



# The Dog (& Cat) Days of Summer

## How to Stay on Top ... of a Horse

*By Annie Kassof*

When I had hip replacement surgery in 2017, my surgeon advised against ever riding horses again. For six months I refrained, but then, feeling rebellious, I bought one anyway.

My earliest memory of “riding” is when I was 10. My friend Kathy and I hopped a fence to take turns climbing onto a neighbor’s Shetland pony. When it was my turn, the pony purposely walked toward a low branch. I had no way to steer, so like in a cartoon I grabbed hold of the branch while the sneaky pony walked out from under me. If ponies could laugh...

Me, I didn’t laugh much as a child. The roots of depression are sometimes hard to know. What I knew was an overwhelming sense of insecurity. So when my parents agreed to sign me up for riding lessons after the pony mishap, I was pleased how graceful I felt in the saddle.

I wish I could say it was my childhood exposure to horses that cured my depression, but no. It took therapy, medication and learning to like myself.

Perhaps because I never became an accomplished equestrian as a youth, I decided nearly five decades later to revisit my interest in horses. I was pleased when an instructor told me my legs had “muscle memory.” After a few lessons, I bought Daisy.

When my then-teenage son, Julian, rode my

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**NOTHING’S BETTER** than running or walking with a dog on a beach. Ted Pease photo.

## ‘They Fill a Place in Your Heart’

*By Ted Pease*

“I do feel sorry for them,” said the grey-haired woman with the cat carrier..

“Who?”

“People who don’t have animals in their lives,” she said, taking her mewing cat into the Sunny Brae Animal Clinic.

That’s how most pet owners feel about their cats

or dogs. The hassles of animal hair, poop bags and vet bills are more than outweighed by the companionship and unconditional love they get back.

“He’s family,” said Veronica Chapman about her Petey, a cranky 12-year-old Chihuahua that she rescued as a “crack puppy from Red Bluff.” He’d been found in the middle of the road, injured, abused and abandoned. “He bit me

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Published monthly since 1981 by



Humboldt Senior  
Resource Center

## Circulation 11,000


All opinions expressed in Senior News are those of the writer and not necessarily of the Humboldt Senior Resource Center. HSRC does not endorse any products, services or candidates advertised in Senior News. All advertising is paid for by the businesses involved, which are totally responsible for content.

**Advertising:** Call Elizabeth Whitley at 707-443-9747, x1227, or visit [www.humsenior.org](http://www.humsenior.org).

**Submissions:** Senior News may accept unsolicited readers' stories, up to 400 words. Contact the editor, Ted Pease, at 707-443-9747, x1226, or [tpease@humsenior.org](mailto:tpease@humsenior.org) at least one month prior to the desired publication issue for details.

**Subscriptions:** \$20 a year. Call 707-443-9747 or mail to 1910 California St., Eureka CA 95501.

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# TEDtalks: Life & Death

By Ted Pease

The cowboy-philosopher Will Rogers once observed, "If there are no dogs in Heaven, then when I die I want to go where they went."

Most of our pet-passionate contributors and readers probably just said, "Me, too." I'm sure there's a cat version, which would be OK, but my Heaven has to include dogs.

This issue of Senior News celebrates the joy that our animals bring to our lives. But it's not just about frolics on the beach and unconditional love. Animals can save your life, emotionally and physically, especially in older age — when a good friend who listens to you and still loves you is worth more than gold.

...

Last month, Senior News took the temperature of "The Health of Humboldt" in the first of what we hope will be a regular checkup on medical care here in the redwoods, especially for seniors — Humboldt's fastest growing demographic.

Open Door's medical director set a tone of optimism,

saying that after more than 40 years as a primary care physician in Humboldt County, he thinks things are looking up. Others in the medical establishment agreed.

But out in the waiting rooms, many of their patients were shaking their heads. In conversations and messages with people who asked to remain anonymous, readers painted a much less rosy picture of growing old and being sick in Humboldt.

"I had to wait six weeks just to get in to see 'my' doctor," one woman told me at Murphy's. "Then I got 10 minutes with him, and never even got to ask my questions." That was one common theme surrounding the acknowledged problem of too many patients and not enough doctors in rural areas like ours.

One frustrated email started this way: "As a 70-year-old with medical problems, I think the quantity and quality of health care in Humboldt is at an absolute low point." After this person's longtime doctor "was forced to close

his practice two years ago, I've been drifting in the wind. It took four months for Open Door to assign me to a physician." At that appointment, the patient was told the doctor is about to retire. Now what?

Meanwhile, on the same day that our "The Health of Humboldt" issue came out, the Humboldt County Department of Health and Human Services released a community health report, and the prognosis is poor. "Humboldt County as a whole suffers a health disparity when compared to the State of California," the report found, leading to a 33% higher mortality rate than the rest of the state.

Obviously, there's much more to be learned and said about health care in Humboldt. We look forward to continuing that important conversation. Our lives depend on it.

—

*Ted Pease is editor  
of Senior News.*

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# Snoop the Cat's Tragic Slide to the Dark Side

By *Patty Holbrook*

He was a new cat in town, needed a place to crash. His name was Snoop. Blew in from Duluth. Older guy, but I took him in.

Good-looking dude. But lethargic, depressed. Not curious, wouldn't bat a dangling string or attack a fake mouse, wouldn't look out the window at the birds.

Friend Jan, a well known catnip pusher in Arcata, suggested I try him with a catnip mouse. I did. Snoop liked it. Wanted more.

I got him loose catnip. He tried it, paws waving in the air as he rolled in it on his back, purring loudly.

Snoop wanted more.

I could see Snoop needed stronger catnip. Found some, a supplier from Garberville. This was potent stuff. Snoop used every day, blissfully bumping into walls, forgetting to use his litter box, but mellow and happy.



Sleeping off a snootful.

When my supplier got busted for not having a catnip grow permit, I had trouble finding another supplier, but finally did, this time a guy from Weaverville.

By now, the bill for the stuff was huge, too much for someone on Social Security to afford. I was too old to get a job so I decided it was over for Snoop. I was cutting him off.

I looked into cat rehab centers in Eureka, but they were full-up with other hooked cats, and they could only claim a 14% recovery rate anyway.

So Snoop is going cold turkey. It is not a pretty sight, but a cat owner does what a cat owner has to do. It's Fancy Feast or nothing.

—

**Patty Holbrook** is a cat-enabler now running a private feline recovery facility in Eureka.

## Pets and Senior Wellness

By *Tami Reynolds, DVM*

We have heard the news that caring for an animal can be good for us, like an apple a day or a glass of red wine.

Companion animals have been shown to reduce blood pressure and anxiety, and help us live a healthier, more active lifestyle.

For seniors, the benefits of animal companionship may have even more of an impact. Once they retire, many seniors find they have a lot more time on their hands. Some have lost their spouse or other loved ones, and face loneliness in their own homes.

The right pet could be the prescription for solving these issues.

No pill can equal the joy of nuzzling with your canine companion, or a heavy petting and purring session with your feline friend. Maybe you prefer the feathered type that can talk,

or the quieter kind with scales.

I encourage you to think it through (remember that parrots and some reptiles can live more than 50 years), but also to follow your heart.

Adopt a senior pet, or ask at a pet rescue about the need for short-term foster homes for orphan animals. Get a dog or cat fix on your own schedule as a volunteer at your local animal shelter or rescue organization. Pet sit for friends or neighbors when they're out of town.

There are so many ways to get more animals in your life. And your life will be better for it.

**Tami Reynolds** is a dog owner and veterinarian at Sunny Brae Animal Clinic.

## Unwritten Cat Laws

By *Dave Rosso*

Is it an unwritten cat law that

- ... when you are making your bed, the cat must help?
- ... when you are trying to sleep, the cat must sleep on your chest?
- ... the cat must use the litter box while you are cleaning it?
- ... as soon as you open the door, the cat is not at all interested in coming in?
- ... the cat is not at all interested in the expensive cat food you just bought?
- ... the cat must sit on the section of the newspaper you are trying to read?
- ... cats must spray in the house?
- ... the cat must be on your lap as you are trying to type about Unwritten Cat Laws?



# Who Takes Care of Fido When You're Gone?

By Cheryl Kelly

The poet George Eliot once said, “Animals are such agreeable friends — they ask no questions, they pass no criticisms.” For most people, pets are more like children than friends.

So it's natural to worry about what would happen to your furry companions if you become incapacitated . . . or worse. In fact, the fear that animals might outlive them prevents some people from adopting a pet at all, depriving them of companionship and joy later in life. Establishing a plan provides peace of mind for pet owners and a safe future for animals.

According to a 2017-2018 national pet owners survey, a whopping 81% of pet owners love their pets unconditionally, but just 9% of dog and cat owners have a legal plan in place for their pets should they become ill or die unexpectedly. In the absence of a plan, pets are treated by the law as property, and, unless a friend or family member steps forward, they will be placed in an animal shelter.

Planning for your pet's future can be informal — a handshake agreement with a friend or family member who is willing to care for the animal when you no longer can. For optimal peace of mind, a more formal approach is to establish a Pet Trust, which allows you to put aside money for your pet's care. The terms of the Pet Trust are then executed through a designated guardian if you die or become incapacitated.



**PLEASE PLAN AHEAD for your pup.**

If a Pet Trust seems complicated, and you already have a will or living trust in place, you can instruct your attorney to insert a provision leaving your pet (along with funds) to a willing beneficiary.

Another legal choice that is both simple and inexpensive is a Pet Protection Agreement. This allows you to name a caretaker for your pet, leave money to your pet via that guardian, and allows you to protect “both current and future pets,” according to LegalZoom.com, whose Pet Agreement starts at around \$39.

Be aware, however, that a Pet Agreement, unlike the Pet Trust, does not cover your pet's care if you should become too ill to care for them.

Whichever method you choose, be sure to leave behind information on your pet's likes and dislikes, vet records and food preferences to help ease the animal's transition to its new home.

Find more information at Petfinder.com. Search for “Providing for your pet's future without you.”

—

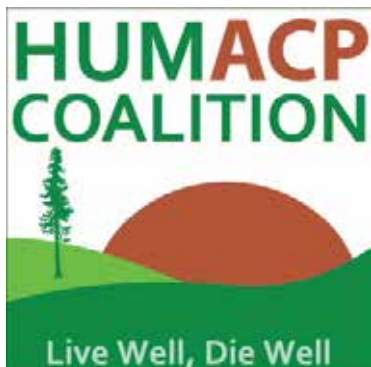
**Cheryl Kelly, 61, of Trinidad,** *has outlived all her pets so far. Currently in-between animals, she is considering a burro.*

## The Queen's Last Corgi

Queen Elizabeth II is well known as the world's foremost owner of corgis, the alert, short-legged dogs that have been her royal canine companions for most of her life.

The queen, now 93, got her first corgi when she was 7, and has shared her reign as England's longest-lived monarch (67 years) with more than 30 corgis, most descendants of a dog named Susan, who was her 18<sup>th</sup> birthday gift.

Queen Elizabeth's last corgi, Willow, died in April, and the queen has decided against another dog because she doesn't want to leave any pooches behind when she dies.



## Two questions for you . . .

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And if so, have you reviewed it lately?

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## ASK THE DOCTOR

# Miles to Go

By Dr. Jennifer Heidmann, M.D.



*“Outside of a dog, a book is man’s best friend. Inside of a dog, it’s too dark to read.”*

—Groucho Marx

I meet a lot of furry or feathered friends when I am out doing house calls.

Animals tend to distrust people with stethoscopes approaching their people on their turf. I can usually sweet-talk them (the animals, of course), though one memorable house call was spent shouting to my patient over the racket of the bird screaming its head off in consternation at my presence.

What possesses us to invite animals into our lives? Truly they are noisy, often smell bad, and have been known to chew on favorite shoes and furniture. I suppose they may find us equally offensive for our own habits, and yet somehow here we are, companions for life.

There seem to be some health benefits to having animals as companions. Petting and positive interactions with dogs can cause oxytocin to be released in humans (and in the dogs), which in turn decreases stress hormone levels (cortisol) and reduces blood pressure.

Animals can reduce stress for people after traumatic events. I have seen the calming and positive effect a service dog can have on the patients and even the staff when visiting a hospital or hospice.

Pets also provide an important opportunity to provide care to another being, and to be responsible for their day-to-day needs. This can provide structure and meaning to our days.

It can be a good way to develop and maintain routines, and pets definitely provide cognitive stimulation.

Dogs in particular like to get their bodies moving and explore their world, which is what we need to do, too. Taking dogs out for walks can benefit people with regular exercise, leading to lower cholesterol levels, lower blood pressure, less depression and anxiety and better mobility. Walking the dog also gives us a chance for social interaction with neighbors and other dog owners. And a little time in the sunshine (when there is any to be had) helps increase vitamin D levels.

What about allergies? Studies suggest young children who grow up around animals are actually less likely to develop allergies and asthma. That being said, before committing to a pet, it is good to know if they will trigger allergic responses in you and other household members.

It’s best to research what kind of pet might best suit you and your family. Just like any other relationship, know what you are capable of before bringing someone into your life, and make sure they (the animal, in this case) will be comfortable and happy with you for the long term.

As for my dog, Miles, he has definitely improved my quality of life, and I hope he is having a good time being in our family.

Continued on Page 19

## Is Your Nose Cold & Wet?

Feeling down, stressed, anxious or moody? A furry friend and a cold, wet nose might be just what the doctor ordered.

“Over the long term, pet and human interactions can lower cholesterol, fight depression and even help protect against heart disease and stroke,” researchers say. Just 15 minutes of quality pet time can lower high-stress hormone cortisol levels and increase feel-good serotonin (see [aginginplace.org/seniors-and-pets/](http://aginginplace.org/seniors-and-pets/)).

Sure, there’s the commitment and hassle and expense of having to care for a pet, but studies find that senior pet owners are in better physical shape (Woof! Take me for a walk!) and more emotionally content than seniors without pets.

On the social media site “Hiking

with Dogs,” Petra Vanrompay posted a photo of herself and her dog. “Seven years ago my husband passed away,” she wrote. “This is my buddy Billie. She is my soulmate, my sunshine on dark days.

“She helped me to go outside, go hiking. She puts a smile on my face every single day,” she said.

Besides companionship and the calming and exercise benefits, owning a pet can also help people stay socially engaged. Veronica Chapman of Indianola says strangers stop on the street to greet her and her 12-year-old Chihuahua, Petey.

“Seniors are so invisible,” she said, “but not if you have a dog. Then you’re part of a club of animal lovers.”

—Ted Pease

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## HEAVENS TO BETSY— BY BETSY GOODSPEED

# Heavens to Pets! A Lifetime of Animals

Recalling the pets that have enriched our lives brings a series of happenings to mind, such as a neighbor's parakeet that could say, "Look out, I'm an eagle!"

A musician friend disciplined his angelfish by giving them three seconds on a blotter.

When our dachshund woke from a nap and tried to get out through the rungs on the side of a maple rocker, he got stuck halfway. My 3-year-old son scolded him, "Bag-gog."

I phoned a vet, who advised, "Grease him with Crisco."

That worked, but Pagliacci headed straight for the fireplace to roll in

the ashes. Then he raced through the house, smearing ashes and grease on the walls.

Mickey laughed with delight, repeating, "Bag-gog!" and I had to agree.

A few years later, Mickey introduced a stray cat to the household, saying, "This is Snow White and she's going to have seven dwarves."

"Not here," I said, but our outside cat sat back to let Snow White eat his dinner.

We kept one of Snow White's kittens because he had Persian fur and blue eyes. Fluffy was stone-deaf and had the loudest meow in the world.

My daughter was resisting toilet training when she announced in

amazement, "Key-key go pee-pee in my potty!" She may be the only toddler who was ever toilet trained by a cat.

Years later, we lost a beloved Siamese at the Grand Canyon, and my grown son said, "She chose the most beautiful place in the world to jump ship."

Our last pet was a Snowshoe Siamese whose owner went to New York to get a job at the World Trade Center. The kind neighbor who was feeding Sing called Greyfoot Rescue to find a loving home for him. We had to promise not to declaw him or let him go outside without being on a leash.

The first time I held out a halter,

Sing walked into it and went to the front door. The sight of a 17-pound cat walking on a leash astonished our neighbors. I informed them that Sing also sat on command and shook hands for treats.

We don't have any pets now. I considered getting a canary, but I know they sing because they're lonely.

The artists who create pottery and candles in our art studio bring their dogs and we're a pet-friendly B&B. My memories of pets we have known will never be forgotten.

—  
**Betsy Goodspeed, 92, artist, writer and musician, delights in watching dogs on the street, and lives down the block from the Sequoia Zoo, so she still gets a vicarious animal fix.**

## A Quick Stop at the Grocery

By John Meyers

I know this story to be true because I read it in my dog's diary:

"On the way home from a ride this morning, my Dad stopped at the store. I love rides and I hate stops, so I was a little worried when he locked me in the car. What if he doesn't come back? Turns out that my fears were justified. After about five minutes, it became clear that I had been abandoned

... left alone, friendless and hungry. And after I gave them all the best years of my life! I began to sing the song of my people... 'No-ooobody knooooows the trouble I've seen...'

"A number of strangers walked near the car, obviously intent on stealing it, and even though I had been cruelly abandoned, I still did my duty and protected the car as best I could. Someone

even opened the door of the car next to ours and got in, like that was going to fool me. I don't think so. I barked and snarled until they drove away. Yeah! take that, ya lowlifes!

"Several hours later, I was almost a goner from the cold. I was shivering and everything. Then my Dad showed up! I was so happy! He kept insisting that he was only gone for a few minutes,

but I was just so relieved that he came back at all, I didn't care how long it had been. I only hope I never have to go through that terrible experience again.

"Oh boy! Dogfood!!!"

—  
**John Meyers, 70, of Trinidad is currently petless. And you can see why.**



## A Dog's Day

8 a.m. — OH BOY! DOG FOOD! MY FAVORITE!

9 a.m. — OH BOY! NAPTME! MY FAVORITE!

9:30 a.m. — OH BOY! A CAR RIDE! MY FAVORITE!

9:40 a.m. — OH BOY! A WALK! MY FAVORITE!

10:30 a.m. — OH BOY! A CAR RIDE! MY FAVORITE!

11:30 a.m. — OH BOY! DOG BED! MY FAVORITE!

noon — OH BOY! THE KIDS! MY FAVORITE!

1 p.m. — OH BOY! THE YARD! MY FAVORITE!

1:30 p.m. — oooooooo. Bath. Bummer.

3 p.m. — OH BOY! NAPTME! MY FAVORITE!

4 p.m. — OH BOY! THE KIDS! MY FAVORITE!

5 p.m. — OH BOY! DOG FOOD! MY FAVORITE!

5:30 p.m. — OH BOY! MOM! MY FAVORITE!

6:30 p.m. — OH BOY! DINNERTIME! MY FAVORITE!

etc.

—Anonymous

# At the Animal Shelter — Who's Rescuing Whom?

By *Melanie Hensley*

Upon retiring at 62, I decided to move from the crowded Los Angeles area to the beauty and small-town atmosphere of Brookings, Oregon.

To get involved in the community, I became a volunteer at the South Coast Humane Society Thrift Store. I volunteered at several Animal Shelter fundraisers and, on my days off, started walking dogs at the shelter.

Now I spend my afternoons walking and socializing the shelter dogs around Brookings, and playing and training them in the shelter's fenced play yards.

We have a great community of volunteers, both at the shelter and the Thrift Store. They not only love and support the animals, but each other. I am grateful to have been on the receiving end of their generosity.

I have been a volunteer for three years now, and meeting people who visit the shelter, helping them meet and adopt a dog, and following up on the dogs' well-being are some of my life's most rewarding experiences.

Some of these adoptions have brought me to tears. An older man came to the shelter's front counter one afternoon with tears in his eyes. His dog had died that morning, he said, and he wanted to see our dogs.

I immediately thought of Bo, a 9-year-old border collie mix who was

gentle, well-behaved and loving. Most people don't want an older dog, but in this case, it was love at first sight.

I led the man back to Bo's kennel, and he asked if he could pet him. That's all it took. One touch, and a look into the eyes, and Bo had a new home. They drove off together in a white van.

A few days later, I was in my car at a stoplight when that white van crossed in front of me with Bo sitting up straight in the front passenger seat. There I was, sitting in traffic with tears of happiness rolling down my cheeks.

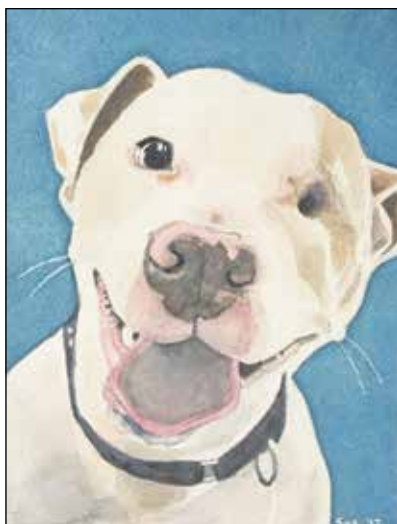
Stories like this keep volunteers going.

In February 2018, I adopted my best friend. Jasper

is a white and tan, one-eyed pit bull mix who transferred to the Brookings shelter from Humboldt County [see "One-Eyed Jasper Gets a Home," Senior News, June 2018]. After walking him almost every day for three months, I decided I needed some love and companionship in my life.

He's been with me for more than a year now, and our bond continues to grow every day.

**Melanie Hensley, 70, of Brookings,**  
*says people don't save animals —  
it's the other way around.*




**Jasper**, painted by Sue Morse.

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## PAINTING THE OCEAN

BY MARGARET KELLERMANN

# Constant Companion

*When a dog runs up to you wagging its ecstatic tail, you lean over and whisper... "Beloved, I am so glad, so very glad you have come!" — Hafiz*

For the past several years, my black Lab mix, Luke, has been my constant companion. When I say constant, I mean that I tried to leave Luke at my son's house recently, when the family wanted to take me on a short outdoor adventure. But Luke would have none of it.

As we pulled out of the driveway, Luke went so ballistic in the house, screeching and wailing, that I returned inside to get him.

Luke thinks it's cruel for me to take him to most events but not all, since he believes his job is to take care of me like he's my personal Secret Service agent.

The only place Luke feels at home without me is in the car. He knows that I can't go far without the car. Hence, if he sits in the driver's seat, he is in a good position to watch out for these dangers: 1. car thieves; and 2. Margaret leaving without Luke.

What I learn from my dog in cases like this: Forgiveness. To Luke, forgiveness means pretending he's completely forgotten whatever I've done. Maybe I've accidentally stepped on his foot. Or maybe I've scolded too harshly (he thinks) for canine friendliness at the dog park.

The only real need, as he sees it, is to restore our close relationship. To accomplish restoration, he lets the storm pass, then comes back with love in his holy, brown eyes.

Last month, while Luke and I relaxed at an outdoor cafe, a woman sat nearby. When she asked to pet him, he instantly leaned against her,

allowing her to ruffle his fur and compliment his good looks. The more she cooed, the more

he leaned in, matching her tone of voice with his own happy whines.

"He spotted me across the street," the woman told me. "Wagging his tail to beat the band." When she mentioned her own dog had died recently, it made sense that these two would be sharing a Close Moment.

Anywhere we go, Luke scans the area, alert to the one person who needs him the most. If he weren't so attached to me — as I am to him — he would make a great Secret Service agent for the world.

**Margaret Kellermann** (and Luke) have been ranging from Ferndale to Trinidad recently for journal-keeping workshops and readings of her new book, *Annie California*.

"Luke's job is to take care of me like he's my personal Secret Service agent."

## HOW TO STAY ON TOP . . . From Page 1

new horse for the first time, he was so excited he wrote about it on his Facebook page. But as my horse-love grew, Julian began to lose interest in everything. He'd inherited my depression, but, unlike me, he couldn't find a way out. When he was 22, he committed suicide.

I once read a New York Times article on aging that said, "A child's death brings trauma that won't go away." It's true. In the agonizing first couple of years after Julian's death,

there were times I wanted to leave the planet, too, especially when the physical pain of osteoarthritis began to interfere with my rediscovered passion for horses.

Even when I fell off a few times (nothing serious), I climbed back on. I had to.

For various reasons, Daisy ended up as a pasture ornament, retired in Loleta. So I was horseless for a time before and after my hip surgery. Later, riding friends' horses, I found it no

longer hurt to climb on, or to stand for hours grooming.

"To hell with my surgeon," I thought, and bought Jasmine, an older gal like me.

Now we go on leisurely trail rides in places like Rohner Park or Table Bluff. Horses couldn't save my son, but Jasmine is saving me, keeping me in the moment so I don't fixate on things I can't control.

As long as I stay on top and watch for low-hanging branches, I should be just fine.

**Annie Kassof, 62,** of Carlotta enjoys art, writing, playing ukulele, and sharing the healing properties of horses with the foster children who live with her.



**STILL ON TOP —** The author aboard her horse, Jasmine, in Fortuna's Rohner Park last year. Richard Rowley photo.

"A dog is the only thing on earth that loves you more than he loves himself."

—Josh Billings (1818-1885), American humorist

# Remembering Lulu and All the Good Dogs Gone

By Ted Pease

Lulu was a sweet black Labrabor mix (is there any other kind?) who police officers “arrested” as a 12-week-old puppy on a cold and dark New Year’s Eve some years ago, and transported to the fine folk at the local veterinary hospital.

Just two weeks previously, we had lost our 12-year-old Lab, Lucy, and our vet knew we were in mourning. She called anyway. “I know it’s too soon,” she said, “but you have to see this puppy. I swear she’s channeling Lucy.”

So I drove by after work for a “look.” It really was too soon. It was January in Utah — not a good time to break in a puppy — and the opening day of the winter semester. We were too busy. Too cold. Too sad.

The scofflaw puppy came charging down the hallway and burrowed into my lap. She was all one big wag. Adorable, of course — she was a puppy.

But I was strong. I played with the sweet girl and then said goodbye to drive home.



Lulu at 10 weeks.

“Well?” Brenda asked. “What do you think?”

“I thought we decided it was too soon,” I said.

But the two of us drove back for another “look” anyway. Lulu came home as a “loaner” for a “sleep over” that lasted almost 10 years. We never did get around to taking her back.

At 9+, a senior dog but still in her prime, Lulu developed cancer. Despite all Doc Tania’s best efforts, she was gone in weeks. Everyone cried.

She was just a foundling, a stray, unwanted puppy on a cold winter night. And she had the biggest heart and sweetest disposition of any dog we’ve known.

Remember that when you have the chance to give a dog a home. She’ll give you back much more than she costs.

Here’s remembering all the good dogs gone.

*Ted Pease, editor of Senior News, was a sucker for a good dog long before he became a journalist.*

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AGING IS AN ART — BY JOHN HECKEL

## Good Intentions

The goal of independence comes up a lot for older folks. I tried recently to engage my wife in a discussion about the goal of our *mutual* independence.

With the help of a therapist, we are actively engaged in the process of understanding how we age together, a process I would highly recommend for any elderly couple who want to engage aging on a more mutually conscious level.

My wife, Janet, is 66; I am 72.

When I asked her about incorporating mutual independence as a goal in our aging process, she challenged my word choice.

“I find *intention* to be a more holistic word than *goal-setting*,” she said. “The concept of setting an intention feels more like it comes from within, that it involves more of the self than goal-setting, which is a construct of the cognitive. An intention feels more somatic, deeper, than a goal.”

So, after some healthy and productive back and forth, we settle on “holding an intention.” As we age together, we will hold our mutual independence as an intention.

I find myself drawn to the word “holding,” as in protecting, caring for, and guarding against. Protecting against what? What forces would you need to protect the intention from? Are there forces that pull you toward a mutual co-dependency?

For Janet, one of those forces is cultural.

“One of my challenges is to find

the things that I really do need help with, and to not ‘cry wolf’ when I am perfectly capable of doing something myself,” she said.

“This is difficult to do, especially having been brought up as a female at the time I was, and in this culture. For instance, weren’t we taught that women don’t do anything with cars? That’s for men! It doesn’t matter how many role models women have. Let the man handle anything mechanical.”

For me, most of the forces of mutual co-dependency are personal. Right now, for example, because of a sudden loss of balance, Janet needs my physical assistance, but I am fully aware that sometime in the future I will need her help. What I am finding difficult is sharing — sharing my fears about aging with the one person who will be most affected by how well I do it.

During some further dialogue, I surprise myself by revealing that I fear her loss of balance threatens my future independence. She smiles, takes my hand, and says, “I understand. We don’t know what the future holds, let alone what it will feel like. But we’re holding honorable intentions. That’s a start.”

**John Heckel, Ph.D.**, reflects on life as a regular Senior News columnist and chair of the Senior News Community Advisory Council. He is a retired HSU theater and film professor with a doctorate in psychology.



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**EASY RIDING!** This brand new Harley-Davidson fits Georgia Smites of Eureka like it was made for her. Smites, a volunteer at the Humboldt Senior Resource Center Eureka Dining Center for seven years, hopped aboard the bike when employees of Redwood Harley-Davidson in Eureka drove a couple by to show to HSRC participants. Many found the idea of cruising up Highway 101 on a warm, sunny afternoon in June tempting, but the bikes had to go back to the store after their lunchtime visit. Ted Pease photo.

## Firewood Vouchers Available July 8

The Humboldt Senior Resource Center (HSRC) will open the 2019 firewood season with low-cost firewood vouchers for sale starting at 9 a.m., Monday, July 8, at 1910 California St., Eureka.

The firewood sales, which benefit HSRC programs, are designed to help local residents 55 and older, living on low to moderate incomes, heat their homes.

Vouchers, good for one cord of firewood, will be priced on a sliding scale, \$100 to \$150, depending on household income. They may be redeemed beginning Saturday, July 13, at the Humboldt Sheriff's woodlot off 23<sup>rd</sup> Street in Eureka behind the General Hospital campus. Two-cord limit.

To purchase a voucher, bring a driver's license or other proof of age, and documented household income, such as a 2018 tax return, bank statement or Social Security award letter. Cash or check only.

When you buy the voucher, you will be assigned a pick-up day to collect your firewood. Delivery is available for an extra fee to residences from Rio Dell to Patrick's Point. Staff in the Sheriff's Work Alternative Program (SWAP) will load the wood in your vehicle.

The firewood includes anything from pine to madrone to redwood, and its dryness will vary.

Another low-cost firewood sale will take place later in the year. For information, call Tasha Romo at 707-443-9747, x1228, or watch the HSRC website, [humsenior.org](http://humsenior.org), for updates.

## Paging Casper, the Aging Ghost

Seniors complain that they feel increasingly invisible — on the street, in stores, going about their daily lives. The world seems to look right through "old people."

A writer on the website "Senior Planet" tells of a waitress skipping over a friend while out to lunch. "I had to get up and find her to give her my order. When did I become invisible?"

Another tells of sitting quietly in a dentist's waiting

room when a young woman came in, looked around, and sat right in his lap.

Have you had experiences like these? Tell us about them and we'll publish the stories in a piece we'll call, "I knew I had become invisible when . . ."

Send them to Ted Pease at Senior News, 1910 California St., Eureka 95501, [tpease@humsenior.org](mailto:tpease@humsenior.org).



Humboldt Senior  
Resource Center

**707-443-9747**

[www.humsenior.org](http://www.humsenior.org)

### Health & Care Management Programs

Adult Day Health Center

Alzheimer's Services

Multipurpose Senior  
Services Program (MSSP)

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### Activities Programs

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## Planning for the Care of your Pets?



Planning for who will care for your pet after you are gone can bring peace of mind. With the help of family, friends and humane organizations, you can take steps now to assure your pet's transition to a new family.

For information contact:  
**Volunteer Services Coordinator**  
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707-267-9813  
hospiceofhumboldt.org



# JULY SENIOR CENTER ACTIVITIES

## Humboldt Senior Resource Center in Eureka

### An HSRC Senior Dining Center

1910 California Street • Call Tasha at 443-9747 x1228

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

## Fortuna Senior Dining Center

### An HSRC Senior Dining Center at Mountain View Village

2130 Smith Lane • Call Launa at 725-6245

Lunch: Tuesday-Friday at 12:00 p.m.

## Arcata Community Center

### An HSRC Senior Dining Center

321 Dr. Martin Luther King Jr. Parkway

Call Vanessa at 825-2027

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

The Humboldt Senior Resource Center in Eureka, Fortuna Senior Dining Center and Arcata Senior Dining Center will be closed on Monday, July 29, 2019, for a Staff Development Day

### Every Weekday

9:00-1:00 Library (closed July 4, 8, 9, 10)  
9:00-3:00 Senior Services Office  
12:00-3:00 Billiards

### Mondays

9:30-10:30 Karate with Jerry Bunch  
10-1:00 Mah Jongg  
11:00-12:00 Tai Chi for Better Balance w/Sandi  
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

### Tuesdays

10-11 Harry's Bingo (not July 2)  
11:30-12:15 Lunch  
12:15-2:15 Pinochle  
2:10-3:10 FABS/S.A.I.L. with Beth & Lois  
3:30-4:30 Tai Chi for Balance & Arthritis Practice Group

July 2 10:30-11:30 Dine & Dance w/Ray, Dave & Lois  
July 16 11:30-2:00 Foster Grandparents Program  
July 23 6:00-9:00 pm Stamp Club

### Wednesdays

11:30-12:15 Lunch  
1:15-2 S.A.I.L. w/Muriel  
1:00-3:00 Android Smart Phone & Tablet Group  
1:30-3:30 Intermediate Line Dancing  
2:10-3:10 FABS/S.A.I.L. w/Beth & Lois  
July 3 & 17 1:00-2:00 Caregiver Support Group

Adult Day Health & Alzheimer's Services Library, 2nd floor, Bldg. B  
1901 California St., Eureka  
July 3 11:30-12:15 Independence Day Celebration  
July 10 11:00-11:30 LeAnne Morini performs  
July 10 11:30-12:15 Emblem Club serves lunch  
July 17 10-11:30 Commodities Distribution

### Thursdays

10-11 Grocery Bingo: Bring 1 grocery item  
11:30-12:15 Lunch  
1:15-2:00 S.A.I.L. w/ Muriel  
2:10-3:10 FABS/S.A.I.L. w/ Beth & Lois  
3:30-4:30 Laughter Yoga

July 4 **CLOSED** for Independence Day  
July 18 10:00-12:00 Genealogy group

### Fridays

9:00-10:00 Falun Dafa  
10:00-11:00 Beginning Tai Chi Movements  
11:00-12:00 Beginning Yoga  
11:30-12:15 Lunch  
1:00-4:00 Bridge Games  
July 5 & 19 1:30-2:30 Conscious Living Book Club  
July 19 11:30-12:15 Rodeo Days Celebration  
July 19 10:30-11:30 Accordionaires Perform  
July 26 10:30-11:30 Betty Miller & Honey  
July 26 11:30-12:15 Birthday Celebration

### Saturdays

July 6 Noon **Sassy Seniors**  
Sizzler, Eureka  
July 20 Noon **Nooners**  
Gallaghers, Eureka

### Tuesdays

12:00 Lunch

### Wednesdays

July 3 12:00 Independence Day Lunch  
5:00-8:00 pm Bingo

### Thursdays

12:00 Lunch  
July 4 **CLOSED** for Independence Day  
July 11, 18 & 25 Caregiver Support Group  
12:00-2:00 United Methodist Church,  
Fireplace Room  
922 N Street  
For info call 443-9747  
July 25 12:00 Birthday Lunch

### Fridays

July 19 12:00 Lunch  
July 26 12:00 Redo Days Lunch  
12:00 Birthday Lunch

### Mondays

July 8 & 22 11:00-12:00 Silver Quills Writing Group

### Tuesdays

9:00-11:00 Katie's Krafters  
10:00-10:50 Senior Aqua Time-HealthSport  
\$5 fee (prior registration required)  
Bread distribution  
11:00 Lunch  
11:30-12:15 Lunch  
12:30-2:00 Bead Jewelry Class

### July 2 & 16

10:00-11:00 Caregiver Support Group  
Mad River Community Hosp.  
Minkler Education Room  
3800 Janes Road, Arcata  
For info call 443-9747  
Blood Pressure Check

### Wednesdays

11:00 Bread distribution  
11:15-12:15 Tai Chi with Kathy (advanced)  
11:30-12:15 Lunch  
12:30- 1:30 Tai Chi with Kathy (beginning)  
July 3 & 17 10:30-11:30 Brice Ogan & Guitar

### Thursdays

9:00-10:00 Tai Chi w/Tim (\$3 donation)  
9:00-11:00 Katie's Krafters  
10:00-10:50 Senior Swim hour-HealthSport  
\$5 fee(prior registration required)  
11:30-12:15 Lunch

### NEW! 12:30-2:30

**July 4 CLOSING for Independence Day**  
July 11 10:30-11:30 PJ's Musical Group  
July 18 10:15-11:15 Swing 'n' Sway Trio  
July 18 10:30-11:00 Commodities Distribution

### Fridays

10:00-11:30 Ping Pong  
11:30-12:15 Lunch  
July 19 10:15-11:15 Sing w/the Dotted Half Notes  
July 19 11:30-12:15 Rodeo Days Celebration  
July 26 11:30-12:15 Birthday Celebration

## July 2019

### Senior Dining Center Menu

#### FIRST WEEK

July 1 Dining Centers closed  
July 2 Chinese Chicken Salad  
July 3 Hamburger (Independence Day Celebration)  
July 4 All Sites Closed for Independence Day  
July 5 Cheese Tortellini w/Alfredo Sauce

#### SECOND WEEK

July 8 Dining Centers closed  
July 9 Mediterranean Chicken  
July 10 Meatloaf & Gravy  
July 11 Pulled Pork Sandwich  
July 12 Almond Chicken

People 60+ are invited  
\$3.50 suggested donation.  
\$6.00 for those under 60.

No senior 60 or older will be denied a meal  
if unable to donate.

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Humboldt Senior  
Resource Center  
Nutrition & Activities Program

#### THIRD WEEK

July 15 Dining Centers closed  
July 16 Spinach Lasagna  
July 17 Chicken Parmesan  
July 18 Taco Salad  
July 19 John Wayne Casserole

#### FOURTH WEEK

July 22 Dining Centers closed  
July 23 Sloppy Joes  
July 24 Apple Stuffed Pork Loin  
July 25 Butternut Ravioli  
July 26 Baked Cod Dijonnaise &  
Birthday Cake

#### FIFTH WEEK

July 29 Dining Centers closed  
July 30 Salisbury Steak  
July 31 Summer Berry Salad

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## Crossword Puzzle on page 22



# JULY SENIOR CENTER ACTIVITIES

## McKinleyville Senior Center

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mckinleyvillecsd.com  
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### Mondays

	8:30-9:30	Tai Chi
	9:00-12:00	Computers* (*call for availability)
	10:30	HighSteppers walking at Hiller Park
	1:00-4:00	Party Bridge
July 1	10:00-11:30	Genealogy
July 29	11:00	Low Vision Workshop
July 29	11:00	Board Meeting

### Tuesdays

	9-11	TOPS
	9:30-10:30	S.A.I.L. Class
	10:40-11:40	Stretching
	12:30-3:30	BINGO
	1:00-2:00	Exercise

### Wednesdays

	8:30-9:30	Tai Chi
	9:00-12:00	Computers* (*call for availability)
	9:45-11:00	Writing Workshop
	10:00-12:00	Needlework
	10:30	HighSteppers at Hiller Park
	1:00-4:00	Pinochle
July 3 & 17	3-5	Caregiver Support Group Timber Ridge at McKinleyville Private Dining Room, 1400 Nursery Way. For info call 443-9747
July 17	11:00	Executive Board Meeting
July 31	12:00	\$5-Monthly Luncheon Pot Roast, Mashed & Gravy

### Thursdays

	9:30-10:30	S.A.I.L. Class
	10:30-12:00	Pinochle Lessons
	10:40-11:40	Stretching
	12:30-3:30	BINGO
July 4	<b>CLOSED</b>	<b>for Independence Day</b>
July 11	11-11:30	Hamburger Soup & 1/2 Sand-\$3
July 18	11-11:30	Chicken Casserole & Salad-\$3
July 25	11-11:30	Loaded Baked Potatoes-\$3

### Fridays

	8:30-9:30	Tai Chi
	10:30	Walking Group at Hiller Park
	1:00-4:00	Pinochle

## Rio Dell

### Every Mon, Wed & Fri

11:30-12:30	Senior Exercise Class Chamber of Commerce Bldg. 406 Wildwood Avenue
-------------	---

## Fortuna Senior Center

**MGC is at 2280 Newburg Road**  
fortunasenior.org  
admin@fortunasenior.org • 726-9203  
Mon-Fri 10-noon & by appointment

### Mondays

River Walk	8:30	Walking
MGC	9:00	Tai Chi
	11:00	Line Dancing
July 1	1:45	Book Club
	3:30	Ukulele Group
	5:00	SAIL Class
Rio Dell	11:30-12:30	Senior Exercise Class Chamber of Commerce

### Tuesdays

Rohner Park Trails	8:30	Walking
MGC	1:30	Senior Stitchers
	2:00	Seated Tai Chi
	3:00	Recorder Group

### Wednesdays

River Walk	8:30	Walking
July 3	12:00	Senior Lunch Bunch Call Chris 725-2020 or Carol 725-2931
Rio Dell	11:30-12:30	Senior Exercise Class Chamber of Commerce
MGC	1:00	Tai Chi
	5:00	S.A.I.L. Exercise

### Thursdays

Rohner Park	8:30	Walking
	3:00	Bocce Ball
MGC	9:00	Cards
	1:00	Mah Jongg
	2:00	Seated Tai Chi

### United Methodist Church

July 11, 18 & 25	12:00-2:00	Caregiver Support Group Fireplace Room For info call 443-9747
------------------	------------	---

### Fridays

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

### United Methodist Church

July 26	7:30	Fortuna Camera Club
Rio Dell	11:30-12:30	Senior Exercise Class Chamber of Commerce

### Fortuna

	9:00	Hiking (Call 725-7953)
	9:00	Biking (Call 725-1229)

### Sunday

Fortuna		The Monday Club
July 28	2:00-4:00	Open Mic



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# Westhaven Pie Ladies Prep for 59th Blackberry Fest

By Donna B. Ulrich

What has many hands, talks constantly and smells yummy? The Westhaven piemakers on any Tuesday afternoon between now and the end of July.

The “Pie Ladies” (plus one pie man) continue a 59-year tradition, making hundreds of berry pies to raise funds for the Westhaven Volunteer Fire Department during the Westhaven Blackberry Festival in late July.

“Did you come to help?” was the first thing I heard as I entered the big kitchen by the Fire Hall on 6th Avenue in Westhaven. On this day, 11 pie-makers were on the assembly line, churning out blackberry pies.

“Uh, no,” I said. “I’m here to write a story about you.” They put me right to work anyway.

In no time, I felt right at home amidst the banter, berries and camaraderie. It became apparent that these folks are not just baking pies — they are having fun. The dough is the glue that holds them together, their love and respect for each other is the sugar. They gladly give their time to help out their neighbors.

They start early in the year and meet weekly to roll, fill and freeze pies until they have somewhere over 1,000 — blackberry, huckleberry and strawberry-rhubarb. Fresh homemade pie for just \$15 (\$20 for huckleberry).



**THE TASTY ARTS —** Westhaven “pie ladies” (from left) Ilene Poindexter, Becky Woodworth and Margie Jackman work their magic. Ted Pease photo.

The workflow around the big table exemplifies the old proverb, “Many hands make light work.” On this day, Erica Ervin, who directs the band of bakers, was preparing balls of dough for crust. Charlie Frame rolled them into pie pans, and Margie Jackman and Becky Woodworth mixed berries and filled the crusts. Glenda Howard, a specialist in crimping on the top crust, has been making pies for the Blackberry Festival for 15 years.

The finished but unbaked pies are bagged, and

Wayne Birdseye stacks them in the walk-in freezer, then washes bowls and pans.

Though most of the women are seniors (the youngest is 53), they talk and laugh like teens at a slumber party. Topics range from parents’ health to the fishing season (Trinidad IS a fishing village), to how to transplant a rhododendron. There are few quiet moments in this kitchen.

“Oh, we don’t gossip,” says Gail Ward. “Well, maybe a little.”

Sometimes someone misses a step — like when Ilene Poindexter gently reminds me to put butter on the berries before putting on the top crust.

On the day of the Westhaven Blackberry Festival — July 28 this year — the boxes will fly out the door. If you haven’t gotten yours by noon, you’ll be out of luck.

The 59<sup>th</sup> Annual Westhaven Blackberry Festival, benefiting the volunteer fire department, is Sunday, July 28, 10 a.m. to 4 p.m. at the Westhaven Fire Department on 6<sup>th</sup> Avenue. Music, food, pies, jam, games and tours. No pets, please.

—  
*Donna Ulrich of Trinidad is a writer, photographer and pie-maker.*

# A Dashing Dog, a Stylish Kitty and a Day at the Beach

By Penny Whitehead

The year was 1992. Bobby and I were in the horseracing business. I think horse racing has a kinship with circuses and carnivals, except that we horse people stay around longer because people don’t normally chase us out of town.

We left Sacramento on our way to British Columbia to run horses up there. Because we were ahead of schedule, we made it a vacation, with our furry kids (not horses!) in the back seat of the Lincoln.

Jake was an Aussie shepherd/Airedale mix created by Dr. Seuss. He was my heartthrob, and quite the dandy, sporting a red kerchief around his neck.

Jackie-O, our sweet little calico, was tucked away in her kitty condo, pleased with her new red harness, which went well with her hat and gloves. She was a fashionable kitty.

Trekking up the coast along Highway 101, Clam Beach was our next stop, and we were all looking forward to the break. When we pulled into the parking area, I opened the back door and Jake’s enthusiasm almost knocked me over — he was at top speed, targeting sea gulls.

I put the kitty condo on the sand, and leashed Jackie up. *Voilà!* the kitty condo became a beach

house, and Jackie is enthralled by the biggest sandbox ever.

Bobby and I settled down on the warm sand with a frosty, cool one in hand. Jake was still on a mission to rid the world of seagulls. Jackie’s purring mixed with the soft sounds of wind and surf, as Jake sprayed sand everywhere.

I still give silent thanks for such a magical day.

—  
*Penny Whitehead, 73, of Rio Dell lives with her cat, Pelé, and still likes the occasional frosty cool one at the beach.*



## LIVE VIGOROUSLY

BY JOAN RAINWATER-GISH

# Purring Vigorously!

Over the past 59 years, our family has had the pleasure of having many pets: a horse, a rooster named Clyde, hamsters, several dogs and even more cats.

I love animals of all kinds, but my personal favorite is a cat. I think it's because of their independent nature. I've heard it said that you don't own a cat, the cat owns you. It's true.

The specific cat I'm writing about is our oldest and now only cat, Hershey. Hershey

and her sissy, Oreo, came to live with us when they were still kittens, because it turned out that our grandson was allergic to them. Where do all family pets go when a change is required? Yes, to the grandparents.

We enjoyed the two sisters for more than 10 years (56 in human years, if you Google cat-to-human-age), until Oreo died from cancer. Having a pet die is an emotional loss for humans, as there is a special bond that exists between us.

Hershey is going on 17 now, which makes her around 84 in human years. So she is a senior. It turns out that cats age similarly to humans. For example, as Hershey has grown older I've noticed the following changes:

She has trouble jumping onto things or climbing stairs. She has arthritis, which is common in both older cats and humans. We've helped her adjust by placing a

footstool near places she likes to get up to.

Digestive issues.

Weight loss — she doesn't see to have as much appetite.

Sleeps a lot more.

She's not as social, and isn't inclined to interact with family and friends who come to visit.

She's less active, and doesn't go outside much.

A bird could fly down beside her and be perfectly safe.

Her fur is thinning, and

she doesn't groom herself much, which can result in matted hair. So now I brush her.

So we've become caregivers to our old cat, which she seems to sense is necessary. Our vet told us that cats can live up to 15 years, and if they live longer, those last few years can be the hardest.

But we are seniors, too, so we know this. We adjust the best we can. For Hershey, exercise no longer includes prowling the neighborhood, but she adjusts to her senior years as a lap cat by purring vigorously.

**Joan Rainwater-Gish, 76, of Eureka is a certified human and feline personal trainer and group fitness instructor who leads senior S.A.I.L. exercise classes. She is also a member of the HSRC Board of Directors. Contact: jrainwater-gish@suddenlink.net.**

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the cat owns you."**



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# One Small Step for Man

By Jim Slade

I was 32 years old in 1969. I was an experienced broadcaster. I had spent years getting ready for this singular day. I thought I knew the subject cold. But did I? I was scared and wondered how old you ought to be for a job like this.

But there it was and the clock was ticking on Apollo II's launch. This was it.

The Saturn 5 moon rocket out there was 36 stories tall, 33 feet wide, weighed 6½ million pounds, and was set to do something humans had dreamed about since their first glimpse of the night sky: it would rise up and hurl three men to the Moon. And I would have to describe it to a nationwide radio audience, no matter what.

Well, it's hard to talk when you're holding your breath, but I did. I told how it felt when that gigantic wave of sound hammered me. I told how the rocket waited as its five main engines bellowed to full pitch, and then how it began to rise, increasing speed as it burned off fuel at 15 tons per second.

I tried to tell where it was going and what it meant. I wanted to say so much because this was a moment that would live forever. There can only be one first time. This was it, and it was crushing.

It took 8½ minutes to get Neil Armstrong, Michael Collins and Buzz Aldrin into orbit around the

Earth. The Saturn 5, now reduced to a single stage, had one more job. It would fire up again, increasing speed from 17,500 miles per hour to 25,000 mph, enough to break out of Earth's gravity well and point them at the Moon.

It took 76 hours for them to get there and slide into a lunar orbit. Then Armstrong and Aldrin moved over to the lunar module attached to Apollo's nose. Collins stayed behind to tend

ship. The LM cut loose and descended to the Moon's surface, where Armstrong piloted it to a smooth spot and set it down.

Late that night, he stood out there, a single speck of humanity on a gray, sandy plain. He said his first step onto the surface was a simple thing. But he noted that it was a gigantic moment for us all. And he was right.

Our generation, yours and mine, will be remembered as the one that changed the Moon from an object

to a place. The next generation will make it a destination.

The Egyptians built their pyramids. We went to the Moon.

**Jim Slade, 82, of Morgantown, West Virginia, is a retired broadcast journalist who covered NASA and the American space program for more than 50 years, including the play-by-play of the Saturn 5 Moon launch 50 years ago this July 16. He remembers where he was that day. Do you?**



Apollo II. NASA photo.

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## A PLACE IN YOUR HEART . . . From Page 1

the minute I picked him up,” she said, laughing. Now Petey and a grandson’s hand-me-down cat run Chapman’s house.

In her role as office manager at Companion Animal Foundation (CAF) in Sunnybrae Center, Chapman sees the positive effects of pets on clients and customers every day. The nonprofit group — one of many area pet rescues — operates thrift stores in Arcata and Blue Lake to help finance its spay/neuter, adoption and other services for low-income pet owners.

Like Chapman, many CAF clients are seniors who live alone. “They are people in need who need help,” said Chapman. “Smetimes, their dog or cat is all the family they have.”

“The company is invaluable, especially for people who live alone,” she said. “I am home alone, but I have Petey.”

CAF offers discounted veterinary care for seniors, including a mobile vet van to get out into ru-

ral areas, free spay/neuter coupons, and emergency medical care coupons, all funded through Humboldt Area Foundation grants, Chapman said. (For more on CAF services, visit [cafanimals.org](http://cafanimals.org).)

Nancy Flemming, former president of Sequoia Humane Society (and ex-mayor of Eureka), is obviously devoted to animals of all kinds.

“Pets are so important in peoples lives,” she said, “often extending their lives and adding so much love to their days.”

She takes her silky Schnauzer mix everywhere.

“I love my Sailor, now 13, who goes with me in my boat every day and helps navigate,” she said. “She has sat patiently through thousands of seemingly endless meetings, and is so polite and quiet in planes and restaurants. She is simply pure pleasure.”

“So many people’s lives have been enhanced by their beloved pets,” Flemming said.

Dog owners are also more physically and emotionally fit — “Petey has his routines,” Chapman said. “I walk him all the time.”

Research shows multiple health benefits go along with owning a pet, but pet owners don’t need scientists to tell them how important their animals are. Like the cat owner in the veterinarian’s parking lot, most pet people can’t imagine life without them. And there is nothing as empty as a house after a longtime animal companion has died.

“They fill a place in your heart,” Chapman said. “It’s weird. I can’t imagine going home to a house without a dog.”

—

*Ted Pease has lived with a dog since before birth, and now shares his happy home with one human and two Labrador retriever rescues.*

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## Biennial Quilt Show

The Heart of the Redwoods Quilt Show takes place every other year, and this is the year for quilt magic in July.

The Redwood Empire Quilters Guild’s two-day extravaganza hits Redwood Acres, 3750 Harris St., Eureka, on Saturday and Sunday, July 27 and 28 with displays of quilted artistry.

Hours are 10 a.m.-5 p.m. on Saturday, and 10 a.m.-4 p.m. Sunday. Parking is free in the lot across the street from the entrance. Tickets for admission both days: Adults \$8, seniors \$6 and children under 12 are free.

Proceeds from the quilt show go toward the Guild’s special events, classes and community outreach. The group donates hundreds of quilts each year to community organizations including North Coast Children’s Center, Humboldt County American Red Cross, Eureka Dialysis, North Coast Veterans Resource Center, and Hospice of Humboldt’s veterans program.

A special “Our Opportunity Quilt” will be raffled off during the show, with the drawing on Sunday at 3 p.m. The quilt is called “Stargazing,” machine-pieced by Guild members and machine-quilted by Weezie Anderson of All Washed Up Quilts. Tickets for the raffle are \$1, six for \$5 or 24 for \$20. The winner need not be present to win.

The Redwood Empire Quilters Guild is a non-profit organization that promotes the appreciation and preservation of quilt history, education and quilt-making.

For more information go online to [REQG.com](http://REQG.com).

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Miles is a 9-year-old standard poodle. He is our family comedy relief, my running partner, and our comforter when days are bad.

He always seems to know when we need a cuddle. And he never takes no for an answer when he feels it is time to get outdoors and move.

For a dog, every day is the best day ever. In these days of stress and contention, it is delightful to have someone like Miles around to put it all in perspective.

—  
**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.



**THE DOC and Miles, on the run.**  
Jennifer Heidmann photo.

Send comments to  
[seniornewseditor@humsenior.org](mailto:seniornewseditor@humsenior.org).



### Fairy Fest

The 2<sup>nd</sup> Annual Fairy Festival flutters onto the Arcata Plaza on Sunday, June 30, for a day of fun for dragons, elves, fairies and all creatures, great and small from noon-10 p.m. A benefit for CASA of Humboldt. Live music, costumes, arts and crafts, storytelling, dance performances and interactive swordplay. Costumes encouraged. No pets. Email [arcatama-instreet@gmail.com](mailto:arcatama-instreet@gmail.com) for info.

### We Want Your Stuff!

The McKinleyville Senior Center is seeking donations for its gigantic yard sale, Aug. 17 & 18, to benefit the center. Donated furniture, collectibles, art, jewelry, linens, crafts, office supplies, books and DVDs gratefully accepted. No clothing, computers, TVs, mattresses or microwaves, thank you. Volunteers, goods and services for a silent auction, and a secure garage to sort and store items are also needed. Proceeds benefit the Senior Center. Contact Linda, 707-683-0188.

### Yeee-HA! Fortuna Rodeo

The annual Fortuna Rodeo bucks its way back into the Eel River Valley for a 98<sup>th</sup> year on July 14-21. Bull-fighters, Quadiators, bulls, bronses, bands, BBQs and brews. Carnival, parade, live music and more. The rodeo runs Saturday and Sunday, July 20 & 21, with breakaway roping for cowgirls, bareback and saddle bronc riding, team roping, steer wrestling, barrel racing and bull riding. For info on tickets and full schedule go online to [fortunarodeo.com](http://fortunarodeo.com).

### Independence Day

• **Fortuna**, July 3: Family fun, BBQ, Kids activities 5:30-8:30 p.m., with fireworks after 9 p.m. Newburg Park.

• **Ferndale**, July 4: Fire engine rides, 10 a.m., parade down Main Street at noon, followed by live music and activities.

• **Arcata** Jubilee, July 4: Day-long festival on the Plaza — live music, arts & crafts, Kids Zone, 10 a.m.-5 p.m. Crabs game, 2:30 p.m.

• **Eureka** Old Town, July 4: Festival all along 2<sup>nd</sup> Street from 10 a.m.-5 p.m., booths, food, petting zoo, live music, speed rides. Fireworks over the Bay, 10 p.m.

### Mad River Festival

Dell'Arte's Mad River Festival runs until July 20 with live theater and music, cabarets and drag shows in Blue Lake and Arcata, leading up the Humboldt Folklife Festival, July 14-20, in Blue Lake. Visit [dellarte.com](http://dellarte.com) and [humboldtfolklife.org](http://humboldtfolklife.org) for the full lineups and tickets.

### Summer Concerts

**Eureka**: Now in its 22<sup>nd</sup> season, the Eureka Summer Concert Series tunes up every Thursday through Aug. 15, 6-8 p.m. at Madaket Plaza at the foot of C Street. Free boogieing on the boardwalk by the bay. Visit [eurekamainstreet.org](http://eurekamainstreet.org) or call 707-442-9054 for performers and details.

**McKinleyville**: Music in the Park Thursdays through Aug. 15 from 6-8 p.m., Pierson Park. Lawn games with live bands — free!

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## Letters to the Editor

### The Last Tuesday

To the Editor:

I always look forward to the last Tuesday of the month — not that I'm anxious to tear off a page of the calendar, and not because I'm eagerly awaiting destiny to bestow me with wealth and beauty.

Nope, it's time for my Senior News to be laying in waiting for me to rub the sleep from my eyes and untangle myself from my forever kitten, Pelé. With reading glasses on and a warm cup of java in hand, I read each and every rich article of Senior News.

I rejoice in being a senior (I never dreamt of such), but as I read June's Senior News, I find myself in the company of many intelligent and very humorous people, the kind of humans that make my world a better place. They are the beautiful people.

Thanks, Ted, for your beautiful work as editor. Thanks, Jack Irvine, for your insights on county health care. Thank you, Betsy, for the morning chuckle ... "Heavens to Betsy!" Thank you, Margaret, for your view on keeping your feet planted firmly in the sand — I agree tinkering with one's wellness is forever ongoing. And, John, thank you for "Aging Is an Art" and your always thought-provoking sage advice. I loved the article by Janet, who featured Arlene. You go Arlene! "Living Vigorously" by Joan gives us a glimpse of physical and mental exercise as a lifeline to good health.

Thank you all. I am a longstanding and a long-winded fan of Senior News!



**Penny Whitehead, Rio Dell**

### The Larger Crisis

To the Editor:

"The Health of Humboldt" edition of Senior News (June 2019) reflects the challenges and pitfalls of staying positive about America's healthcare crisis.

Addressing any crisis requires broad understanding of the larger context, yet few residents have heard of Humboldt County's "Trends Report" or its "Community Assessment Report" documenting local rates of every major disease — infant mortality, suicide, overdose fatalities, child abuse, elder abuse, youth unemployment, among others — that are two and three times higher here than state and national averages.

Recurring health incidents attracting California Justice Department investigations (Brius care homes and county child welfare services, for example) are headlined as isolated cases instead of systemic crises.

Health care joins multiple interconnected crises in housing, pharmaceuticals, energy, education, living-wage employment and public transportation — all symptomatic of industry-dominated public policy manipulating shortages to inflate prices, successfully herding tens of millions of families into debt-peonage to today's largest industry (finance). Our rigged economy is the antithesis of "Liberty and Justice for All."

We need elected and appointed officials unafraid to acknowledge our region's multiple crises and, at the very least, who will reject further diversions of limited public resources to serve unfunded infrastructure liabilities for high-profit subdivisions (like the McKay Tract) that bankrupt and foreclose local families after each housing fraud ("bubble") collapses. We must say no to efforts to prop up national retailers' poverty wage saturation, which in turn requires more welfare subsidies. And we must reject more subsidies for the volatile tourist industry.

Costly tourist attractions, (e.g., the Eureka Zoo's new "canopy walk") high-profit subdivisions, national retailers and the predator industries they attract, are not what draws new residents, tourists, or family businesses. It's the quality of life for average working families. But they face crises by our unbridled, greed-based economy while facing uninsured illnesses, inflated housing and utility costs, poverty wages and under-funded public resources.

**George Clark, Eureka**

**Letters Policy:** Senior News welcomes letters to the editor. To be considered for publication, letters should be received by the 12th of the month, must not exceed 300 words, and may be edited for space. Submissions must include the writer's full name, mailing address, phone number and e-mail address. Senior News reserves the right to reject any letter. The same requirements apply to those interested in submitting longer commentary columns (up to 400 words). E-mail tpease@hum senior.org or mail to Senior News, 1910 California St., Eureka, CA 95501.

# Rural Post Offices, Center of Community Life

By Jessie Wheeler

Most U.S. post offices today are models of efficiency. They all have the same government décor, customers move through the line quickly, stamps are easy peel-and-stick, and there is no local postmark.

Many folks reading this article will remember the small rural post offices of yesteryear — the smell of paper and ink, glue, rubber bands and dust, the taste of postal stamps and envelope glue on the tongue. These facilities both delivered the mail and provided space for community members to gather and pass the time, discuss who danced with whom Saturday night, how large the newest baby was, current wedding plans, school activities, potlucks, scandals and coming events.

Back then, life in the country involved a lot of work. Washboards and clotheslines were standard equipment, gardening was a necessity, cooking was from scratch, and heating was with wood. A walk to get the mail was a welcome break in the day.

Letter-writing was still a major form of communication, and letters were often shared on the spot

with friends and neighbors, news of births, deaths, marriages, and travels in faraway places. This handwritten news was read and re-read, then kept in bundles tied with ribbon.

People wrote letters and postcards from one small town in Humboldt to another as families kept track of their loved ones' lives. Both incoming and outgoing mail was duly stamped with a large rubber stamp containing Date, Town and Time of dispatch. The cancellation stamp was changed twice daily by hand, in the morning for today's date and a.m. then for the p.m.

My grandfather was the postmaster in Bridgeville, and as a child, I was allowed to change these little rubber numbers. I loved the smell of the printing ink that would get on my fingers.

Bridgeville was on a Star Route, serving multiple communities, so my grandfather sorted and bundled mail for the Dinsmore, Ruth, Mad River and Van Duzen post offices, all of which were in local grocery stores.

Mail for the Star Route had to be sorted and

dispatched promptly. While the postmaster was working the mail, people would come to the little sliding window asking if there was a letter from Uncle John in Oklahoma, a pension check, a greatly anticipated package from Montgomery Ward, news of an expected birth, etc. For about an hour around mail time, there was a sort of electric anticipation and urgency in the air before folks started drifting off, back to their busy days.

This community interaction was repeated in every Star Route office along the line, with the mail carrier bringing news of the day up the route to Ruth and back to Bridgeville in the evening.

Most of these lovely little post offices have been closed. There are still a very few tucked away in rural areas, the last of their kind.

**Jessie Wheeler, 74, of Cutten is a Humboldt historian, genealogist and writer who knows more about Bridgeville than any dozen other living people.**



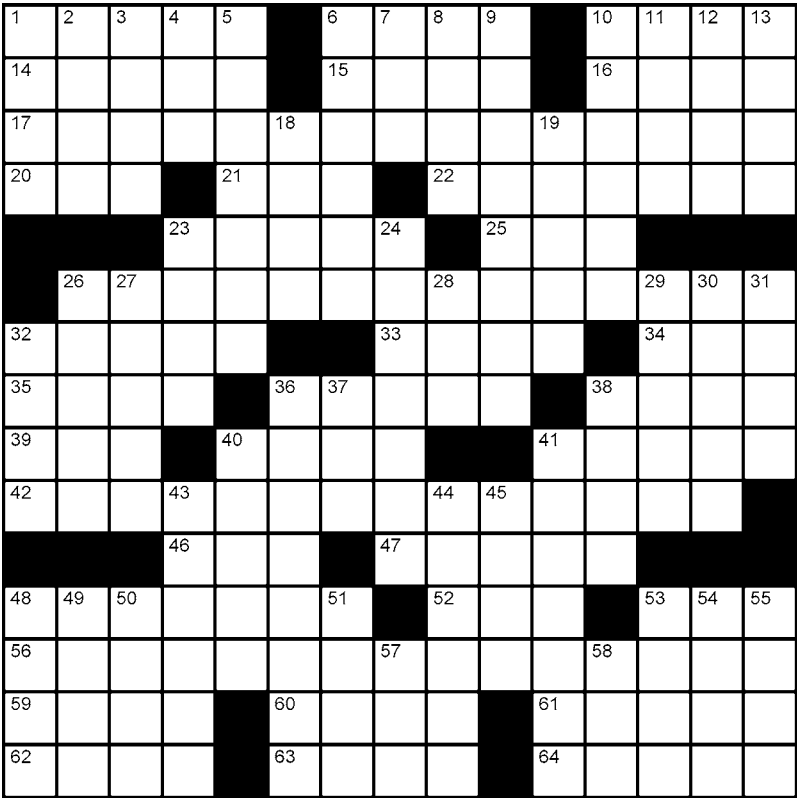
**THE INFORMATION CENTER OF SMALL TOWNS** everywhere used to be the post office, where people would congregate to get the news, gossip and groceries along with the eagerly awaited post and Sears Roebuck catalogs. There was always bustle outside the post office, whether in



**Bridgeville (above left) outside the author's grandfather's store, Henry Cox & Son General Merchandise, in the 1940s, or in this postcard photo of downtown Dyerville in the early 1900s.** Bridgeville photo courtesy of Jessie Wheeler; Dyerville from Humboldt State University Library Special Collections.

Crossword Puzzle

Legal Arrangements by Ben Pall. Edited by David Steinberg.



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- ANSWERS ON PAGE 14 -

ACROSS

- 1 Notice on some menus
- 6 Pen pals?
- 10 Actress Roberts
- 14 Sitcom set in a H.S. science class
- 15 Intl. oil grp.
- 16 Utah city with a biblical name
- 17 Rises after hearing a cry for help?
- 20 Braying beast
- 21 Stick in a chocolate fountain
- 22 “Honey”
- 23 Frenzy
- 25 Blvd. kin
- 26 Juiced up portable juicers?
- 32 “Swiss” vegetable
- 33 Allocate, with “out”
- 34 Hush-hush org.
- 35 They’re found in chests
- 36 Sudden strike
- 38 Groups of whales
- 39 Inventor Whitney
- 40 Top-\_\_\_ (first-class)
- 41 Superhero film trailers?
- 42 Encounter local wildlife while camping?
- 46 Company name abbr.
- 47 Ill-gotten gains
- 48 Very evil
- 52 Word before “la la” or “na na”
- 53 Covert \_\_\_
- 56 Shout from a bench, or a reaction to 17-, 26- and 42-Across?
- 59 Pinball cheater’s maneuver
- 60 Stun with a jolt
- 61 Often-plastic instrument
- 62 Vodka in a blue bottle
- 63 Steamy resorts
- 64 Step aggressively

DOWN

- 1 Org. with a center named after 5-Down
- 2 Picks
- 3 Many Wharton grads
- 4 Cross a moral line
- 5 Rocket scientist Robert
- 6 Entree that’s a pastry
- 7 Nasdaq debut
- 8 Has down
- 9 Supernatural force in “Spaceballs,” with “the”
- 10 They run the show
- 11 Castle ditch
- 12 Mauritania neighbor
- 13 Not just willing
- 18 Tweet from a tree, say
- 19 Palindromic Pokemon
- 23 Second-smallest planet
- 24 High Navy rank
- 26 Spicy stew
- 27 Force of \_\_\_
- 28 Goldfish or snake
- 29 Extent
- 30 Duck with soft feathers
- 31 Back talk
- 32 Neckline choice
- 36 Obedience school treats
- 37 “\_\_\_ Demoiselles d’Avignon” (Picasso piece)
- 38 One may be dog-eared
- 40 General vibe
- 41 Music storage spots
- 43 Number of minutes in a soccer game
- 44 Berry sources
- 45 Pang
- 48 Red \_\_\_ (cinnamon candies)
- 49 Killmonger in “Black Panther”
- 50 Without purpose
- 51 Finally break
- 53 Sambuca relative
- 54 High school proposal subject
- 55 Plug up
- 57 Org. that makes people remove their shoes
- 58 Cheerios grain

“If there are no dogs in Heaven, then when I die I want to go where they went.”  
—Will Rogers (1879-1935), Actor and humorist

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707 443-9747 ext.1226

# One Nurse's Perspective on Humboldt Health Care

*By Kathryn Donahue, R.N.*

I have worked as an acute care nurse in Humboldt County for 38 years. Now retired and on Medicare, I am passionate about the healthcare issue, for too many suffer the consequences of our current for-profit healthcare system.

I have watched as people young and old arrived at the emergency room too late to turn around the illness they had neglected for too long because of costs. I have watched many die who could have been saved because they did not receive preventative care, and waited too long to seek help they needed.

Why should we seniors care about supporting and working to fix our broken and fragmented healthcare system? After all, we now have Medicare to pay our healthcare bills.

We must care, because while Medicare does pay a good portion of medical bills, it does not pay all, and does not cover many services seniors need,

including dental, vision, hearing, medical supplies and prescription drugs. We also must care because of friends and family members too young to receive Medicare, who struggle and deny themselves care because of the cost of premiums, co-pays and deductibles.

We are a society that relies on Go Fund Me requests to pay for the care we need.

Improved and expanded Medicare for all is the answer. Every resident of the U.S.A. would be covered by one plan with comprehensive benefits. For Medicare beneficiaries, there would be no need for supplemental insurance. No more premiums, co-pays or deductibles for anyone, regardless of age.

Benefits not currently covered by Medicare would be added. Everyone would receive a healthcare card, which could be used for the provider of your choice.

How will we pay for this? Without insurance

companies in the mix, there would be reduced administrative costs. These amount to 3% for Medicare, but between 20% and 30% for the insurance industry. Perhaps a small tax increase to cover the rest of the costs might be needed, but much less than the premiums, co-pays and deductibles we all pay now.

Our country already spends billions on health care, twice as much as countries that provide care for all their citizens, and with better outcomes.

Our current healthcare system is ineffective, inefficient and expensive. U.S. Rep. Pramila Jayapal has introduced H.R. 1384, the Medicare for All Act. Check it out and get involved. It's time.

*Kathryn Donahue of Blue Lake is a retired acute care nurse and member of Health Care for All, Humboldt Chapter. For more information, email [healthcareforallhumboldt@gmail.com](mailto:healthcareforallhumboldt@gmail.com).*

## Can You Be a Voice for Him?

The Ombudsman Program needs volunteers like you to advocate for skilled nursing facility and assisted living facility residents' rights

### What is an Ombudsman?

- An Advocate for residents' rights
- An Investigator of Complaints
- A Problem Solver
- An Observer
- A Mediator
- A Witness

### START YOUR TRAINING TODAY

- Call (707) 269-1330
- Introductory visit to a living facility
- 40-hour Certification Training
- Computer skills necessary



*Ombudsman advocacy is free of cost to the resident and family. All contact is confidential.*

## Coming in Senior News

• **AUGUST:** In "**Social Life**," we will look at how seniors socialize, and the challenges and pleasures of connecting with others as we age. How do you fend off loneliness?

• **SEPTEMBER:** "**The Health of Humboldt, Part 2**" continues the conversation about medical care in Humboldt County. Got a story to tell? Contact Ted Pease, tpease@humsenior.org, or 707-443-9747, x1226.

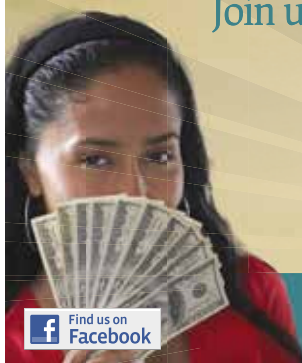
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