gould

Over the last 14 years I have immensely enjoyed hosting song circles in Humboldt. Singing with others has always been a wonderful and uplifting way for human beings to come together.

The monthly “Song Village” is an informal gathering of singers sitting in a circle, taking turns suggesting songs that we sing together. We use the folk music songbook “Rise Up Singing” as the main source for songs.

Group singing has been scientifically proven to lower stress, relieve anxiety and elevate endorphins. Singing is like an infusion of the perfect tranquilizer, the kind that soothes your nerves and elevates your spirits.

Although all ages are welcome to

my Song Villages, it is mostly older adults who attend. I am always glad to see the joy that my fellow elders and I experience when we sing together. There is the recognition of the awesome power of the human voice, and that when voices are blended, they become a vocal community at its best.

We sing folk songs and other songs conducive to communal singing in a friendly, inclusive and fun setting. Anyone can come, and it’s free.

Many of us were coming of age in the 1960s, the era of song-filled peace marches and civil rights rallies. Pete Seeger has been a significant inspiration for me, and I take to heart his enthusiasm for people of all races and backgrounds, young and old, to

sing together. To paraphrase a popular bumpersticker, together we can Think Globally, Sing Locally.

“The right song at the right moment can change history,” as Seeger said. He also said, “It’s been my belief that learning how to do something in your hometown is the most important thing.”

A weekly Trinidad-area song circle, attended mostly by seniors, takes place at different people’s homes on Sunday nights. Contact Cheryl Gilmour at gilmoucj@hotmail.com for information.

Joel Sonenshein also leads a monthly folklife sing-along on the first Thursday of each month at the Arcata Community Center, attended

mostly by seniors. Contact him at joelsonenshein49@gmail.com.

When we sing together, we connect through melody, rhythm, lyrics and shared voices blending together. In communal singing, all our psyches are vibrating in synch, and this common neural activity makes for a tremendous experience of merging and bonded-ness.

As Pete Seeger said, “Hooray for getting rainbow gangs of folks, young and old, singing together.”

—  
**Seabury Gould, 64, is an Arcata-based singer, teacher and storyteller. Visit seaburygould.com, or contact him at seaburygould@hotmail.com or 845-8167.**

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## LIVE VIGOROUSLY

BY JOAN RAINWATER-GISH

# Nuturing Mind & Body

Roy Grieshaber, 75, of Eureka is a marketing professional, the former co-owner of Heartwood Institute, a co-recipient of the Keep Eureka Beautiful award, past president and current treasurer of Redwood Art Association (RAA), and an opera lover.

Living Vigorously is not confined to fitness of the body but also to creativity of the mind, and Roy embraces both. I've known Roy for more than 30 years, and I've witnessed his skill and talent to imagine, create and bring to fruition many important local projects.

**Q: Which do you consider your most creative projects?**

**Roy:** First, buying and developing Heartwood Institute, which was a massage training community in the hills of Garberville. My partner, Bob Fasic, and I rebuilt it into a campus setting and brought it up to accreditation standards. We left successful careers in Chicago for a rural adventure, which took a lot of creative energy to visualize and bring into reality.

Upon retiring, we bought a run-down house in Eureka and spent the next few years renovating it. We took an eyesore and transformed it into a lovely home and garden. When finished, the city of Eureka honored us with the Keep Eureka Beautiful award. It was very satisfying to receive recognition for a truly creative labor of love.

**Q: How did you come to be president of RAA?**

**Roy:** Fourteen years ago, RAA was looking for someone to develop marketing materials, and Bob said, "Roy can do that!"

Working with the RAA board, we developed marketing and strategic plans and budgets, with the ultimate goal of purchasing a building. I'm pleased that our efforts helped RAA secure a permanent home for our members to exhibit their art.



**Roy Grieshaber and the author.**

**Q: You've mentioned Bob, your partner of 48 years, who passed away two years ago. How have you managed to handle his loss and move on?**

**Roy:** Bob and I did everything together, so when his health started deteriorating, I, too, slowed down. But after his death, I needed to get on with my life. I was physically out of shape. Now I work out twice a week and, on the other days, I do brisk walking while listening to opera

through my earbuds. Also, I stay socially connected and maintain my brain health by keeping current with technology.

I don't mind being alone, but I was concerned about who would take care of me when I could no longer do so for myself. I talked with Humboldt Area Foundation, which referred me to local fiduciaries. Fiduciaries assume the role of caring for all aspects of your life, should you become incapacitated.

Signing up with them has given me a comfort level being by myself.

**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.**

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# September Community Calendar

## Cruz'n

Cruz'n Eureka, the annual festival of cool old cars and America's love affair with the automobile, cruises into Old Town Eureka Thursday-Saturday, Sept. 6-8. The NAPA Show & Shine is 10 a.m.-3 p.m. on Thursday, the Lithia Cruz through Old Town is 6-7 p.m. on Friday, and the Car Show is 10 a.m. to 4 p.m. in Old Town on Saturday. The event benefits the Boys and Girls Club of the Redwoods.

## Homesharing Snack & Chat

Come join the Area 1 Agency on Aging and the Arcata Economic Development Commission to hear about homesharing — a program to match homeowners and home-seekers — and share snacks with others who are also thinking about it. It's free, Sunday, Sept. 16, from 5 to 7 p.m. at the Arcata D Street Neighborhood Center. RSVP online at [a1aa.org/homesharing](http://a1aa.org/homesharing) or call 442-3763.

## Reduce Woodsmoke

The North Coast Unified Air Quality Management District is accepting grant applications for people interested in upgrading their old wood stoves to less polluting models. The Woodsmoke Reduction Pilot Program provides up to \$5,000 for the replacements. Apply before Sept. 30 at [ncauqmd.org](http://ncauqmd.org), or call 443-3093.

## Natural Fiber Fair

The 28<sup>th</sup> annual Natural Fiber Fair, a celebration of fleece, fabrics, weaving and more, spins off on Saturday and Sunday, Sept. 8 and 9, at the Arcata Community Center. Learn about spinning, knitting, rope-making, dyeing and plant fibers, and enjoy live music, vendors, demos and great food. Visit [naturalfiberfair.com](http://naturalfiberfair.com) for details.

## Bucket List?

"What's on Your Bucket List?" is a new 2019 TV show on North Coast PBS hosted by Tracey Barnes Priestley, who is looking for people over 60 who would like to share their personal bucket lists. Want to talk about yours? Email [pbsncbucketlist@gmail.com](mailto:pbsncbucketlist@gmail.com) or call 845-8348. Or write to Bucket List, PBS North Coast, P.O. Box 13, Eureka, CA, 95503.

## Sex, Drunks and Insanity

Humboldt Historical Society research assistant Morgan Harvey will take you on a tour of the Humboldt County Jail, 1888-1949, in a lecture called "Sex, Drunks and Alleged Insanity: Interpreting Historic Criminal Records," on Saturday, Sept. 8, from 1-2 p.m. at the Humboldt County Library, 1313 3rd St., Eureka.

## Redwood Pride

The 2nd annual Redwood Pride parade and community festival happens Saturday, Sept. 29, with the festival from 10 a.m. to 4 p.m. at the Jefferson Community Center at West Clark and A streets in Eureka. The parade down 2nd Street in Old Town starts at 4 p.m., and festivities conclude with a Pride Night celebration at the Eagle House from 6 p.m. to midnight. More info at [redwoodpride.com](http://redwoodpride.com).

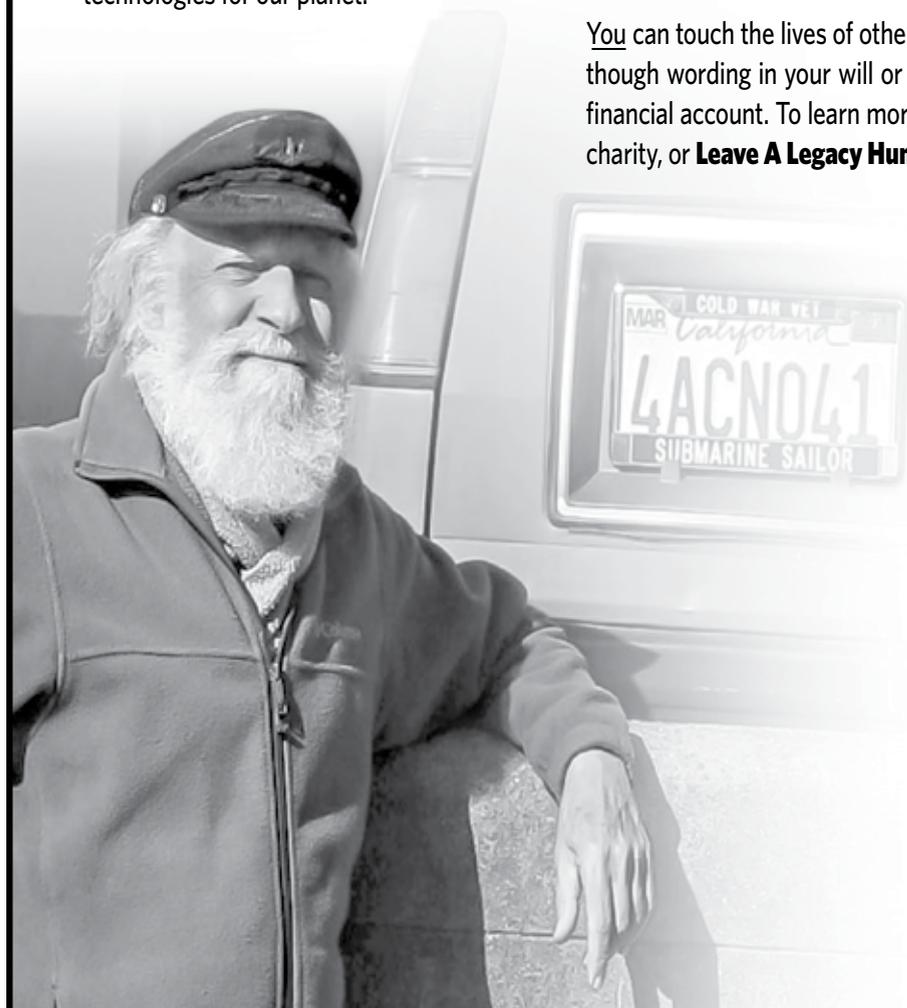
## Historical Fundraiser

The Historical Sites Society of Arcata (HSSA) holds its annual fundraising sale on Saturday, Sept. 15, from 10 a.m. to 2 p.m. at the Phillips House Museum, 71 7th St. in Arcata. Items include vintage clothing, costumes for Halloween, household goods, wool for craft projects like rug hooking, jewelry and more. Visit [arcatahistory.org](http://arcatahistory.org) for information.

# Lance Hardie's legacy supports clean energy research.

Longtime community member Lance Hardie loved attending lectures, concerts, and extended learning classes at HSU. He also viewed the Schatz Energy Research Center (SERC) at Humboldt State as part of the solution to the daunting energy challenges facing our world. That's why Lance designated HSU as a beneficiary of his Individual Retirement Account (IRA). When he passed away in 2016 at the age of 80, his gift was used to create the Lance Hardie Energy Research Fund to support SERC's development of clean energy technologies for our planet.

You can touch the lives of others by including a favorite charity in your estate plans through wording in your will or a simple beneficiary designation on an IRA or other financial account. To learn more, contact your attorney, financial advisor, preferred charity, or **Leave A Legacy Humboldt** at **(707) 267-9922**.



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## ASK THE DOCTOR . . . From Page 5

representatives are, and how well they advocate in Sacramento and Washington, D.C., for affordable, equitable health care, and how they help support your community in matters that concern good health. Then vote accordingly.

**7. Understand the cost to the whole community** of other people not having adequate health care. If someone has a catastrophic health problem and is uninsured, the costs of that care will end up being shared by everyone. Our community is a better place when children, adolescents, adults and elders are as healthy as possible.

I personally believe a national healthcare plan with universal coverage is the most economical and

ethical approach to improving the healthcare system in our country.

Health care should be about wellness of both individuals and whole communities. It is a crucial resource for us to use. It is ours to fight for. And it is our responsibility to use it well and wisely.

I also recommend exercise, and eating your fruit and vegetables.

**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. Comments to [seniornewseditor@humsenior.org](mailto:seniornewseditor@humsenior.org).

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Puzzle  
on  
page 22



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• **Fortuna:** Wednesday, Sept. 19, 11:30 a.m.-1:30 p.m., Fortuna Adventist Community Services, 2331 Rohnerville Road.

• **Garberville:** Tuesday, Sept. 11, 10:30 a.m.-noon, Garberville Presbyterian Church, 437 Maple Lane.

• **Redway:** Tuesday, Sept. 11, 12:30-1:30 p.m., Redway Baptist Church, 553 Redway Drive.

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# Old Washington School Holds Memories for Seniors

By Ted Pease

It's National Senior Center Month, says the National Council on Aging, which "encourages you to show your community is building momentum toward the future of aging."

In many ways, the past and the future of aging are embodied in the home of the Humboldt Senior Resource Center, which has occupied the old Washington School on California Street since 1983.

Washington School was built in 1902 for \$12,860 (including slate blackboards), and opened its doors to 107 children of the 5<sup>th</sup> Ward the next fall — 85 years ago this month.

At the start of the 1900s, Eureka's population was booming, up nearly 62 percent between 1900 and 1910 to 11,845 residents. Washington School was one of six elementary schools constructed to serve the city's young population: Washington and Lafayette were built in 1902; Franklin and Jefferson in 1905; Marshall in 1906; and Lincoln in 1909.

Photos from the time show boxy, impressive, even austere, three-story structures that are unmistakable as anything other than schools. Except for Washington, they didn't last long, condemned as firetraps and torn down and replaced in the late 1930s.

But Washington remained, first as barracks for Army servicemen on leave during World War II, and then serving as a city maintenance shop. By the 1980s, the building was a derelict, but major

renovation saved it.

In 1983, HSRC moved in, renting from the City of Eureka for \$1 a year for 16 years, until the agency purchased the building in 1998 for \$1. A 1902 silver dollar, along with the original building skeleton key, hang in the HSRC lobby. In 2002, the old Washington School was added to the National Register of Historic Buildings because of its significance in Eureka history.

Former Washington School student Thelma Pavlich was born in 1929. "I was one of the last graduating 6<sup>th</sup> grade class at Washington," she says.

Pavlich says she was a good student, but sometimes got into trouble with the strict schoolteachers of the 1930s. "I had a mouth," Pavlich said, remembering getting her knuckles rapped, or the palm of her hand whacked with a ruler.

"I thought I knew more than my teacher did," she said. "I always knew the answer to everything. I liked learning."

Fred Nelson, 91, and Elizabeth Woods, 85, also remember Washington's teachers as disciplinarians. "I remember the good, big apples they gave us," said Woods, who attended Washington for only two years before it was closed. "And I remember the speech teacher," she said. "She was mean."

"I was disciplined on my first day of first grade," Nelson said. "A teacher grabbed my head and gave me one across the face that nearly knocked me down."

He remembers recess as fun — whittling and games of mumble-peg — and dance lessons. "They took us into the music room once a week to teach us how to dance the minuet," he said. "I hated that."

But he remembers the janitor fondly. "Mr. Hanson used to let us come in on rainy days and warm up around the furnace," he said.

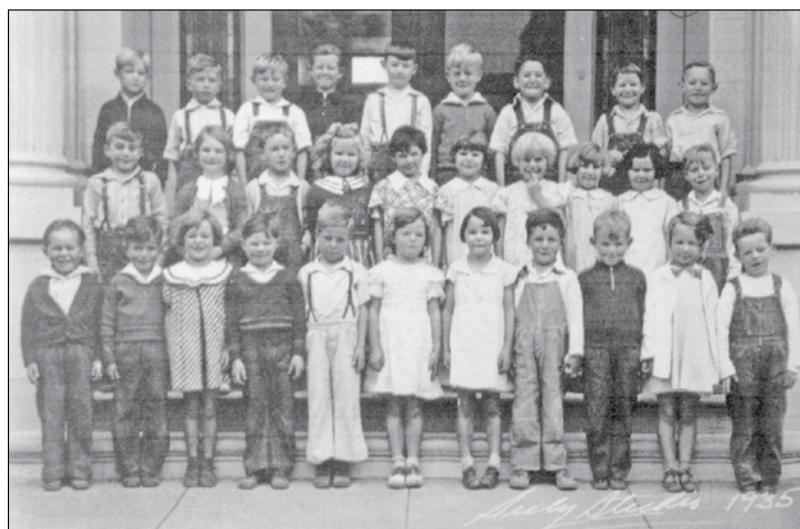
Students often walked to school in the rain, Nelson said, recalling one classmate who lived in Fairhaven, and rowed a small boat every day across the channel from Samoa to the foot of Del Norte Street to come to school. "Rain or shine," he said.

Darrell Price, 91, says he wasn't a very good student. "I never took it too seriously," he said. "I'd rather be out doing something else, like playing football with my friends, Roy Emberg and Darrell Turner and his brother Tom, in a field next to the school."

The former Washington students were glad when HSRC took over the school building, and some return for activities and meals in the dining room, where they once were students.

"It looks the same," Pavlich said. "But the stairs are steeper."

Ted Pease is editor of Senior News.



**SCHOOL DAYS —**  
Today, the 116-year-old Washington School continues to serve some of its former students, now as seniors. The old school was a ruin until the Humboldt Senior Resource Center moved in. Does anyone recognize these Washington pupils from 1935? HSRC photo by Ted Pease; 1935 photo by Walter Frederick Seely, Seely Studios.

# SR News CROSSWORD

## "Midfield"

By Roger Miller, Edited by David Steinberg

### ACROSS

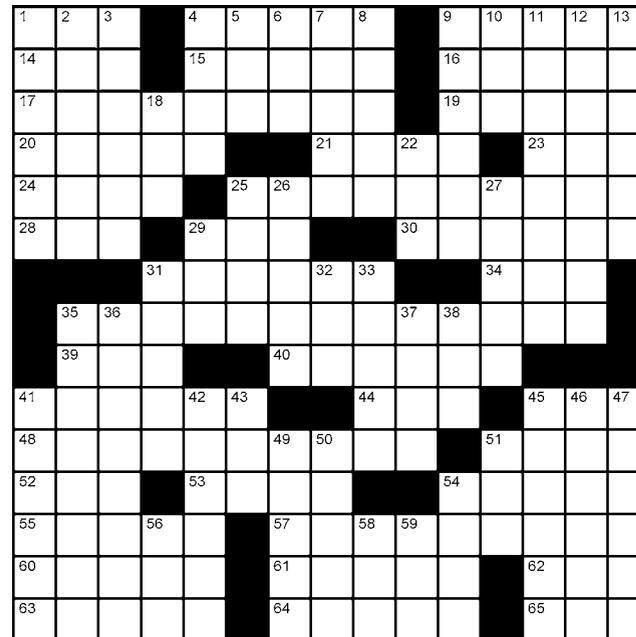
1. Round Table title
4. Nail biting, e.g.
9. They have flat tops
14. "Loneliest number"
15. Essential acid type
16. "Things \_\_\_ always what they seem"
17. American passport holder, often
19. Some say it before dinner
20. Laugh-a-minute folks
21. Related
23. Every other hurricane
24. Polish language?
25. Dojo blow
28. Corona \_\_\_ Mar, California
29. Note after fa
30. Not these or those
31. Shot from above, as a photograph
34. Microbrewery output
35. "National Lampoon's Vacation" wife
39. Do goo
40. Jim who sang at the Indianapolis 500
41. Explode

44. Musical Rogers

45. Game where someone is "it"
48. "Pulp Fiction" actress
51. Small pasta
52. Graze
53. Drooling "Garfield" character
54. Solos at the Met
55. Kind of preview
57. What some organs grow from, or a hint to the abbreviations hidden in 17-, 25-, 35- and 48-Across?
60. It might be fit for a queen
61. Krispy \_\_\_
62. Necklace worn with a muumuu
63. Impertinent
64. Coupled
65. Maple syrup, essentially

### DOWN

1. Went bad, as milk
2. Safe from the weather
3. Spring back
4. They're sometimes worn backward



5. Grenoble buddy
6. Company URL ender
7. Like Apple AirPods
8. Toy truck brand
9. Refrigerator decoration
10. Be off
11. Beach memento
12. Hosted a newscast
13. Brews tea
18. Hairy Addams Family member
22. Skating legend Midori
25. Nu metal band that sounds like a crop

26. Set straight
27. Pandemonium
29. Witness
31. Dole out
32. Constellation whose letters aptly appear in "altar"
33. Scales sign
35. Narcissistic condition
36. Matisse's "The Boat" picture
37. Procrastinator's promise
38. Twisted, as humor
41. Visitors
42. "I see. Sure."
43. Stuff in a mire
45. Warbles
46. Australian rapper Iggy
47. Trash talk?
49. Like going all in
50. Local news section
51. Rock such as hematite
54. Passed with flying colors
56. \_\_\_ welding
58. It's a scream
59. Title for Marie Curie (Abbr.)

Answers on page 20  
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## The Dangers of Zucchini Growers

By Ann King

The end of summer brings the invasion of The Great Green Monster Zucchini Horde. It's everywhere.

Kinda hard to believe I paid for this stuff at the grocery earlier this year.

They say, "You can tell when someone has no friends — they have no zucchini." Warnings are passed amongst the knowing: Do not leave your car unlocked or you'll find the back seat full of zucchini.

I was puzzled. What have all those people been talking about? I planted one zucchini last year, and all I got were a bunch of leaves. So what's the big fuss?

But this year I put in a single plant and unleashed The Revenge of the Great Zucchini God. So far, this one plant has produced more than 10 pounds of the stuff — just one, single,

lonely, solitary plant.

Now what, Miss Smart Alec Green Thumb?

Determined not to be bested by those invasive green torpedoes, I've made zucchini bread, zucchini casseroles, and I'm planning a chocolate zucchini cake.

My freezer is crammed. I can be found in front of the computer — tired, bleary-eyed and dripping with green vegetative particles, stubbornly searching for even more ways to turn this surfeit to my advantage.

And, of course, I've given the stuff away, too, when no one's looking.

—

Ann King of Eureka is a gardener,  
Senior News proofreader and  
stubborn cook.

## PICTURE THIS . . . From Page 1



Alan Workman lives aboard his 30-foot sloop, the Belle France. Photo by Ted Pease.

As I settled into living here, I knew I needed to record some of what happens in this beautiful place of salt water, tides, birds, fish, boats, and the fishermen who never tell the truth about their catch. So, I bought my first digital camera and started taking

pictures.

Now, over time, I've spent a ton of money on good cameras, lenses, tripods and other equipment just trying to capture and share what I see everyday. It's not always about what you see — it's about how it feels.

I've spent hours walking the Woodley Island docks at night and before dawn, trying to get the right camera adjustments so I can share with others the quiet of the boats resting under a single flood light, or a heron hunched on the deck of a commercial fishing boat. I try to capture the mood as much as the beauty.

I'm not a kid. There are fewer years ahead than are behind. But for me, living aboard the Belle France at Woodley Island is the most beautiful life I could ask for. All

I'm trying to do is share that beauty with others through my photos.

—  
**Alan Workman, 63,** of Woodley Island is living a dream as a sailor and photographer.

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—Hal Borlan (1900-1978), American author.

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## Coming in Senior News

- **October:** Can you teach old dogs new tricks? Since retirement, have you taken up hang-gliding or macramé or French cooking? We want to hear about your new tricks.
- **November:** Our Political Life. During Election Month 2018, we look at our attitudes toward politics, community engagement and "the consent of the governed." Do you remember the first time you voted?
- **December:** You're My Hero. Who do you consider the heroes in your life? Your grandmother? The guy who makes you coffee? Abraham Lincoln? And who are unsung heroes in our community?

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