



# Cherish the Great Outdoors

## Outside Perspective

By Ken Miller

Going outdoors no longer means going far, but always portends adventure. Everywhere you look, there's something to see.

My family moved from the village of Catskill, New York — one of the earliest of settlements in the “New World” — to one of the newest, Fort Lauderdale, Florida, in 1950 when it was still emerging from mangrove swampland.

By the time I graduated high school in 1963, Fort Lauderdale had traded its mangrove swamps, alligators and my fort in the trees for asphalt, housing developments, air-conditioning, privatized beaches, strip malls and freeways. Now the Everglades are on the same brink shared by Nature everywhere.

Backpacking in the Smokies during college, I got hooked on the overwhelming beauty and diversity of “the great outdoors,” and fed my nature addiction in remote places like the Congo, Colorado and Noatak rivers, Frobisher Bay, Desolation Wilderness, Sangre de Cristo Mountains, the Boundary Waters, the

Klamath-Trinity and elsewhere.

Now in my wistful years, I still dream globally, but am fulfilled locally.

The lower Mad River bestows kayakers with over two miles of tidal currents from the mouth at Clam Beach to above the old Hammond railroad bridge, providing free rides and a constantly changing show. Since I live above the river, I can paddle to the beach on full moon nights.

Bicycling to the Arcata Farmers' Market through the Arcata Bottom is delightfully pastoral and achingly reminiscent.

The Smith River has incomparable outdoor opportunities, and its North Fork confluence with Stony Creek, with the surrounding botanical area decorated with *Darlingtonia*, is an exotic favorite.

Another is Monument Ridge, affording birds-eye views of the Eel River Valley and beyond. Of course, that ridge is also sacred to the Wiyots and other tribes, and Golden Eagles soar from “Raptor Ridge,” as it is colloquially known.

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**NEVER-ENDING** — Clearing the forest of invasive English ivy between Stagecoach Road and the shore in Trinidad is a Herculean task for Ginny and Jim Waters and their fellow anti-ivy volunteers. Ted Pease photo.

## The Trinidad No-Ivy League

By Ginny & Jim Waters

When we moved to north Trinidad in August of 1966, we didn't notice English ivy in the woods of either Trinidad Beach State Park or Patrick's Point State Park.

The area between Stagecoach Road and the shore was open coastal shrub and grassland, with native lilies, azaleas, little

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# Sr. News

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**MELISSA HOOVEN, CEO**

**RENÉ ARCHÉ, PUBLISHER**

**TED PEASE, EDITOR**  
707-443-9747, x1226  
tpease@humsenior.org

**ELIZABETH WHITLEY**  
ADVERTISING COORDINATOR  
707-443-9747, x1227  
ewhitley@humsenior.org

**HSRC Board of Directors:**

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## TEDtalks: Go Out and Play

I was blessed with parents who taught me at an early age to value nature and the great outdoors.

In fact, somewhere in my mother's many family photo albums is a picture of Baby Teddy, bundled up and parked in a stroller on the porch of the country parsonage where my parents lived when first married, soaking in the health benefits of crisp, cold air on a swirling and snowy New Hampshire night. That may be why my body thermostat is set so that shorts and t-shirts suit me fine year-round even now, 66 years later.

Not that my parents would have claimed to be rabid outdoorsy folk or even conservationists back when I was a child. Being outside and finding something to do in the woods or on the Maine coast, messing around in boats, was just our normal way of being.

John Muir, the father of the National Parks, once wrote, "Going to the woods is going home." I have friends for whom, as for Muir, the mountains call, and others who resonate especially with the forest. I spent some summers at camp, but tents and campfires have never really excited me. For me, it's the ocean, a great, enduring gift from my father that has never dimmed since my first birthday on the Maine coast.

I am never so content as when I'm on a boat on the ocean. Lakes and rivers are fine, but they lack an essential salty tang and the mystery of the deeps.

For me, it's always been the sea. Perhaps you've read this by poet John Masefield:

*I must down to the seas again, to the lonely sea and the sky, And all I ask is a tall ship and a star to steer her by . . . That's me.*

Our contributors this month celebrate the out-of-doors in many different ways, including battling invasive ivy (page 1); transitioning to less energetic activities (page 6); reflecting on our responsibilities to protect Mother Earth (page 1), or sharing favorite outdoor places on Access TV (page 3).

Living in Humboldt County is such a gift, because the mild climate makes the great outdoors — ocean, forest or mountain — so accessible whether it's January or June. It's no surprise that so many Humboldters cherish and celebrate the great outdoors year-round as hikers and campers, mountain climbers and bicyclists, fishers and gardeners, hunters and birders. Or just to sit on a mossy log and listen to the wind in the redwoods.

I have a little difficulty getting fired up for June as national Great Outdoors Month, because the out-of-doors is such an essential part of my life during the other 11 months as well.

But since there is such an observance, I'm glad of the excuse to think a little more purposively about how important just a breath of fresh Pacific Ocean air is to my psyche — perhaps an artifact on being parked on a snowy porch as a child.

—  
**Ted Pease is editor of Senior News.**  
Contact: tpease@humsenior.org.

**Page 1 top photo: Trinidad Bay, Ted Pease.**

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# Lights, Camera, Action! Starring Humboldt Outdoors

*By Ray Olson*

Last summer, thanks to the COVID-19 pandemic, I discovered a new outdoor activity that continues to engage me today — creating and sharing entertaining nature videos of my favorite outdoor places in Northern Humboldt County.

The shows are now broadcast as a regular series called “Humboldt Outdoors” on Access Humboldt’s community-access TV channel and its other media venues. You can also view the videos on the Humboldt Outdoors Facebook page and YouTube channel.

Especially during the initial social restrictions, the Centers for Disease Control (CDC) routinely reminded citizens about the importance of adventuring outdoors as a way to maintain one’s positive mental attitude. So I began to revisit some of my favorite local public outdoor spaces. Soon, I was inspired: perhaps I could contribute to my community by reminding local Humboldt folks of the beautiful outside areas we have in our own backyard?

Initially, the thought of creating a brand new hobby seemed daunting. But soon I was enthusiastically researching, scripting, filming and editing shows with ease, all while maintaining appropriate social distance from others.

The process began in August, when I purchased a GoPro camera, accessories and the least expensive online video editing program available. I watched hours of YouTube tutorials on filming and editing and began to, literally, hike up my steep learning curve.

Proudly, I shared my first attempts (about Ma-le’l Dunes) with family members, who quickly assessed that they were basically too boring, too complicated and too technical. After re-watching both videos, I realized that they were right. So, I re-filmed them to include a storyline, simple talking points, and interspersed the dialog with scenic interludes. Royalty-free music enhanced every scene.

Even my wife, Moonlight, realized the fun potential and began to help edit my drafts and even agreed to make some cameo appearances as an “Arcata Forest Fairy.” As each video improved, I remained inspired to explore new areas from the perspective of an amateur filmmaker, and have



**WADING IN** — Author and video producer Ray Olson takes a quiet stroll into the Mad River in search of steelhead in one of his ‘Humboldt Outdoors’ episodes on community TV. Contributed photo.

fallen even more in love with our natural wild surroundings.

The “Humboldt Outdoors” series currently features 15 shows that highlight the natural history and trail information about Ma-le’l Dunes, Big Lagoon, Patrick’s Point, Janes Creek Trail, the Mad River and the Arcata Community Forest. The videos also showcase recreational activity information, including fishing, rafting, camping and even “forest bathing” techniques.

Soon, I realized that incorporating some of my favorite Humboldt talent might be interesting, so I began to collaborate with various artists and experts who have generously contributed their creativity to the shows. This includes the local traditional bluegrass band The Compost Mountain Boys, amazing aerial drone footage of the Mad River and Hatchery

by Kevin of Humboldt Craftworks, as well as some unique underwater scenes of steelhead from Jacob Pounds of the Mad River Alliance. I look forward to even more collaborative efforts with additional local talent in the future.

These videos will forever remain independently produced as a community service and are not funded, sponsored or endorsed by any business, non-profit organization or public agency.

So, if you feel inspired to possibly *be* inspired, check out the “Humboldt Outdoor” series. I hope what you watch will bring a smile to your face, perhaps evoke a memory or two, or even encourage you to go and explore Humboldt’s great outdoors.

—

**Ray Olson, 60, and his wife, Moonlight, embark on their adventures from their home in Arcata.**



# Sanctuary Garden Sustains, Nourishes Immigrant Community

By Karina Coronado

Centro del Pueblo has declared the community garden at the corner of F and 11<sup>th</sup> streets on Wiyot territory, Arcata, as a sanctuary for all, part of its Comida del Pueblo program.

The City of Arcata declared itself a sanctuary for immigrants in 2016, and Humboldt voters made the entire county a sanctuary in 2018. The sanctuary law was created to generate ties of trust, respect and diversity within the immigrant community and local authorities.

The law also restricts collaboration between local law enforcement and federal Immigration and Customs Enforcement (ICE) officers, and supports the reunification of families and the rights of parents to decide about their children's custody in deportation cases. The sanctuary law also helps families stay together so we can grow our own food.

Sanctuary gardens are multigenerational and multicultural spaces for people who have immigrated to the United States where we recognize ourselves as stewards of the land and collaborate as producers of food. At the same time, we thank our Indigenous relatives to the north in Wiyot land.

The Arcata Sanctuary Garden is also a response to the lack of access to food and nutrients in the homes of many immigrant families.

Like any community garden, the garden at the corner of 11th and F streets in Arcata is about food and reciprocity between plants and humans. In March, Centro del Pueblo (CDP) teamed up with Cooperation Humboldt as stewards of the Arcata Community Health & Wellness Garden, which was previously managed by Open Door Community Health

Centers.

Comida del Pueblo — or food for the people/community — is one of CDP's projects for 2021, focusing on creating a space of empowerment for our immigrant community with indigenous roots through practices of food sovereignty.

Since March, CDP hosted more than 30 families in Arcata whose primary language is Spanish, several of whom come to the garden every week to help with planting, weeding and harvesting. Some of the youth from first-generation immigrant families have never set foot in a community garden, let alone harvested fresh lettuce or spinach.

Elders reminisce about special plants from their homelands — papalo, epazote and verdolagas — that are celebrated during the first planting. Finally they have a community space

in Arcata that serves as an accessible place to find fresh herbs to complement their favorite cultural dishes.

Even before the first day of work in the sanctuary garden, inspirational stories and ideas flowed from community into action.

"I like to take advantage of the harvest," said Esperanza, a 62-year-old community member. "It always makes me feel healthier."

She goes on to share recipes and stories. "I harvested cilantro for ceviche, spinach for chicken stir-fry and a salad with lettuce, cucumber and tomato," she said.

Don Manuel is a friend who accompanies Esperanza almost every Saturday. At 97, he weeds the beds and paths more quickly than anyone at the sanctuary garden.

Arcata's Sanctuary Garden and CDP's Comida del Pueblo program continue to grow. If you or your family wish to know more, call us at 707-683-5293, or check out CdPueblo.com to volunteer or donate. Or email the Garden Team at [arcata.garden@cooperationhumboldt.com](mailto:arcata.garden@cooperationhumboldt.com).

Come and be part of the story with us.

**Karina Coronado** is project manager with Centro del Pueblo-Humboldt, an affiliate program of the Seventh Generation Fund for Indigenous People. Contact: [CdPueblo.com](http://CdPueblo.com) or 707-683-5293.



**THE JARDIN SANCTUARIO** at F & 11th streets in Arcata is a multicultural and multigenerational space that permits immigrant families to take an active role in their food production. Workers in the garden range from kids and families to elders like Don Manuel and Esperanza. Photos by Karlee Kackson (left) and Karina Coronado (right).



## ASK THE DOCTOR

BY JENNIFER HEIDMANN, M.D.

### Hold the Corn

In Western Wisconsin where I grew up 40 years ago, we went to the “corn fest” every summer. This involved carnival rides and games in the hot summer sun and, of course, a celebration of corn.

Nothing matches fresh-picked ears of corn cooked over a fire, salted and buttered, the kernels bursting with sweetness.

I did not realize then how much corn would become a center of the American diet. Nationwide, corn is now more likely grown on enormous corporate farms than by farm families, destined not so much for munching in the summer sun but for feeding animals and making corn syrup and convenient, processed foods. For example, corn-derived carbon makes up 78% of a McDonald’s milkshake, 56% of chicken nuggets, 65% of salad dressing, and 100% of soda, as Michael Pollan reports in “The Omnivore’s Dilemma” (2006).

Given so many choices about what to eat and packaging with hard-to-discern ingredients lists, how do we choose food that is of benefit? Does what food we eat even matter? And if it does, how can we make sure everyone has access to the healthiest choices?

Let’s start with high-fructose corn syrup. It is cheaper and sweeter than sugar. It makes things taste good. But it is also associated with obesity, diabetes, fatty liver disease and elevated cholesterol levels, which can lead to heart disease and strokes. How can you avoid

high-fructose corn syrup? First, read the label. It is a common ingredient in processed foods and beverages.

But no label-gazing is needed with food that is unprocessed and whole (not boxed or fast). Sounds easy, but is it affordable? Can you find whole, unprocessed food in your neighborhood grocery? What if you are working and parenting and managing a household and don’t have time to cook? In surveys over the last 10 years, up to 25% of U.S. households have reported food insecurity (worrying that they may not have adequate food). The pandemic has forced our country as a whole to face this reality, with so many households struggling to make ends meet and with schools (a source of meals for many children) closed.

One benefit of living on the North Coast is the excellent fresh produce and locally grown meats and seafood that are available. You can visit a farmers’ market, shop at a grocery store that uses local farm products or join a CSA (community supported agriculture, where you can buy a share in a farm and get a box of food weekly during harvest months). All of our local farmers’ markets accept CalFresh EBTs and P-EBTs (once known as “food stamps”). Some of the stands also accept WIC.

Farmers’ markets may be perceived as more expensive than groceries, but they are not. Farmers don’t need to add the cost of transporting an item across the country

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## Effective Communication

Humboldt Senior Resource Center (HSRC) will offer a free online instructional program in June on better communication with people with Alzheimer’s disease and other dementias.

“Effective Communication Strategies,” created by the Alzheimer’s Association, is an hour-long program via Zoom on Wednesday, June 30, from 2-3 p.m. The session is brought to you by HSRC’s Adult Day Health & Alzheimer’s Services Program.

“Communication is more than just talking and listening,” the organizers

write. “It’s also about sending and receiving messages through attitude, tone of voice, facial expressions and body language.”

Understanding these kinds of non-verbal cues are increasingly important to help families and caregivers connect with people as their dementia progresses and they lose their use of language.

To register, go to [tinyurl.com/ECS21Jun30](http://tinyurl.com/ECS21Jun30), or call 707-443-9747, x3203.

## Community Resource List

The 10<sup>th</sup> edition of the Humboldt Community Resource List — 47 pages of community organizations, services and agencies — is now online and available for residents seeking information on where to seek assistance on a wide range of issues.

Compiled by the Humboldt County Department of Health and Human Services and Providence St. Joseph Hospital, the online guide lists ser-

vices in dozens of categories ranging from adoptions to health care, mediation and medical marijuana to senior services, veterans and youth services.

The resource list includes contact information, websites and brief descriptions of each organization and agency. You can download the Resource List as a PDF at [humboldt.gov/DocumentCenter/View/54880](http://humboldt.gov/DocumentCenter/View/54880).

## Food Guide Published

A new edition of the Community Food Guide (formerly known as the Local Food Guide) is now available, offerings comprehensive listings on North Coast-grown food and where to find it in Humboldt and Del Norte counties.

Cooperation Humboldt took over the Guide from Locally Delicious this year. The new edition includes directories of local food producers, expanded content on issues of food justice and social equity and practical information on gardening on the North Coast.

A Spanish-language edition also is available online.

“Equity was a big focus when we decided to take on this project,” said Guide editor Tamara McFarland. “We set out to highlight indigenous voices and explore connections between race, class, gender identity and food. We believe that access to nutritious and culturally appropriate food is a fundamental human right.”

For more information on the Food Guide and Cooperation Humboldt, visit [cooperationhumboldt.com](http://cooperationhumboldt.com) or email [tamara.mcfarland@cooperationhumboldt.com](mailto:tamara.mcfarland@cooperationhumboldt.com).





**HOMEGROWN** BY JULIE FULKERSON

## Local Crops

My father's ancestry traces back to apple tree-planting traditions from Switzerland. His parents arrived in Humboldt to the Redwood company village of Bullwinkel. His father was a tough woodsman and his mother cooked over wood fires for loggers at Camp 32.

My father, Charles, was an outlier. He was "scrawny" and picked on because of his size. A community piano saved him. He found one, picked out tunes by ear and eventually played for every wedding, funeral and event in town.

By the time he was 12, a group of older musicians heard about him and convinced his mother that they could safely drive him to Old Town to play in brothels. He made more money playing in saloons and Dime-a-Dance Marathons than his father could in the woods.

The older jazzmen protected him by making him face the wall while he played at the keyboard. He peed in a jar. I am glad he was born a boy.

I'm sure his parents were disgruntled or horrified at what they had produced. He was an oddity in the logging town.

My grandmother agreed to his long trips to Eureka because this was income added to a tough life in the woods. Nearly everyone born into a company logging town grew up hearing the sounds of saws and falling trees; breathing dirt of rough-cut roads; fearing loss of limb

or life. When my father was an adult, my mother would not let him pick up a hammer and a nail, thinking he would smash a finger.

I knew my father as a musician. It was his whole life, that and planting apple trees. He also planted rhubarb, blackberries, oaks and pines everywhere we

lived. Instead of silver platters for weddings and anniversary presents, my parents gave apple trees to mark special occasions.

I'm grateful he planted the seed that gave me a good life in Humboldt.

**Julie Fulkerson** *didn't fall far from the tree: she's a violinist, can't be trusted with a hammer, and has apple juice and berries in her freezer, and buds and apple trees in her yard at home in Eureka. Contact: juliefulkerson@mac.com.*

*Plant a radish.*

*Get a radish.*

*Never any doubt.*

*That's why I love vegetables;  
You know what you're about!*

*While with children,  
It's bewilderin'.*

*You don't know until the seed  
is nearly grown*

*Just what you've sown.*

— **"The Fantasticks," 1960.**

## Ingenuity Required

*By Sara Turner*

Many share my experience of growing older and incrementally less able to do those things outside that gave me such pleasure.

We all usually begin with the seesaw and swings. I was eventually able to climb trees, which made me feel powerful. That came to a crashing halt, literally, when I got too far out on a dead limb and it broke, leaving me breathless on the ground. Nothing was broken, I'm happy to say.

Passage of time provided more freedom for bikes and skates, tennis and swimming — most of which I eventually abandoned. When first married, my husband and I (with children and dog added later) discovered the pleasure of camping and did so literally from coast to coast. Much more space is required to speak of those adventures.

"Time Marches On" was accompanied by thunderous music on the radio. Today, when one lives alone and is confined to one's own residence, the call to get outside and DO something demands a bit of ingenuity. Some folks may have had a lifetime of physical limitations; my trials and errors could be old stuff. I actually am a slow learner — here it is the second COVID spring and I am just learning how to garden again.

The plastic seat/stool given to me by a son 10 years ago is designed to be used as a seat or kneeling stool; one must push with arms and upper

body to get upright. It stayed in the shed when I could do this simple task for weeding with my own muscles, but now it's in use. When the volunteer exercise class teacher got tired and quit, she allowed us to keep the ball and rubber stretch bands. Out of the closet they come!

If outdoor gardening is beyond you, bring it indoors. Primroses, I find, are most dependable for blooming a long time. They demand little in the yard. Bring them inside and keep in small pots (very cheap to buy) if weather is rainy. Shear or pinch even with arthritic fingers for continuous bloom. Violets thrive well with the same treatment and give a delightful fragrance by your bed or lounge chair. Many more flowers could qualify; experimentation works best.

My favorite and probably best "recreation" (albeit indoors locally) is swimming. If you don't know how, get a lesson or two. Or just walk in the shallow lanes. I resumed this sport a few years ago and am still a slow swimmer. Back in the day, younger people always passed me, often cheering me on. I have NEVER left the pool without feeling better.

Several indoor pools are beginning to open and I hope you will join me.

—  
**Sara Turner, 94, of Arcata is a retired HSU professor of social work and dedicated recreationist.**

**"If you suddenly and unexpectedly feel joy, don't hesitate. Give in to it."**

—**Mary Oliver (1935-2019), poet.**

# Connecting People with Food

By Pat Bitton

Back in 2009, a small group of women of a certain age, known locally as the Heirloom Tomatoes and collectively as Locally Delicious, came together to advocate for an economically, environmentally and socially equitable local food system.

One of the group's first projects, in the wake of the 2008-2009 economic crisis, was to connect local farmers with Food for People, our local food bank, to ensure a reliable supply of fresh produce to those in need.

Fast-forward to 2020 and the economic havoc caused by the COVID-19 pandemic, and the Food for People Farmer Fund has

just concluded its most successful fundraising year ever — \$30,861.57 in grants and donations, all from within Humboldt County. You really do know you live in a special place when donations to help the community go through the roof when many in the community are hurting.

The Food for People Farmer Fund empowers Food for People to contract with local farmers each Spring to provide the food bank with fresh local produce throughout the season.

The fund is a unique collaboration between Locally Delicious, Food for People, local farmers and the community; farmers get an economic stimulus in the spring when they need it most, the food bank can ensure a supply of healthy food throughout the year, and hungry Humboldt residents

have access to fresh, healthy, local food.

It's certainly been a challenging year for Food for People, with a much higher-than-usual need for their services, while working to rebuild their facility following a sewer disaster in February 2020.

The food bank's local food resources coordinator, Allison Kenney, describes how the program is working in the time of COVID:

“During the past year, it's been especially important to get quality produce to seniors and families with children. Our focus has been on connecting farmers around the

county with the food pantries and distributions within their communities, with the intention of providing the freshest produce for our clients while also minimizing the cost of transportation and use of energy resources for local farmers.”

The Food for People Farmer Fund is now dedicated to the memory of Ann King, one of the original Heirloom Tomatoes and a beloved member of the Senior News community.

Donations can be made to the fund at any time on the Locally Delicious website at [locally-delicious.org/food-for-people-fund](http://locally-delicious.org/food-for-people-fund) or by mail to PO Box 309, Arcata, CA 95518.

—  
**Pat Bitton**, 70, bakes bread at her home in Eureka and has been an Heirloom Tomato since 2010.



**Lynn Wright helps organize cartons of food at Food for People.** Allison Kolb photo.

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## PAINTING THE OCEAN

BY MARGARET KELLERMANN

# Summer and Home

*We shall not cease from exploration. And the end of all our exploring will be to arrive where we started and know the place for the first time.*  
—T.S. Eliot, “The Four Quartets”

This being June, the start of summer and all its optimism, maybe it isn't the best time to talk of endings. But these days, I'm thinking about a complex, interwoven trio: endings, beginnings and home.

Endings can be beautiful, in a way. According to one author, here are the most evocative words in the English language: *It was the end of summer.* That

writer's opinion inspired me 20 years ago to write a song, “So Late in Summer.” For

me, “the end of summer” evokes flashes of suntanned faces, Kodak moments and sandy dogs. A lovely orange-gold light that takes a long time to fade on the horizon.

Maybe because I love the end of summer, my book of fiction, “Annie California: Book One,” is set in that shortest of seasons. Thanks to a grant from Ink People for the Arts, the book is now available as an audiobook on Amazon's Audible, as well as in new editions in paperback and on Kindle.

Through a fortunate set of circumstances, I found an intuitive studio engineer. Then I stocked up on tea with honey and Thayer's Slippery Elm Lozenges. Throughout February in the local recording studio North Coast Music, with the engineer's able assistance, I read my book aloud. Then I interspersed

acoustic-guitar riffs from several of my own songs, including (coincidence?) “So Late in Summer.”

The story: 10-year-old Annie — newly homeless, far from her hometown of Eureka and misunderstood by her family — journals about her “forever road trip” late one summer across the country to Rhode Island. That's where her alcoholic dad

plans to join his brother's rock band to turn his family's life around. Will the ending just begin another

story?

Even as Annie chronicles the family's utter failure to communicate, she finds joy in small things: fireflies, a front porch swing, and a boy's t-shirt the color of a swimming pool. At a time when endings have ripped Annie from her familiar life in California, new beginnings materialize.

By telling her own story in her summer journal, Annie learns for herself that the encouraging friends she finds along the road are not exactly family, but they do help her figure out a new definition of home.

—  
**Margaret Kellermann's paintings are up in *Just My Type Letterpress in Old Town Eureka through July.* See her scheduled art, reading and music events at [bluelakestudio.net](http://bluelakestudio.net).**

# Meet Buddha, Hospice Hound

By Buddha

Hi, my name is Buddha. It is a pleasure to meet you, and if it's not too much trouble, please pet me!

I am very proud to be a registered therapy dog working with Hospice of Humboldt, one of over 100 Hospice

volunteers assisting with heartfelt care to our patients who are near end of life. We have other amazing co-volunteer animals that assist with unconditional love and companionship for patients and families.

I am a Komondor — a Hungarian sheepdog — and my best friend is my human, Jim, who takes me on regular visits to the Ida Emmerson Hospice House and many other facilities in our community.

I love visiting our patients; when they smile, I feel all warm and fuzzy inside (and out).

I get excited whenever I visit the hospice house. I don't want to brag, but everyone smiles when I show up. Once I get to know our patients, I run down the halls with my tail wagging and go directly to their rooms, leaving Jim far behind. Many of our patients and families tell me that my visits “made their day.”

I sometimes get to see our patients for just a very short period of time before they are gone. I wish more people knew that hospice has so much to

offer — education, physicians, nurse practitioners, nurses, social workers, chaplains, aides, grief support counselors, volunteers and, especially, pets. We are all here to help in this most precious and critical time.

Sometimes I overhear families say, “I wish we had called earlier” and, “We were struggling and really could have used your support and expertise.”

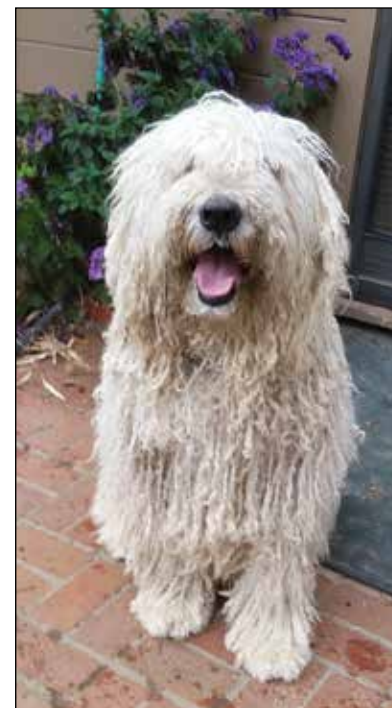
Hospice is here to help any time of day or night, 365 days a year. You don't need a referral or permission, just call. Hospice will send a (human) nurse or social worker out right away to see how we can help.

Hospice can do so much more when we are involved early so

our staff can assist with all issues, questions and concerns. You may also make new friends with our amazing volunteers, including me — Buddha!

To learn more about Hospice or to support their work, please call 707-445-8443 or email one of our humans at [info@hospiceofhumboldt.org](mailto:info@hospiceofhumboldt.org). You can also learn more by following Hospice of Humboldt's Facebook page.

—  
**Joe Rogers, CEO of Hospice of Humboldt, submitted this on behalf of Buddha, who was too busy.**



Buddha



# Home Gardening Tips: Battling Buttercups

By Susan Kornfeld

Battling buttercup oxalis, that is — otherwise known as Bermuda buttercup, sour grass or oxalis *pes-caprae*.

This South African invader has charm. Its lemon-yellow flowers nodding over emerald leaves make a lush foreground to the gray-blues of sea and sloughs. But any pleasure has long since changed to chagrin as carpets of buttercup oxalis began smothering the native plants and infesting our neighborhoods.

Sadly, the weed is so entrenched along California coasts that physically removing it from the wild just isn't feasible. It doesn't spread by seeds but rather through small bulbils that develop on the stem, and by new bulbs that form underground along the rhizome. Each plant produces around 12 bulbils, so each year the buttercup crop significantly expands.

But take heart, home gardeners! With good timing, a bit of technique, and vigilance (especially vigilance), it's possible to reduce oxalis to manageable quantities within a few years.

If you have limited numbers of the weed, pull the plants gently out when they are big and lush *but not yet in bloom*. This is when the adult bulb is spent and the bulbils are not yet fully developed. If you pull too early, the bulb is still viable; too late, and all those bulbils are viable. Pulling is easiest in soft soil.

A second technique, useful for larger infestations, is to exhaust the plants. Pull them up or sever their foliage repeatedly throughout the growing season until the bulbs are starved. Sever by mowing or hoe. Keep at it, because until the plants run out of energy, they regrow from shoots and bulbils.

Important note: compost piles



**PRETTY, BUT PERSISTENT** — It takes dedication to eliminate buttercup oxalis from your yard, because you have to get all these little bulbils. Cynthia Nations photo.

may not get hot enough to kill them, so bag up weeded plants and bulbs and put them in the garbage. Don't relocate or dispose of any soil where buttercup oxalis has grown as it is likely full of bulbils.

Tarping affected areas can be effective, but is often impractical for home gardens, as black plastic or shade cloth should be pinned over the affected area and left in place for at least six months.

As for herbicides, at least two recent research studies, one on a Mediterranean island and one in the Bodega Bay area, found glyphosate fairly effective. The former study used a 3% concentration and the latter only .13%. Glyphosate trials showed both significant oxalis reduction and rebound of native plants. But herbi-

cides are often not practical — and, to many, are undesirable — in the home garden.

Unfortunately, there are no bio-control agents available for buttercup oxalis at this time. *Klugiana philoxalis*, a moth larva from South Africa that feeds on it, won't be available in the U.S. for years, if at all.

In the meantime, battle the buttercups. They may seem overwhelming, but consider this: they are easier to remove, nicer to look at and more pleasant to handle than the thistles and burs that otherwise plague us.

—  
**Susan Kornfeld of Eureka is a master gardener with the University of California Cooperative Extension Master Gardener Program for Humboldt & Del Norte counties.**

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## AGING IS AN ART — BY JOHN HECKEL

### How Old Am I?

**H**ave you ever lied about your age?

The question, “How old are you?” always makes me feel inadequate and self-conscious. The biological answer — 74 — never articulates or communicates what I feel.

The current growing insignificance of biological age suggests a fundamental truth that an understanding of our “subjective age”

— how old one feels at any given moment — is more essential to our emotional and physical well-being than biological age.

While biological age is fixed, if I answer that question with anything other than 74, I am lying. The concept of subjective age, however, includes variance. On any given day we *feel* a variety of different ages.

I feel the oldest first thing in the morning, and by old I mean a death and dying sort of old. As I stretch to get out of bed, every cell in my body screams, “You are old!”

The beginning of each new day starts with a painful and harsh reminder of my own mortality. Several cups of coffee and an invigorating hot shower help bring me back away from that precipice and closer to a more manageable age.

During the day, my subjective age varies greatly. There may be moments of meditative weed-whacking, during which I feel a reckless 28. Then pangs of arthritis in my

right knee take me screaming into my nursing-home 90s. While I try to remain open to the unique aspects of these age shifts, I have noticed some predictable patterns.

I feel youngest when I am engaged in experiences outside of myself, experiences that are creative, involve human contact or inspire awe.

If the activity involves all three,

I am in a world without age. Allowing beauty to inspire awe, losing myself in creative action or allowing

myself to have truly empathetic moments with other people all lower my subjective age. If I can live my remaining days with experiences of any of these subjective age-lowering activities, I can move toward the later parts of the day with appreciation and gratitude.

A kind of universal agelessness envelops me when I retire for the day. Warm and comfortable, with a slight fresh breeze through open windows, I curl up under a down comforter, ready for sleep. My body aches! The temptation is to feel old, but a day well lived will not allow it.

I fall asleep hoping that tomorrow I get to do it all over again. That is how old I feel.

**John Heckel, Ph.D.**, of Eureka is a retired HSU theater and film professor with a doctorate in psychology who experiences a range of subjective ages daily.

The answer varies through the day.

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# HSRC News

## CarePartners Make a Big Difference

By René Arché

At some time in their lives, many adults who have chosen to age at home or who have a disability find that they need assistance with personal care, also known as activities of daily living.

Such activities may include cooking, shopping, eating, bathing, dressing, assistance with medications, or just getting around inside their homes.

There are options for in-home help, including family members, hiring a personal care assistant, working with an in-home care agency, or enrolling in a program such as Humboldt Senior Resource Center's (HSRC) Adult Day Health Services, a therapeutic day program, or Redwood Coast PACE, a health plan that provides comprehensive care.

Both of these HSRC programs employ CarePartners who help provide assistance to participants either at the Day Centers in Eureka and Fortuna or in participants' homes.

"CarePartners are integral members of HSRC care teams," said Melissa Merryman, Redwood Coast PACE home care manager. "They are our eyes and ears to our participants' world and home environment."

HSRC's CarePartner staff serve almost 300 participants. Each gets to know the participants they work with on a regular basis, making them more able to meet their needs. CarePartners must be patient, observant, and compassionate.

"When someone has compassion for another, they have an understanding of what that person is going through," said Morinta Hengio, a CarePartner with Adult Day Health.

Myrna Samples, a PACE CarePartner, said the assistance is tailored for each individual. "Our care plan for each participant can vary depending on their illness, mobility level or cognitive ability," she said. "My main goal is to keep each participant clean and comfortable — things that help them feel like a person."

Hengio added, "I feel that the most important aspect of a CarePartner role is providing support and encouragement for the participants."

CarePartners feel that they benefit from the work, too. "I enjoy getting to know the participants — what they like, and their stories about what they did during their lives," Samples said.

Hengio agreed. "My favorite part of my job is spending happy times with my participants," she said. "At the end of my day, I just like having the feeling that I'm doing something positive with my time."

HSRC is always looking for CarePartner job candidates.

"HSRC has a variety of job opportunities for those who have a heart for service," said Human Resources Director Brooke Fiore. "If you are interested in making a difference in someone's life, check our website or call us to discuss current openings at the Humboldt Senior Resource Center."

For more information about HSRC's care programs or CarePartner opportunities, visit [humsenior.org](http://humsenior.org) or call 707-443-9747.

—  
*René Arché is HSRC's marketing and communications director.*

## Let's Bingocize!

Bingo + exercise = Bingocize®! It's also a new online Zoom activity from the Humboldt Senior Resource Center (HSRC) that lets you have fun and improve your health at the same time, starting Monday, June 21.

Bingocize® is a free, virtual exercise program for older adults at all ability levels that researchers have shown can improve both physical and cognitive skills. It combines the game of bingo with fall-prevention exercises to make exercising fun.

The 7-week online program is offered through HSRC's Zoom Activities Program in partnership with the Healthy Communities Division of the Humboldt County Department of Health and Human Services (DHHS).

Sessions are three days per week — Monday, Wednesday and Friday from 10-11 a.m. Preregistration is required as class size is limited to 20 participants. Those without computers or cameras can participate by phone.

For more information or to register, contact Nicole Chappelle at 707-296-6937.

The Bingocize® classes are part of HSRC's new expanded online activities calendar. See page 12 for the full schedule.

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**Jennifer Heidmann, MD** - Redwood Coast PACE Medical Director  
**Samantha Day, LCSW** - Director, HSRC Behavioral Health Services & MSSP  
**Bart Rankin, PT** - Redwood Coast PACE & Adult Day Health Care

This course meets the qualifications for 6 CE units/hours for the following certified license entities:  
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For more information: 707-443-9747 x3203



## Humboldt Senior Resource Center Is Open and Here to Serve You




**H**umboldt Senior Resource Center (HSRC) provides a wide range of programs and services to help older adults in our community remain as independent as possible. We now have Centers in Eureka and Fortuna. All HSRC programs are providing services with pandemic safety in mind:

- **Adult Day Health** – A therapeutic day program for ages 18 and older with chronic conditions
- **Alzheimer’s Services** – Resources for anyone with a dementia-related diagnosis
- **Multipurpose Senior Services Program (MSSP)** – A care management program to help frail elders remain at home
- **Nutrition Program** – Offering meals for pick-up by senior diners or delivery to homebound elders
- **Redwood Coast PACE** – Providing comprehensive medical care and in-home support for qualified adults



Referrals are being accepted for all programs. For more information, call us at 707-443-9747 or visit [www.humsenior.org](http://www.humsenior.org).

 **Humboldt Senior Resource Center**  
1910 California St., Eureka CA 95501  
3200 Newburg Road, Fortuna CA 95540

# HSRC News

**Eureka**  
1910 California Street

**Arcata**  
321 Dr. Martin Luther King Jr. Parkway  
707-443-9747 • [www.humsenior.org](http://www.humsenior.org)

**Fortuna**  
3200 Newburg Road

## New June Zoom Activities

Find the description for each Zoom class and a list of supplies that will be used in each class on the Activities Calendar at [www.humsenior.org](http://www.humsenior.org). For more information call Tasha at 707-443-9747 x1228. Or email [tromo@humsenior.org](mailto:tromo@humsenior.org).



MONDAYS		
Every	12:30-1:30 p.m.	<b>Senior Social Hour</b>
June 7 & 21	2-3 p.m.	<b>DIY Arts and Crafts with Vanessa</b> (1st & 3rd Mondays)
June 14 & 28	2-3 p.m.	<b>Armchair Travel</b> (2nd and 4th Mondays)
June 21 & 28	10-11 a.m.	<b>Bingocize®</b> (pre-registration required) (3rd & 4th Mondays)
TUESDAYS		
Every	12:30-1:30 p.m.	<b>Senior Social Hour</b>
Every	3:30-4 p.m.	<b>Poetry Reading</b> easy listening
Every	4-4:30 p.m.	<b>Open Mic</b>
WEDNESDAYS		
Every	12:30-1:30 p.m.	<b>Senior Social Hour</b>
June 2	2-3 p.m.	<b>CalFresh with Lena</b>
June 9	2-3 p.m.	<b>Ask the Expert</b>
June 16	2-3 p.m.	<b>Simple Cooking</b>
June 23	2-3 p.m.	<b>Mixology</b>
June 23 & 30	10-11 a.m.	<b>Bingocize®</b> (pre-registration required) (2nd & 3rd Wednesdays)
THURSDAYS		
Every	12:30-1:30 p.m.	<b>Senior Social Hour</b>
Every	2-3 p.m.	<b>Thursday Trivia</b>
FRIDAYS:		
June 25	10-11 a.m.	<b>Bingocize®</b> (pre-registration required)

## COMMODITIES DISTRIBUTION

<b>Arcata</b> Thursday, June 17, 10:30-11 a.m. Arcata Community Center 321 Dr. Martin Luther King Jr. Pkwy.	<b>Eureka</b> Wednesday, June 16, 10-11:30 a.m. Humboldt Senior Resource Center 1910 California St.
--	--

## HSRC Programs & Services Update

All HSRC programs are open and operating as follows:  
**Administrative Services:** Open as usual, but please call 707-443-9747 before coming to our Eureka campus or Fortuna Center and we will assist you remotely if possible. We have locked the doors of our buildings, but staff are available for on-site assistance.

**Activities Program:** Zoom Activities are here! See the calendar at left or at [www.humsenior.org](http://www.humsenior.org). The firewood program has been discontinued. Senior Home Repair is now open for Eureka residents. Call the Senior Services Office at 707-443-9747, x1240, for information about Dial-a-Ride tickets. All other activities are suspended.

**Adult Day Health & Alzheimer’s Services:** Modified services are offered. Staff available by phone. New referrals are being accepted.

**MSSP (Multipurpose Senior Services Program):** Services continue, but contact with clients is primarily via phone. Staff are available by phone. New referrals are being accepted.

**Redwood Coast PACE:** Open in Eureka and Fortuna; modified services. Staff are available by phone. New referrals are being accepted.

**Senior News:** Open as usual. Free copies available at area groceries and businesses. Available online at [humsenior.org](http://humsenior.org). Subscriptions, \$25/year. Call 707-443-9747 with credit card info, or mail a check to 1910 California St., Eureka CA 95501.

**Nutrition Program:** Status of HSRC Nutrition services:

**Home Delivered Meals** service continues.  
**Senior Dining Centers** continue to provide take-out meals via weekly drive-by pickup only. Meals are available by **reservation only** for those 60 and older and their spouse. Reservations must be made no later than seven days prior to pick-up day. Call the Senior Dining Center of your choice below for reservations or for questions about menus.

Each package includes a variety of five meals. Pick-up schedules:  
**Arcata:** Arcata Community Center, 321 Martin Luther King Parkway, Wednesdays 11:30 a.m. to 12:15 p.m. Drive to the main entrance on the north side of the building; an Arcata city staff person will direct traffic, and provide directions for those on foot. **Reservations: 707-825-2027.**

**Eureka:** 1910 California St., Tuesdays 11:30 a.m. to 12:15 p.m. Enter the parking lot from California Street and staff will direct you. **Reservations: 707-442-1181.**

**Fortuna:** Gene Lucas Community Center, 3000 Newburg Road, Thursdays from 12-12:30 p.m. in front of the Fortuna Senior Center wing; staff will bring the meals to you. **Reservations: 707-725-6245.**

Information may change without notice. For questions regarding any HSRC program, call 707-443-9747.

We thank community members for their understanding and flexibility during this time.

## It’s Travel Time!

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**Play the Crossword Puzzle**  
on page 22

The crossword puzzle is a productive way to pass the time and helps keep the mind active.

Would you like to sponsor the monthly Crossword Puzzle?

Call Liz at 443-9747 ext 1227 or email ewhitley@humsenior.org.



**SHARING THE LOVE**



McCrea Subaru General Manager Jason Ghera presents a check for \$21,087 to Tasha Romo, Humboldt Senior Resource Center's director of Nutrition & Activities, the proceeds of the 2020 "Share the Love" campaign.

McCrea Subaru, along with Subaru of America, conducts the annual campaign to benefit HSRC's Home Delivered Meals program and senior dining centers. The amount donated

includes monies raised locally by McCrea that were matched by Subaru of America.

"The 'Share the Love' promotion helps us raise funds for crucial food programs while also enhancing knowledge of our programs in the community," Romo said. "We are grateful to all the employees at McCrea Subaru for their continued support of HSRC's Senior Nutrition Program." René Arché photo.

**Behavioral Health Grant Lauds 'Exceptional' HSRC**

The Del E. Webb Foundation — an organization that prioritizes its giving to nonprofit programs that encourage self-sufficiency — recently awarded the Humboldt Senior Resource Center (HSRC) \$84,000 to help launch its new Behavioral Health Services program.

In awarding the grant, the Webb Foundation cited HSRC as an "Exceptional Organization" that shows

outstanding management and leadership commitment, provides consistent excellent service to a great many people, and makes excellent use of funds received.

Dr. John Lees, president of the Webb Foundation Board of Directors, told HSRC CEO Melissa Hooven that the Board's decision to approve the grant was unanimous. "Humboldt Senior Resource Center requested seed

money to help establish an innovative program that will be self-sustaining after the first year of operations," the Webb website reported. "They are fully transparent and their financials are sound. They are well-respected among their local community."

HSRC's new Behavioral Health Services program, set to launch later this year, will provide counseling designed specifically to meet the needs

of older adults. The program will take a holistic approach to wellness, taking into account how social, emotional and physical functioning interact with factors such as family, health care, housing and nutrition. These are concerns that intensify or change with age.

For more information about Behavioral Health Services or other HSRC programs, call 707-443-9747 or visit humsenior.org.

# The Armchair Outdoorsman

By John Meyers

Taking in the view from the top of Pike's Peak in Colorado — 14,110 feet! — I have to admit that I feel a swell of pride at age 72 to add this accomplishment to my resume.

The view is stunning.

By the way, did you know that Katherine Lee Bates was inspired to write the words to “America the Beautiful” in 1895 from this very spot.

As I survey the landscape far below, I feel her inspiration. They say that you can see clear into Kansas from here. The city of Colorado Springs sits over 8,000 feet down the mountain; it looks like a quaint little town from here.

The air is thin at the top of Pike's Peak, about 60% of the pressure at sea level. There is a marathon run up to the top every year, which I find quite amazing. They start in Manitou Springs, ascending about 8,000 feet

and running back down in about 3½ hours. I don't think I'll try that.

The view from the top of the Peak is actually a little hazy, even on a clear day. The mountain is so large that it creates its own weather systems, and the summit is often clouded. Snow in the middle of summer is not unusual.

Yes, the view from atop Pike's Peak is magnificent, but the real pride of accomplishment that I am feeling is in figuring out how to use Google Earth to be able to see this view on my tablet while sitting in my recliner at home.

For my next outdoors adventure, I want to “climb” Mt. Rushmore.

*John Meyers, 72, and his recliner live and dream in Trinidad. He and his wife, Sheryl, have actually been to the top of Pikes Peak in the flesh. They were much younger then.*

## Got Snapshots?

Got a snapshot of a bit of family history or hilarity that prompts a memory or reminds you of a lesson that you still carry with you today?

Senior News and its partners invite you to dust off your old photo albums and share an image and story in our “Snapshots” project.

Senior News teams up with KEET-TV, the Clarke Historical Museum and the Humboldt County Historical Society to collect these “Snapshots” — a photo plus 230 words, or a 3-minute video — about your family, your heritage, your ancestry or history.

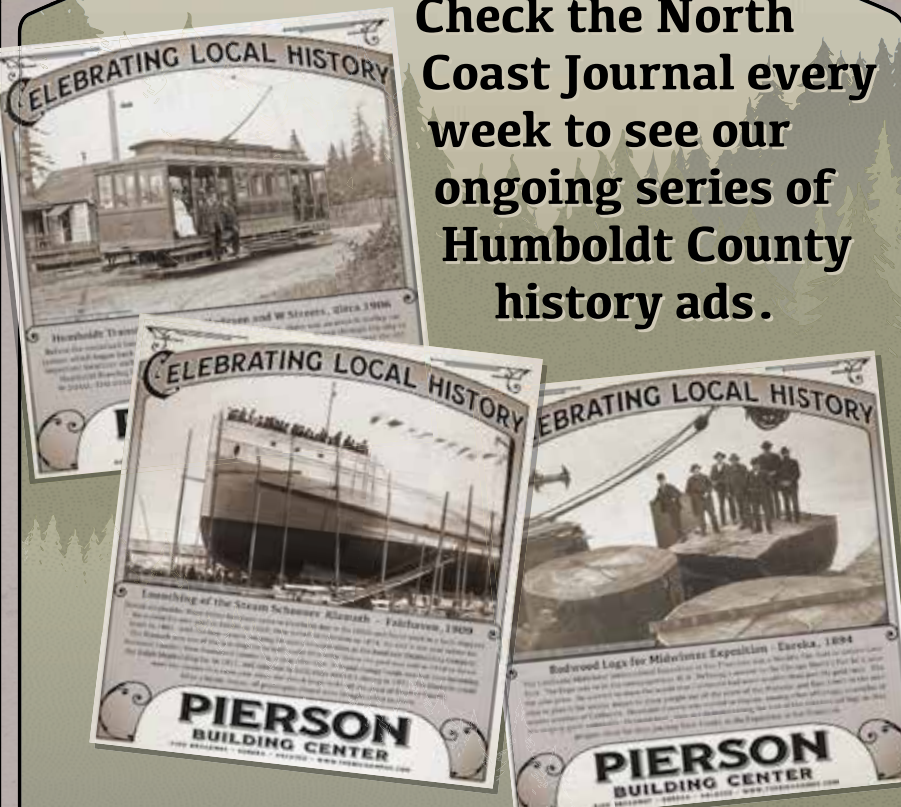
“Snapshots” will be a companion

on KEET-TV to the PBS series “Finding Your Roots with Henry Louis Gates Jr.”

Send stories and photos of yourself, your mom and dad, a favorite aunt or uncle, your siblings, cousins and grandparents. How did they influence you? What happy (or sad) memory does the photo evoke for you, and why? What life lesson did this person pass on to you?

Send your Snapshots and stories to Katie Whiteside at KEET-TV (kwhiteside@keet-tv.org) or to Ted Pease at Senior News (tpease@hum-senior.org). Please put Snapshots in the subject line. Deadline is June 25.

# CELEBRATING LOCAL HISTORY



**Check the North Coast Journal every week to see our ongoing series of Humboldt County history ads.**

**Each week features a new historical photo!**

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## Never Too Old for a Pup

*By Jane Parks-McKay*

I never thought much about age — mine or others' — until we started shopping for a puppy. At 68 and 72, with some physical infirmities, I had no idea others considered my husband and me old.

We had lined up a Samoyed puppy, but decided against it when our search for a larger home and yard was not working out. We also heard from an animal rescue person who, after one look at two grey-haired people, talked to us a lot about life expectancy and did we REALLY feel we could handle a puppy?

So we gave up.

But then we heard from a Golden Retriever owner who desperately needed to rehome his puppy. About 1.5 hours later, he handed me a little golden girl, 17 pounds of sweetness. My husband named her Honey.

Over the next few weeks, we were beginning to ask ourselves what WERE we thinking?! Honey was sweet, but a lot of work. The constant interruptions, cleaning up, chewing of everything in sight, our scratched, cut hands from puppy teeth . . . it was exhausting.

My favorite time was when she was asleep, but once she woke up, it was like living with Hurricane Honey. I loved her, but I have to admit I wasn't really liking her too much.

Then, all of a sudden, things started clicking. We hired household help as life went on, including some medical emergencies.

Honey has grown into a 45-pound dog now and is starting training next week. She has blended into our homelife and is getting along with our senior Samoyed and the cats much better. Everyone will be glad when the teething ends. She loves her walks,



**THIS BUNDLE OF JOY comes with sharp teeth, high-energy, fur and a lot of love.** Tim McKay photo.

other dogs and people; her entire body just wiggles when she sees them.

I'm not entirely sure I would do this again, but we are glad we did. I have fallen head over heels in love with my Honey. She has taught me about joy, patience and that when I think I am out of all resources, I find more to give.

She has also taught me that interruptions are not all bad. They are opportunities for love.

—  
**Jane Parks-McKay and husband  
Tim McKay are catching up on  
their sleep in Santa Cruz.**

## THE TRINIDAD NO-IVY LEAGUE . . . From Page 1

violets, fritillaries and pussy-ears. You could see the ocean from the road.

Ivy began, gradually but inexorably, to overgrow the native plants. Realizing that these beautiful parks were being converted to ivy monoculture, we went to the park management. They rejected our urging to remove the ivy.

We couldn't just sit and watch ivy smother the wildflowers and trees. By this time, some of the ivy had 4- to 5-inch trunks, mighty roots with festoons of vines that hung down and took root in the ground.

Ivy clearing must be done carefully by hand, to free the entangled native plants without damaging them. The work is hard and slow. We knew we couldn't get far alone.

About 10 years ago, we met Kim Tays in the Trinidad line-dance group. We agreed on environmental issues. Kim is a passionate and energetic doer. Ginny mentioned the ivy takeover and its ecological damage, and Kim and her husband, Stan Binnie, understood immediately.

Thus we two couples started removing ivy together, and the Trinidad No-Ivy League was born. Others joined us, and our little group of dedicated volunteers has been clearing ivy Fridays in Patrick's Point State Park and above Trinidad State Beach. Most of us were then in our 60s and 70s. There were too many climbing stems, too many tangles, too many acres. Clearly, we needed to get the park staff involved.

One day, we saw Michelle Forys, the local state parks biological manager, overseeing an attack on a roadside patch of Japanese knotweed. We stopped and called out, "Next time, the ivy!" She agreed and set up regular public workdays at both parks. We four, soon joined by Marijane Poulton, signed up as authorized

volunteers.

Others have helped at times, including park interns, Humboldt State University students, and the occasional grandchild. Marijane and some others (the "Sprouts") pull seedlings and re-sprouts on Wednesdays.

There are challenges. We crawl around under ferns and huckleberries. We get rained on, we lose our tools and car keys. A disturbed log has yellow-jackets under it. Muscles get strained from pulling the tough, resistant ivy at odd angles. We've come close to falling 20 feet into the rocky creekbed, gotten swatted by dead branches weighted with ivy, and damaged our backs with 6- to 8-hour work sessions. We almost despair, seeing all the acres still covered with ivy.

But then we look at all the area we have cleared, and we realize that we've made significant inroads. Native plants are coming back on the forest floor — the bleeding-hearts, Spring Beauty, Western Mayflower, Trillium and delicate fungi. Mosses and lichens are returning to the trees, and the ground is bright, healthy and lovely again.

Removing invasive plants is surprisingly satisfying. It soothes the psyche to sit on the ground and quietly pull ivy. We connect socially, even with COVID-19, and we get energized anew by grumping about politics.

But we still need help. If you'd like to join the Trinidad No-Ivy League and learn the satisfaction of defending our woodlands, e-mail us at [jvwaters@suddenlink.net](mailto:jvwaters@suddenlink.net). You will be enthusiastically welcomed.

**Ginny & Jim Waters of Trinidad,**  
now 78 and 83, have never met an  
invasive ivy they didn't want to pull  
out by the roots.



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# Millie and the Bear

By Catherine Mace

Millie was a shelter dog — a senior citizen, they thought — so when I walked by and heard her ask me to rescue her, I had to do it.

As it turned out, she came with heartworm. The treatment would be long and expensive, but when the vet tech suggested I just put her down, I told him off.

Part of her treatment was low-intensity walks on the leash — first very short ones that gradually increased in duration and then difficulty. By the time she met the bear, she was finally off her leash and able to go up our hill to our water recovery system. But I was still nervous about her activity levels.

All went well for the first week. Then on the way down the hill one day, something crossed her path and she took off barking. Crashing through brush, scrabbling on trees and barking ensued.

When I could finally see what she was chasing, I saw a BEAR.

It was still small, so my first thought was that a mama bear was going to kill my Millie. But I couldn't see a big bear and this one was more like a medium size cub. So, I thought, OK, how do I get Millie away from this bear?

Millie, who had so far minded all commands, ignored all I gave her. I thought that the only way was to get to her, grab her collar and drag her

home. (Not so bright, right?) But I was at the part of the trail that was break-a-leg steep and definitely not a way I could go.

Meanwhile, I am screaming (Don't do this if confronted with a bear), with general obscenities for Millie to stop and to come, and at the bear to stay up the d\*\*n tree until I could get her.

Neither paid any attention. The bear went up, then slid down and ran to another tree, repeating the action several times. Millie barked and nipped his rear, except for the time they tussled between trees, rolling over and snarling at each other.

All the while, I was working my way downhill to a flatter access to the area, yelling all the way. When I got down past the kerfuffle, Millie broke it off and came. I think to her mind, the bear was no longer between me and home and her job was over.

I finally quit shaking. Millie and her dense fur seemed to have escaped any bear bites or scratches. And the bear was never seen in this neighborhood again!

Millie has since crossed the rainbow bridge, and we have been joined by an even more obstreperous dog, Happy. In case of bears.

*Catherine Mace watches out for bears at her home outside of Eureka.*

## Tai Chi in the Park

A group of seniors has been gathering in Pierson Park off Pickett Road in McKinleyville every Tuesday and Thursday morning at 10 throughout the pandemic to practice tai chi with instructors Nancy Haley and Kathleen Wothe. There is no charge. The instructors enjoy the group energy and say they receive as much as they give. COVID precautions are required. Join them, or email khwothe@gmail.com for information.

## ASK THE DOCTOR . . . From Page 5

(or from another country), nor do they have to pay overhead for electricity and storage, which grocery stores add to your food bill.

I sometimes find it hard to focus at the farmers' market — so many lovely sights! I do better when I go with a specific plan about what I need for the week instead of browsing and choosing what looks good in the moment. It is good to go in with a list and a budget. Produce is often cheaper in season. You can compare prices between stands (and grocery stores), and know that a fruit or vegetable does not have to look perfect to be tasty and nutritious ("seconds" often cost less).

Or grow your own in a small garden patch or pots at home with vegetable starts from the market or local nurseries. Find more information about local farmers' markets at [northcoastgrowerassociation.org](http://northcoastgrowerassociation.org).

Food for People, Humboldt's food pantry, also supports those with food insecurity. It is in the process of rebuilding and could use our support. Its mission is to increase access to healthy foods to make our community healthier (see [foodforpeople.org](http://foodforpeople.org)).

We doctors have all sorts of medications for high cholesterol, diabetes and heart disease. This is a wonderful thing, to be able to help people, but nothing is more powerful than our daily diet in helping us to feel well and reduce risk of chronic illness.

Good diet at a young age can

reduce risk of developing chronic illness as we age, but what should seniors do about diet? Older people with illnesses can continue to reduce the chance of feeling poorly or being hospitalized by watching what they eat — limiting salt can reduce heart failure or high blood pressure, and cutting sugary snacks reduces diabetes.

It is also important to maintain weight and nutrition as we age, so while healthy choices are important, so is getting enough to eat. I would not recommend completely eliminating foods that bring joy — moderation and common sense in diet, as in many other aspects of life, can promote good health.

What we eat really does matter. The pull of cheap processed foods is hard to resist, but a little less of that and a little more fresh produce, grains, legumes, lean meats and seafoods (preferably from local sources) can make our minds and bodies stronger.

The old adage, "An apple a day keeps the doctor away," has some basis in science. And I would also recommend limiting corn intake to the kernels you find on a cob.

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

## Play Ball!

The Humboldt Classics Senior Softball League is warming up for summer play and recruiting players 60 and older. The co-ed, wood-bat league's six teams play Tuesdays and Thursdays at 5:30 and 7 p.m. in Samoa, and all are welcome. For info, contact Paul Woodland at [humboldtseNIorsoftball.org](http://humboldtseNIorsoftball.org) or 707-441-9424.



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# Elder Abuse Awareness Day

June 15, 2021



World Elder Abuse Awareness Day is an annual initiative originally launched on June 15, 2006, by the International Network for the Prevention of Elder Abuse & the World Health Organization.

**Elder Abuse can be:  
Physical, Sexual, Emotional, Psychological and Financial**

### 5 facts about Elder Abuse

1. It mostly happens at home.
2. 1 in 10 senior adults will or have experienced some form of abuse.
3. The most common form of abuse is financial or extortion of funds.
4. 9 out of 10 abusers are related to the victim.
5. Many abuse cases go unreported!

### Consider becoming an advocate!

*How can you help?* Know the symptoms of abuse.

If you suspect, or know of abuse in a nursing home or assisted living facility or if you are interested in advocating for those seniors, please contact the

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## Briefs . . .

### ‘Still Kicking’

The Area 1 Agency on Aging hosts a free webinar, “Still Kicking: Confronting the Intersection of Ageism and Ableism in the Pandemic’s Wake,” Thursday, June 3, at 1 p.m. Led by internationally recognized ageism expert Ashton Applewhite and age activists Ryan Backer and Kyrié Carpenter, this 90-minute workshop delves into the nature of ageism and ableism. Go to [a1aa.org](http://a1aa.org) to sign up and get the Zoom link. Space is limited.

### Marsh Tours Are Back

After more than a year, Friends of the Arcata Marsh (FOAM) has restarted its free 90-minute Saturday tours of the Arcata Marsh and Wildlife Sanctuary. Meet at 2 p.m. Saturdays in front of the Interpretive Center on South G Street. (The building is not open, so no bathroom or bookstore breaks are possible.) Wear a mask and be prepared to follow COVID guidelines. Tours will be cancelled if Humboldt County returns to the Red Tier. Info at [arcatamarshfriends.org](http://arcatamarshfriends.org).

### Virtual Trails with Senator McGuire

State Sen. Mike McGuire will join the virtual Humboldt Trails Summit on Saturday, June 5, 9-11 a.m., via Zoom, Access Humboldt (Ch8) and Facebook Live. This year’s theme is “Enjoy and Engage,” highlighting places to get out and enjoy trails and ways to help expand our regional trail system. McGuire will update us on the Great Redwood Trail. Hank Seeman of the Humboldt County Public Works Department will provide updates on the Humboldt Bay Trail, the McKay Community Forest, and other local developments. Send questions ahead of time to [TrailsSummit@humtrails.org](mailto:TrailsSummit@humtrails.org), and go to [humtrails.org](http://humtrails.org) to preregister for the Zoom session.

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# Letters to the Editor

## Keep Mother Happy

To the Editor:

Re. “Silver linings” (Senior News, May): It’s all about letting go of ego, which Mother Nature strips away as we age.

It’s so refreshing not to have to continue to compete. I had to do that when I had a vibrant PR business in San Francisco, which was exciting but exhausting. Now it’s all about loving my husband and feeling every minute we have together is a blessing.

Also gardening, being at one with Mother Earth, hands in the soil, as her minion desiring to keep her healthy, productive and beautiful. I wish people who don’t garden could understand how healing and beneficial it is to the body, mind and spirit.

We as humans are meant to create love, peace and beauty while keeping our Mother Earth healthy and happy, along with ourselves. Things don’t make us happy for long, but living in harmony with our benevolent Mother does.

**Suzanne Simpson, Arcata**

## The Doctor Is Right

To the Editor:

Dr. Jennifer Heidmann’s “Ask the Doctor” columns are always good. But her column in the May issue of Senior News [“Public Health Crises,” page 5] went beyond her regular health advisories and hit on three other very important matters: violence and racism, gun violence and climate change.

She wrote: “It is essential that everyone work to reduce violence and eradicate racism.” She added: “People should not have to fear being shot in public places or when they are pulled over by the police.” And third, Dr. Heidmann calls climate change “the most pressing of our public health crises in its potential to wipe out our species.”

I have dire concerns for my children and grandchildren — global warming and polluted waters, increasing forest fires, more and more powerful hurricanes, record heat. I totally agree with Dr. Heidmann when she said, “This is the most pressing of our public health crises in its potential to wipe out our species.”

**Dave Rosso, Eureka**

## Planning Ahead

To the Editor:

People ask, “Why would you sell your house to join an entry-fee life plan community like Life Care Humboldt?”

It is like an insurance policy. You trade the hassles of home ownership for a comfortable home in a vibrant community where your mind is stimulated and your contributions valued.

If you like to travel, imagine just closing your door and heading out without having to find a housesitter, someone to pick up your mail or water your plants. Just call management. Your toilet won’t flush or the roof leaks? Call maintenance. There is less risk of sudden huge expenses for home maintenance or personal care. You are attended to if your health changes.

Ask your children if they’d prefer to inherit your home, or would they want you safe and secure if you can no longer stay in your home. A life plan community like Life Care Humboldt will rebate 80% of your initial fee to your estate on your death.

Spare family and friends feelings of guilt when you can no longer get out of your house to visit, and loneliness sets in. Once you settle into a life plan community, you can spend time with them enjoyably, not worrying about arranging care details.

Should your health change and you need the support of assisted living or memory care, a life care community offers a seamless transition within the community. Your neighbors will still be there, and you can get together easily to share a meal, take a walk or sit on the porch right there in your in Life Care Humboldt community.

For information on Life Care Humboldt, go to [lifecarehumboldt.org](http://lifecarehumboldt.org).

**Ann Lindsay, M.D., of McKinleyville is president, Life Care Humboldt Board of Directors.**



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**Letters to the Editor 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). Mail to Senior News, 1910 California Street, Eureka, CA 95501 or E-mail [tpease@humsenior.org](mailto:tpease@humsenior.org).



# Crossword Puzzle

Animalgrams by Michael Lieberman  
Edited by David Steinberg

**ACROSS**

- 1 Hair that might be curled
- 5 Mauritania neighbor
- 9 Climate activist Thunberg
- 14 Voice above tenor
- 15 Strange sky sightings
- 16 Lead-in to a new episode, often
- 17 Thin cut
- 18 Body part that a human lacks
- 19 Stopped snoozing
- 20 Oily fish that spends more time on the ocean floor?
- 23 "Yikes!"
- 24 This answer's part of speech
- 25 Burrowing animal in clothes?
- 32 R&B legend Redding
- 35 Berkeley school, for short
- 36 They lived in Russia's Winter Palace
- 37 Cooking spray choice
- 38 One may be pierced
- 41 Actress Tyler
- 42 Right on the money
- 44 Barely squeak (out)
- 45 Ooze
- 46 Most kind bug?
- 50 City on the Rhone
- 51 VIP at 1600 Pennsylvania Ave.

- 55 Snake that lives in the moment?
- 60 Like St. Patrick
- 61 Home \_\_\_ from home
- 62 Boarding area at an airport
- 63 "Justice for All," for D.C.
- 64 Game piece in Azul or Scrabble
- 65 Taj Mahal's continent
- 66 Tidy up a porch
- 67 Flames that burned out?
- 68 Bananagrams cry

**DOWN**

- 1 "Ted \_\_\_" (Apple TV+ comedy)
- 2 God in the Quran
- 3 Jellyfish attack
- 4 Ball Park Franks, e.g.
- 5 "Sorry, I was on \_\_\_" (Zoom apology)
- 6 In the distance
- 7 "The Giver" author Lowry
- 8 Common cruise stop
- 9 Person who's usually older than a senior?
- 10 Opposite of "fast-forwards"
- 11 Subj. with demand curves
- 12 Director's shoot
- 13 Mimic
- 21 Activist \_\_\_ B. Wells
- 22 Burglarize

- 26 TV brand
- 27 Word after "candy" or "coffee"
- 28 Actress Pompeo
- 29 Strong wind
- 30 Great Lake with the shortest name
- 31 Invitation letters
- 32 Warm up the crowd
- 33 Joni Mitchell sang about a big yellow one
- 34 Apple desktop
- 38 Virtual store for a crafter
- 39 Gives the green light
- 40 Busy worker?
- 43 "Little Fires Everywhere" author Ng
- 45 Short-term solution
- 47 Nursery rhyme "piggy"
- 48 Present from birth
- 49 EMT's skill
- 52 Comb toward the scalp
- 53 Loosen, like laces
- 54 Major bargain
- 55 Front of a ship
- 56 Formal ceremony
- 57 Left or Right candy
- 58 Telemarketer's success
- 59 Potato features
- 60 Web chats

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Crossword answers are on page 14.



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## Food for People

Food for People, Humboldt County's food pantry, will open its summer Free Produce Markets in June, and continuing with its 16 Pantry Network offerings in communities from Garberville to Orick. They also offer programs specifically for seniors, including commodity distribution and brown bag programs. Call 707-445-3166, x303, or email seniors@foodforpeople for information. Visit foodforpeople.org for the full list and schedule of produce markets and food pantries.

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# Gail Popham: Accidental Activist & Devoted Naturalist

By Rees Hughes

I got to know Gail Popham when I was a regular volunteer who helped maintain the Hikshari' Trail in Eureka through the Trail Steward program.

In her diminutive electric car, often towing an equally diminutive trailer, Gail would transport tools and other supplies to and from the work site. It also soon became clear that she had a helpful knowledge of native plants.

I knew that she also helped lead hikes for the Ramblers, a local senior hiking group, had been a long-time officer with the Humboldt Bay Bicycle Commuters Association (HBBCA), volunteered with the Coastal Observation and Seabird Survey Team (COASST), and was an unabashed lover of the natural world.

Somewhere along the way, I was surprised to learn that she had recently retired from a career with Caltrans.

I will probably take some heat for this stereotype, but Gail did not fit my image of someone charged with helping to keep cars and trucks moving on the nearly 1,000 miles of state highways in Caltrans District 1. But Gail, it turns out, worked as a biologist for Caltrans (yes, Caltrans employs biologists).

Life rarely follows a straight line. There was a time when Gail's passion for nature took a backseat to 15 years of marriage and raising two daughters near Portland. Following a divorce, Gail went back



**GAIL POPHAM** wields the weedwacker along the Wharf Trail in Eureka. Rees Hughes photo.

to school at Oregon State University in 1991 to pursue a degree in wildlife and fisheries. After professional stops in Yreka and Susanville, she found her way to Humboldt State, where she earned a master's degree in wildlife and was hired by Caltrans in 2001.

After a 15-year career, she retired, thinking that her life would focus on "gardening and puttering around the house," with time for walking. "I'm an introvert and not social," she said. "I never thought about being a leader."

As a regular bicyclist from her home in south Eureka along the Waterfront Trail, she said she could not help but notice that the trail was being overtaken by weeds. "I thought, if I want to get a thing done, I should just do it myself," she said. "I would just focus on getting things done and let people follow if they want to."

As a result, in addition to her role with the Hikshari' Trail Stewards, Gail took responsibility for the Wharf Trail (the segment of the Waterfront Trail between Old Town and Del Norte).

She and a small but dedicated crew of followers have done so much to transform the Wharf Trail. They have kept weeds at bay and mulched the plantings with thousands of buckets filled with chips that Gail got donated. She has written grant proposals for tools and, more recently, for funds to support some heavy equipment work to grade a section of the trail west of Costco.

"I get paid, but not in money," Gail said. People have been so "kind and complimentary and appreciative."

I call her an accidental activist, and am very grateful that she is.

—  
**Rees Hughes** of Arcata is a devoted hiker and author of "Hiking Humboldt: 101 Shorter Day Hikes, Urban and Road Walks." For information on volunteering with the Trail Steward crew go to [humtrails.org](http://humtrails.org).

## OUTSIDE PERSPECTIVE . . . From Page 1

Plus Headwaters Forest, Trinidad beaches and surf, and the simple quiet of our still dark nighttime skies.

Quality outdoor time relies, however, on spending indoor time to protect that which we love. These gifts are fragile. The Arcata Bottom and the Smith River estuary are exposed to industrial pesticide used to produce flowers and lilies; Humboldt County's GMO ban prevents even more poisons. Richardson's Grove's limitations on large trucks protect us against the ravages of through-traffic and sprawl development. In 2019, Monument and Bear Ridges and the surrounding habitat were nearly des-

ecrated by 600-foot wind turbines; the Headwaters Forest barely survived ecocide; and development threatens Trinidad.

I returned to Humboldt County in 1990. Given the clearcut landscape that had already replaced 95% of the original forest and its inhabitants in the blink of an eye, I could not imagine that we would allow Pacific Lumber's vestigial 200,000 acres to be logged in order to pay off junk bonds — or for any reason. Incredibly, we blinked again, and lost over 60,000 acres of residual old growth redwood — more than what is protected in our parks — plus the water quality in our residential watersheds and

salmonid streams.

Habitat protection and reduction of greenhouse gas emissions are co-equally critical, requiring the kind of collaboration that comes from our shared wonder at being alive.

Whether we are outdoors or in, our bond with Mother Earth is every bit as nurturing as our human mother-child bond. We need not stray far to find Nature's enlightenment, nor her need for us to safeguard her treasures that we get to share.

—  
**Ken Miller** of McKinleyville is a member of the Siskiyou Land Conservancy Board of Directors (see [siskiyouland.org](http://siskiyouland.org)).



## You Can Be in Senior News

- **JULY** means patriotism, fireworks and family cookouts. What are your most memorable July 4ths? And your plans this summer as COVID recedes? Throw some goodies on the grill and send us your stories!
  - **AUGUST** is the month of county fairs. Let's have some fun at the fair — the thrill of the penny toss and the dart-throw, the cotton candy, the rides, the races, the 4H and FFA, the lights and action. What are your memories?
- Contact SN editor Ted Pease: [tpease@hum senior.org](mailto:tpease@hum senior.org), or 707-443-9747, x1226.

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as we age, close  
to our friends  
and family ...

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