



Our Independence Days

Unforgettable 4th

By Jan Ostrom

Everything is big in Alaska. The words “Alaska” and “Alyeska” are derived from an Aleut root meaning “Great Land.”

When Alaska became the 49th U.S. state in 1959, the motto was “Bigger than Texas, better than California. Alaska — God’s country.” Alaskans are a proud people, infused with a pioneer spirit.

I was 14, home for the summer from boarding school and with my mom and my dad, who was a railroad foreman in our isolated section house 150 miles south of the tallest peak in North America, Mt. McKinley (now Denali). We were a population of 13, including my dog and nine summer maintenance workers, indigenous and white young men living in a railroad car on a side track, earning good money during the long days of the Midnight Sun, when work could be accomplished.

President Dwight Eisenhower signed the Alaska Statehood Act in July 1958, allowing Alaska to become the 49th U.S. state the following January, and excitement rose along with plans for 1959 Independence Day celebrations. The new 49-star American flag was to be raised at Fort McHenry, Maryland, and similar flag-raising parties were organized in every Alaska town and village, with the Alaska flag to be raised simultaneously.

Benny Benson, an Aleut-Russian orphan, had won a 1927 contest with his design of a simple, beautiful blue flag with the stars of the Big Dipper plus Polaris, the North Star.

On July 4, 1959, across Alaska, the stage was set with fireworks, speeches, bonfires, sirens, horns and dancing in the streets. Drinks

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WE LOVE A PARADE! A color guard of local scouts and the American Legion lead the July 4th Bubble Promenade down H Street in Arcata in 2019 .Mark Larson photo.

Sweet 4th of July Memories

By Ted Pease

Parades, community cookouts, sack races, Souza bands, family gatherings, fireworks and long, lazy summer days. The 4th of July —

America’s birthday party — marks the official start of summer.

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More Rigor Needed

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TEDtalks: Summertime

The Solstice on June 20 marked the new season, but for me, July 4th has always been the real start of summer.

My father was a high school teacher, so we had summers free, and spent them timelessly on an small Maine island where everyone knew everyone (until the summer folk "From Away" turned up).

For me, the enduring images of summer are the family boat excursions to remote islands, exploring empty rocky shores, sailing, cooking hotdogs over driftwood fires on the beach, lying belly-down on the sun-warmed planks of the dock, splinters pricking through my tee shirt, peering at fish that ignored my hook below.

July 4th arrived shortly after we did on the island, and the entire community celebrated with a clambake and lobster feed in a field next to the ferry landing.

Lobstering families steamed up the local catch and huge pots of steamers — clams dug practically within sight — all laid out beside massive amounts of locally produced breads, salads, pies, cakes & etc.

Fiercely contested tug 'o war pitted locals against summer folk, Lemoines against Spragues against Joyces, young bucks against their dads and uncles. All the kids were plastered with chocolate pudding after hysterical pie-eating contests.

That night, the lobstermen set off a load of fireworks piled onto a floating dock in the middle of the harbor. More often than not, the fog was so thick that the big finale was intermittent vague flashes in the grayness, muffled

thumps in the darkening mist.

Jim and Ginny Waters have a similar July 4th fireworks tradition on Trinidad Harbor, linking the Left and Right Coasts.

"It was foggy enough that we could barely make out the colored flashes, and the wind chill made it feel like 45 degrees," they said. "We fled, went home, made cups of cocoa, and started a fire in the old iron stove. This was the first in a long series of traditional Fourth-of-July evening fires. While the rest of the country was prostrate with the heat, we snuggled up to the cookstove."

Happy Independence Day, America!

...

A little housekeeping business: Here at Senior News World Headquarters, we have been pursuing a low-key subscription drive in recent months, and many readers have responded with checks for \$25 (some with generous additional donations) to receive the newspaper by mail each month.

Let's be clear, however: Senior News is a FREE service to the community from the Humboldt Senior Resource Center. Copies are still in free racks around town.

In other business: We hope to reopen more of the free Senior News drops that COVID closed. So we're recruiting volunteers to distribute newspapers one day a month. If you're interested, contact me.

*Ted Pease is editor of Senior News.
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Page 1 top photo: Mark Larson.



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Ah-OOO-Gah! Humboldt Model A Club Hits the Road

By Pat Thomas

The 80 members of the Humboldt Bay Model A Club share one thing in common — a love for the iconic Ford Model A car. Well, maybe two things: we are all seniors.

From 1927 until 1931, millions of Ford Model A's rolled out of assembly plants from Dearborn, Michigan, to Nizhny Novogord, Russia. Coupes, sedans, roadsters, town cars, station wagons and pickups traveled over the early roads of America and the world.

Model A's are still on the road in Humboldt because a group of car nuts, feeling rejected by an existing car club farther south, got its club charter in 1983. Doug Vieyra was our first president.

Our Model A's come in many models. Ben Hurd has a pickup and a sedan; Harry Handley has a 1930 Roadster; Jack Fleek has a coupe. Kurt Hippen and Ana Rose have a pickup that belonged to her father. Harry Galloway has a sedan. Jane Fraser has a Roadster.

We also do a lot of car "trading" — one 1928 Model A sedan is on its third club owner, currently in the possession of club President John Kulstad. Some of our members also own other

classic cars: Abe Sousa has driven a vintage Studebaker and Ted Lichti owns a beautiful 1934 Mercedes. Dave and Donna White have a magnificent touring car, and Harry Galloway and Clay Wohlwend drove an ancient Brush, which unfortunately overheated after two blocks during a Rhody parade.

We are in our glory when we can turn out for a parade — the Rhody Parade in Eureka, the Pony Express in McKinleyville, and the Annie & Mary in Blue Lake — though a particular favorite is always

the 4th of July parade in Ferndale. Main Street in the Victorian Village is the perfect setting for us to cruise in our decorated cars to the flag waving of the viewers along the route. We honk our "Ah-OOO-Gah" horns and wave, prompting smiles and laughter from children and adults.

Other club activities include "tours" in our ancient autos. We have traveled for overnights to Klamath, Gold Beach, Fort Bragg, Covelo and Weaverville. Someone usually breaks down, but club Co-Vice Presidents Howard and Kathy Baer ride shotgun in their modern truck and tow to save the day.

As things open up after the pandemic, we lunch together at local restaurants that will host us to tell tales.

The only membership requirement is a love of Model A's (you do not have to own one) and modest annual dues for a newsletter. Please join with us! Contact President John Kulstad at jkulstad@sbcglobal.net.

Ah-OOO-Gah! —

Pat Thomas of McKinleyville drives a 1928 Shay and is secretary-treasurer of the Humboldt Bay Model A Club.



ALL SHINED UP — John Kulstad, president of the Humboldt Bay Model A Club, and a couple vintage autos are cleaned, shined and decorated for the 2019 4th of July Parade in Ferndale. Pat Thomas photo.

Here's Why It Matters How Long You've Lived Here

By John Murray

I started working for the Humboldt County Department of Public Works in 1973. During my first week, a co-worker, Dan, said he had to go to the far side of Kneeland because a rancher had put a gate across the county road. I told him I had lived here all my life and had never been there before, and that I would go with him.

The next morning we set off to meet the rancher. We rounded a corner and found three older gentlemen in bib overalls leaning on a gate across the county road. Dan scrambled out and said, "I told you that you can't put a gate on a public road!"

The ringleader of the three shot back, "How long have you lived here, sonny?" Dan did an internal calculation and said, "17 years."

The old fellow said, "I don't want some damn newcomer telling me what I can do!"

I sidled over and said, "Maybe you should ask me that question." So, he did. I told him I was born here, my mother was born here, and my grandmother was born here.

He then asked, "What was your mother's name?" I told him that her maiden name was Hunnacutt. He

then asked if Jeff Hunnacutt was my grandfather? I told him, "Yes sir, he is."

He said, "Okay, I'll take the gate down tomorrow."

And that, my friends, is why it's important how long you have lived around here.

John Murray, 78, is a retired engineer who lives between Arcata and Blue Lake. Asked if he's lived in Humboldt County all his life, he replied, "Not yet."

From Nudes to Independence — So Much to Celebrate!

By Peter Mehren

July's two major North American holidays bring special memories, as that was the month in the early 1970s when my wife, son and I moved from the U.S. to Toronto for her dream job.

There are many celebrations in July, starting with Canada Day on July 1st, marking the anniversary of the Queen categorizing Canada as a Dominion rather than simply a colony.

July 4th celebrates the printing of the U.S. Declaration of Independence — although John Adams always contended that the celebration should be on the 2nd, when the Continental Congress draft was finished. (The actual signing didn't begin until Aug. 2, 1776, and didn't finish for years.)

Bastille Day, the 14th, celebrates France's *fête nationale*: the 1789 capture and subsequent destruction of a Paris prison holding seven inmates — four counterfeiters and three mentally deranged men placed in the Bastille by their own families, who paid for their maintenance.

The 9th is Nunavut Day, which marks the day when Nunavut became Canada's northeasternmost

separate territory.

Nelson Mandela is honored with International Day on the 18th.

Two pilots are noted: Douglas “Wrong Way” Corrigan, who “accidentally” flew from New York to Ireland in 1938, having been denied permission to do so, is celebrated on the 17th. “A navigational error,” he claimed.

The 24th is Amelia Earhart Day, recognizing an outstanding early pilot whose last flight in 1937 ended with its own “navigational error.”

July 2nd is World UFO Day, so it's also sort of about pilots.

There is one interesting sequence of holidays in July, a kind of progression, if you will: The 5th is National Bikini Day; the 9th, National No-Bra Day; and the 14th, Nude Day. One imagines that a man must have come up with these holidays, and perhaps also the 24th — National Body Painting Day.

The list of days for “foods” — some nutritious, some less so — contains over 100. One wonders if whoever makes up these lists gets samples

(“bribes” is such an ugly word) sent to the office: fried chicken, fried clams, French fries, corn fritters, macaroni and cheese, chili dog, chicken wings, strawberry sundaes and hot fudge sundaes are all celebrated in July.

And then there's the unambiguous Junk Food Day, July 21st.

Somewhat classier: Wine and Cheese, Caviar and Crème Brûlée days. Plus Daiquiri, Tequila, Piña Colada and Scotch days.

Some official July holidays should be celebrated and practiced every day of the year: Friendship Day, Talk on an Elevator Day, Hire a Veteran Day, Cheer Up the Lonely Day, Support Public Education Day, Parents Day, Tell the Truth Day, and Toss Away the ‘Could Haves’ and ‘Should Haves’ Day.

Look for lists, and you'll doubtless find holidays you'll enjoy practicing in every month.

—
Peter Mehren, 80, of Toronto celebrates holidays on both sides of the border.

UNFORGETTABLE 4TH . . . From Page 1

were on the house!

My dad had his own idea. While mom made a patriotic strawberry-blueberry cobbler with whipped cream, dad and the men built a 6-by-6-foot raft, piling on red rockets, Roman candles, “Hindoo” smoke bombs and — the Alaska touch — a few sticks of dynamite. In his kayak, he towed the raft out to the middle of our quiet lake and lit the long fuse, proudly paddling back to us on the pier. Mom stood holding up a paper copy of the brand-new stars and stripes while I waved a small Alaska flag.

As we sang the Alaska Flag Song, a swirling wind gusted. Suddenly, dad shouted with horror. “Oh my god, I forgot the anchor!”

The raft began to drift toward us. We stopped singing and sprinted up the hill toward the house. The workmen, silent at first, started whooping and laughing as the raft floated rapidly toward shore.

The rockets and smoke bombs blasted with a roar, then the dynamite. The pier and dad's kayak blew up into smithereens in a deafening explosion.



TRUE NORTH — Alaska's state flag, designed by an orphan in a 1927 contest, shows the Big Dipper and Polaris, the North Star.

Fragments of wood and bloody chunks of fish rained down behind us.

Dad's face went from white to bright red. His language was blue. It was terrifying and hilarious.

Safely on the porch, I turned on the shortwave radio and we sat listening to a children's chorus singing the sweet Alaska Flag Song. We were finally a state.

Over the next two months, mom served many different versions of shredded fish. It was the most unforgettable American Independence Day I ever had.

—
Jan Ostrom, 74, of Eureka invites readers to do an online search for Alaska Flag Song on YouTube and listen to the strains of that first Fourth of July in the Alaskan Bush
(youtu.be/rje0hftzMB8).



ASK THE DOCTOR

BY JENNIFER HEIDMANN, M.D.

More Rigor Needed

Scientists and humans in general are united in the hope that we can find a way not only to treat dementia successfully, but also to prevent it. This is difficult to accomplish, as the clinical signs and symptoms of dementia show up after the damage is already done, and the process might start decades before diagnosis.

The medications available so far have limited benefit, perhaps slowing cognitive decline for those with dementia of the Alzheimer's type. There are many causes of dementia, all based on which part of the brain is affected, and it is not unusual to have more than one in a particular person. Alzheimer's is the most common.

We do know that there are things everyone can all do to reduce risk, such as avoiding too much alcohol, not smoking, avoiding drugs of abuse, and also being aware of what effect prescribed medications can have over years of use. Exercise, adequate sleep, avoiding head injury and reducing stress all help as well. Some things we can control, some we cannot.

It is never someone's "fault" if they develop dementia. But because we all like to know what we *can* do for it, it is important to note measures that can reduce risk.

The federal Food & Drug Administration (FDA) has just approved a new medication called Aducanumab for Alzheimer's disease. The idea of the medication is to reduce the buildup of beta amyloid plaque in the brain, which is associated with

Alzheimer's disease. Although it is exciting to have a new drug to consider, there are serious concerns regarding the lack of evidence for benefit.

The trials were actually halted halfway to completion for futility (i.e., the drug did not work). There was some data analysis after this suggesting that although the drug might not help clinically, at a high enough dose in some of the people studied it might reduce plaques seen on a brain scan. The problem here is there is not a correlation shown between this outcome and any improvement of functional abilities and quality of life in people with dementia and those that care for them.

The studies were also limited in diversity (3% of participants were Black, 1% were Asian). The studies should have prompted further studies, not rapid FDA approval. There has not yet been a research study reviewed by scientific peers published. Three members of an FDA scientific advisory panel resigned in protest over the drug's hasty approval.

Science has a method, and sometimes we can move fast in a proper fashion (a great example is the COVID vaccines). But it should never be fast without proper scientific process. Aducanumab has side effects and costs at least \$50,000 per year. It requires uncomfortable, expensive scans that are not readily available in many communities.

I'm sure there will be follow-up trials, and perhaps they will show benefit, or perhaps they will lead

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Preserving TeleHealth

One good thing coming out of the past year+ of COVID has been the sharp expansion of telehealth services — video visits with healthcare providers from the comfort of your own home.

Indeed, for many patients, access to their doctors has gotten a lot easier than it used to be with expanded telehealth, incorporating online, phone and video communication.

A Kaiser Family Foundation survey last fall found that almost two-thirds of Medicare participants reported using video appointments with their providers, up from 18% pre-pandemic.

Medicare coverage of these services was ordered during the pandemic, but those payments are scheduled to stop at the end of the year. This has prompted an unusual bipartisan response in Congress.

Sen. Brian Schatz (D-Hawaii)

has recruited more than 50 senators to sign on to the Connect to Health Act, which would eliminate Medicare restrictions on telehealth healthcare services.

As the Washington Post and others report — and as many of us know from personal experience — Americans have gotten used to connecting electronically with their doctors. "It will be difficult to put that toothpaste back in the tube," one physician said.

"We now face the expiration of these authorities and a scenario in which we could go back to the Stone Age in terms of reimbursement for telehealth," Schatz said.

Rep. Mike Thompson (D-CA) and other leaders in the House telehealth caucus are pushing for a similar legislation.

—Ted Pease

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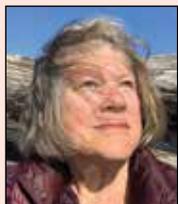
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Esta información también está disponible en español. Llame al **707-441-5000**.



HOMEGROWN BY JULIE FULKERSON

Depression Era Benefits

I never felt deprived when I was squishing a tiny yellow pellet in a bag of lard. It was a manageable task for a child and I wanted to help my mother. I was “making” margarine. I watched the dye blend into the glob of what became melted, golden spread for toast. It was magical.

We know early experiences form who we are as adults. Some believe that as we age, we become more like our parents. I resemble my grandmother and her son, my father, when it comes to frugality and, in current terminology, recycling and re-use.

My grandmother moved from Bullwinkel to Arcata after saving enough cash as a camp cook to buy her home outright. Next to Humboldt State College campus, she lived a closed circuit. She had fruit trees, vegetables and chickens. She had no garbage.

She peeled apples for a Plaza restaurant, The Varsity, where they turned them into pies. She fed her chickens and rabbits the peels and vegetable scraps. We ate the eggs. She saved string from the meat wrap and wiped blood and fat off the butcher paper, which she cut into little squares for making lists. She is the reason I still have some tinfoil from the 1970s . . . and a lot of lists!

After years of driving past the Drive-Through Redwood Tree on old 101, my mother finally gave in to me and went to the entrance. When she discovered there was a fee, we backed right up and headed

home. I still smile when I drive past. I prefer my Redwoods whole.

My father taught me to use two squares of toilet paper, not a wad as a child might be inclined to do. From these early lessons to conserve, I find myself with some neurotic residue and resourceful drought/pandemic practices.

I use a bucket in my sink to capture cold water while waiting for it to get hot, using it to water basil plants and fill the birdbath. I park my car in a space where I can start up without backing up to save a drop of fuel.

I wash paper towels over and over with the rest of my laundry. I save my favorite foods for last, which often risks ptomaine poisoning, but so far I can sniff out any bad stuff and scoop out fuzzy, blue spots. My favorite cooking involves taking all the end-of-life vegetables in the fridge, stewing and blending them to puree, adding coconut milk or cream and curry. It is impossible to tell there are turnips in the resulting 5-star bisque.

We never had those little 4th of July fireworks crackers. Now, when I see the sooty residue in the street or the beach, I picture dollar bills burned to ashes. I prefer the shared community show — one big, exciting display for all to see together.

Julie Fulkerson recycles and reuses, well, everything at her home in Eureka. Contact: juliefulkerson@mac.com.

A Great July 4th Beginning

By Louise Bacon-Ogden

Many years ago, after months of planning, I relocated from Santa Maria to resettle in Eureka. My idea was to open a retail store called Strictly for the Birds.

My husband arrived in June to prepare our store and find a house. The kids and I arrived on July 1st after school was out.

We scrambled to unpack our belongings and then headed to the store at 123 F St. to price and place pre-ordered merchandise on the shelves. Within a few days, we were ready. PHEW!

We had heard that July 4th was the biggest celebration for Eureka. Also, we'd been asked for permission to stage the newly re-furbished trolley car in front of our business. They planned on offering rides to the public.

I thought this was perfect. We could open on July 4th with lots of people staged outside, waiting for trolley rides.

So, without any fanfare, we unceremoniously opened our doors for the first time. What an exciting day! Tons of people milled Old Town, buying food, goods and listening to music groups.

However, whoever drove the new trolley to F Street just parked it and walked off with the keys, apparently never to be found! So the trolley sat in front of our store all day just looking pretty.

Despite the obstacle on the street, people came in, looked around and promised to come back. I was happy as I had fun meeting my new community.

At day's end (after GREAT fireworks), I thought, “If only 10% of those promising to return actually do, we'll be OK.”

Strictly for the Birds was around for over 20 years!

—
Louise Bacon-Ogden of Eureka operated her store in Old Town from 1990-2004.



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Remember Us July Babies

By Alex Stillman

There are several of us 4th of July babies around. I run into more of them when the holiday gets closer.

I have never asked them how their parents celebrated the holiday, and whether they got an extra birthday party. It's something to ask.

That's why I said "celebrate the Fourth," not my birthday. My sisters had birthday parties, and my parents had a party on my birthday. It just didn't feel like my birthday.

My parents would send us up on a roof to watch the fireworks, and I think we had a cake, but I can't remember. I am sure we did, and I am sure their friends wished me a happy birthday as they sipped their drinks and smoked their cigarettes. One thing I do remember is that they

all brought their children, so it was a free-for-all.

As an adult, I've shied away from celebrating my birthday. This must have driven my children nuts. I was accustomed to the focus being on others, not on me.

Nevertheless, my children have always honored the big birthday years and made them very special and sometimes a surprise. They have been wonderful, and helped with my 80th a couple of years ago. This year, it's #82, just a year of blowing

bubbles as we walk around the Arcata Plaza in the Bubble Parade.

Alex Stillman, an Arcata businesswoman and public servant, is forever young.



NEVER TOO OLD for bubbles, as Alex Stillman illustrates during Arcata's 2019 July 4th celebration of her 80th birthday. Submitted photo.

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PAINTING THE OCEAN

BY MARGARET KELLERMANN

Drop in the Bucket

During a Bay Area drought long ago, we were ordered not to water our outdoor plants. I kept my plants alive by “coffeeing” them with the cold remains from my coffee pot. The plants thrived, and my life was never the same. Now I think of ways to conserve water everywhere I go. My habit will come in handy this summer.

What does the forecasted “severe to exceptional drought” in Summer 2021 mean for us in Humboldt County? In the past, we’ve skirted gargantuan wildfires and water shortages. But early on this year, our normally plentiful water has dried up.

Consider water levels of the Eel River at Fernbridge. During February 2019’s torrential rains, the river crested at over 25 feet, causing the bridge to be closed during widespread flooding. By June 10 of this year, though, the water level was .04 feet. In other words, the “river” there is mostly sand. No fish entering the mouth could swim upstream even to Ferndale.

Can we actually make a difference with our individual choices? We’re only a drop in the bucket.

But a full bucket is crucial for local families who rely on well water. In recent drought years, the wells of some of my Humboldt friends ran nearly dry. They lasted by severely limiting their dishwashing and clothes washing. They flushed only when necessary, grew drought-resistant vegetables, and let their lawns go naturally summer-gold.

Of course we can make a difference. Start by saying, “I will . . .”

- Restrain myself from washing my car or watering my lawn until October.
- Research how to re-use graywater (relatively clean waste water) around the home.
- Install low-flow fixtures: shower head, sink faucet or toilet (the biggest water user).
- Switch to water-saving appliances. Wash dishes and clothes when I have a full load.
- Collaborate with neighbors on a joint conservation project.
- Ask my favorite local businesses, nonprofit organizations and government officials what they are doing to conserve water. Be ready with ideas.
- Install a simple rainwater catchment system for my home or business.
- After boiling vegetables or pasta, pour the cold used water (or cold coffee) on my plants.
- Demonstrate to kids the fun benefits of conserving water. (I once told my kids, “It’s like we’re always camping.” “Oooh,” they said.)
- Work with students on inventions for conserving water.

Let’s not wait for governmental conservation mandates. Let’s voluntarily engage in at least one of these 10 projects during our long dry season, and share the list with others.

Margaret Kellermann’s paintings are on exhibit through July at Just My Type Letterpress in Old Town Eureka. Visit her at the shop during Arts Alive! July 3 as she paints and talks about her process.

Local Books: About Vitamins

Local author Gil Friedman’s latest book is “Vitamins: To Take or Not to Take, That Is the Question.”

Friedman discusses vitamins, minerals and other health issues, such as how vitamins affect the coronavirus, his own vitamin choices and the prices he pays. He also discusses the history of vitamins and their regulation, and how vitamin supplements have been treated like Rodney Dangerfield in medicine — they get no respect.

Friedman’s other books include “Gurdjieff, A Beginner’s Guide: How Changing the Way We React to Misplacing Our Keys Can Transform Our Lives,” “How to Be Unhappy in a Peaceful World: A Complete Manual with Rules, Exercises, a Midterm and Final Exam,” and “A Dictionary of Love.”

His books are available on Amazon and can be ordered from any local bookstore.

Humboldt Factoid

The Humboldt Meridian Initial Point, established by federal surveyor Henry Washington atop Mount Pierce on Monument Ridge above the Eel River Valley in 1853, serves as a base point for all land surveys north into Oregon. “All future surveys in NW CA would originate from this point, north to Oregon, east into Trinity

County, south into Mendocino County, and west to the Pacific Ocean,” say federal documents. The Humboldt Meridian Point was set earlier than much of the state because of the Gold Rush and the area’s booming economy, and the federal survey was required for land sales.



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Mom's Little Hornet, Cows and a Summer Shower

By Patti Miller Stammer

It was a convertible, boxy, bright yellow and black, with square, flat-topped fenders. When I saw it at a recent Auto Expo, I flashed on an afternoon some 50+ years ago and the little yellow Jeep that my mother called Little Hornet.

Mom and I were stopped at a light on the way home from school: it was hot, and the top was down on the Little Hornet. A cattle transport with slatted sides pulled up next to us, the breeze blowing a visible stink in the waves of heat.

A loud mooing came from Mom's side of the car. The combination clicked into place: Loud cattle sounds, strong wind, open slats on the cattle truck and then the slick, slimy brown cow crap raining into the Hornet.

Mom had turned to speak to me, so the full force of the foul blast hit the back of her head, plastered both of us, but somehow missed our faces and open mouths. The light turned green, the truck moved on, but we just sat there. Horns began to honk, then almost immediately stopped as people gawked and went around us.

My mother stared at me for what seemed like an eternity, and then she started to laugh. I didn't think

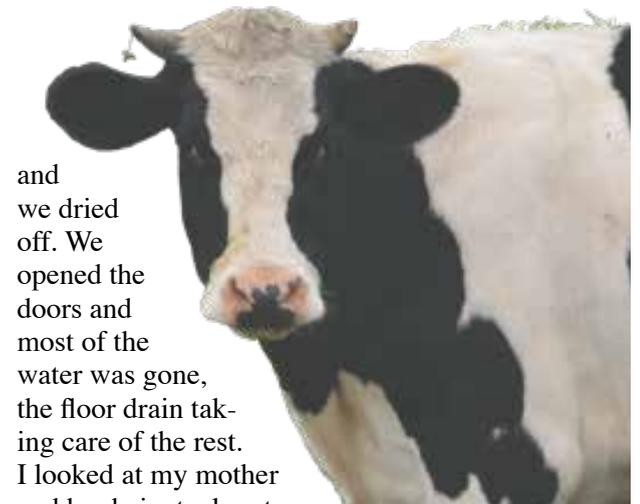
being covered with cow crap was funny, but her giggle was infectious.

She put the car into gear and, instead of home, she headed for the carwash on the corner. Money into the slot, car positioned on the rails, we moved toward the automatic sprayers. I couldn't believe we weren't getting out, so I closed my eyes and held my nose when the soap squirted from a line of nozzles.

Then the "rain" started, and a big blue curtain began to slap at the hood. "Lie down on the seat." Soon we were soaking wet and being slapped with long blue foam strips from the curtain that passed quickly overhead.

When the sprayers started, Mom yelled, "Close your eyes and sit up." The cool water felt so good in the heat, and the stinky mess was washing off. For the next five minutes, which could have been an hour, we dodged the rollers, straps, flaps, soap and water while trying to wash off cow poop. I got more soap in my mouth laughing than the cow disaster warranted, but we were sort of clean, and so was the Hornet.

As we exited the car wash, the blowers started



and we dried off. We opened the doors and most of the water was gone, the floor drain taking care of the rest. I looked at my mother and her hair stuck out in a crazy mess, stiff as a board. She looked at me, pointed, and started to laugh.

As I looked around the car wash, applause was audible over the laughter. Heads held high, stiff witch hair blowing in the breeze, we drove home to try to explain this day to my dad.

Patti Miller Stammer, 75, of McKinleyville,
keeps her car windows closed these days.

The Biggest Draw in Town: 'Get Your Cold Soda Here!'

By John Meyers

The 4th of July meant several things in our family, besides the obvious. It meant that it was going to be a hot day (except for the time it actually snowed on the 4th), but even more than that, it was *rodeo day*.

Taylorville, California, is a small town. On a map, it says "shown actual size." But people came from all over Indian Valley to see the big 4th of July parade in Taylorville.

Certainly all of the town folks showed up for the spectacle. In fact, most of them were *in* the parade. There were colorfully dressed riders on their horses dancing down the street and marching Boy Scouts in their clean and pressed uniforms proudly carrying the American flag. There were floats festooned by 4-H kids with bright crepe paper gaily draped on

the back of a pickup truck or on a hay trailer pulled by a tractor, with a gaggle of kids noisily waving to their neighbors. Sometimes, there would be as many as eight or 10 entries in our parades.

Following the parade down the entire block of town, we'd head out to the rodeo grounds for buckin' horses, bull ridin' and steer ropin'. But for me, the highlight was manning the 4-H drink booth — ice cold soda for 10¢ a can.

Sure, we'd take turns running over to watch through the fence while a cowboy got thrown from a bronc or a bull, but then we'd head back to the booth for our turn bellowing out, "Cold soda! Get your cold soda here!" There was always a line at our booth.

In fact, I reckoned that we were about the biggest business in our town on the 4th of July. We might even have made more money than Young's Market on that day. Of course, the tavern probably outsold us, but that was okay.

As the hot day wore on, our enthusiasm wore down and, by the end of the rodeo, we were a bushed bunch of kids, barely having enough energy to do our chores when we got back home. Mostly, the critters didn't care if it was the 4th of July or not. They just wanted to be fed and watered.

Come to think of it, so did we.

John Meyers, 72, still occasionally bellows
"Cold! It's cold!" in his home in Trinidad.



AGING IS AN ART — BY JOHN HECKEL

Dad Should Decide

The Internet is full of advice about how adult children can and should start conversations with their aging parents. There are scores of articles outlining the do's and don'ts of having those sensitive aging "talks." Be gentle, start slowly, pick the right time . . . the list is endless, and much of it makes us aging parents out to be rather doltish.

There are, however, almost no articles that discuss how the aging parent can and should start the conversation.

It's like all the advice-giving folks got together and

decided that we were not worth it, as if we were incapable of starting these difficult conversations, and so why give us advice or help in how to do it? Give that responsibility to the adult children.

Take driving, for instance. Get a group of younger folks who are taking care of their parents together, and let the topic turn to those aging parents — the issue of diminished driving skills is likely to be one of the first concerns to come up. For advice on how to talk to them about it, you can bet they can all quote some Internet article.

Do I really want to put one of my stepdaughters in the position of deciding I am no longer fit to drive? Put them in the position of having to ask for my car keys? Do I want to put either of them in the position of having to decide when it is no

longer safe for me to live in my two-story home?

What excruciatingly difficult and emotionally wrenching burdens to put on someone. No, thank you! I will take responsibility for initiating those conversations.

We know it is empowering to bring up the many difficult and necessary conversations ourselves. We also know that having our children, or some other primary caregiver, make those important aging

decisions for us takes away from our need for autonomy and independence.

I do not want

my children Googling the Internet looking for help in how to approach me regarding these conversations. That is not a burden I am willing to encumber them with.

Both groups — parents and their adult children — find these conversations difficult to initiate, even though all the research suggests that the earlier these conversations begin, the better the outcome. Difficult though they may be, they are our responsibility to initiate, and not our children's.

Internet or no Internet, we know that.

Don't we?

John Heckel, Ph.D., 74, of Eureka is a retired HSU theater and film professor with a doctorate in psychology.

We, not our children, should initiate these difficult conversations.

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HSRC News

Departing Board Members Reflect on HSRC Past & Future

By Ted Pease

These have been busy, challenging, sometimes difficult and ultimately satisfying years for three outgoing members of the Humboldt Senior Resource Center's (HSRC) Board of Directors as they reach their term limits and rotate off the board.

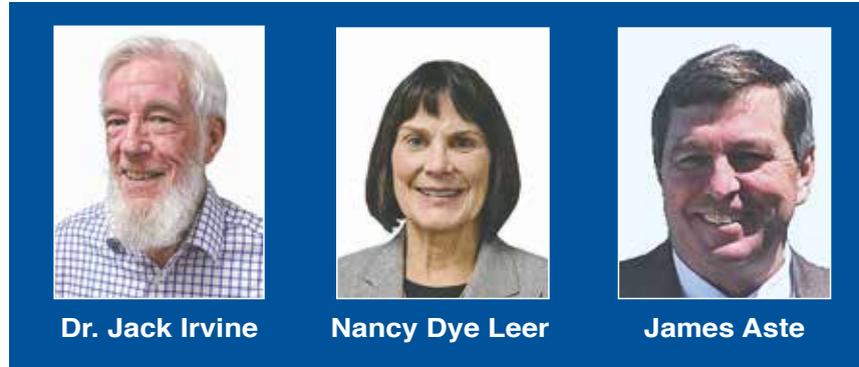
Dr. Jack Irvine, Nancy Dye Leer and Jim Aste describe their time helping direct Humboldt's premier senior services agency as fulfilling through a period that has seen both growth and accomplishment as well as the challenge of delivering services during a deadly pandemic.

During their terms, HSRC has weathered both budgetary challenges and significant program growth, including construction of a new Fortuna facility to serve rising demand for service from the Eel River Valley and Southern Humboldt, and a change of top leadership at the agency.

Melissa Hooven, who became HSRC's CEO in April 2020, just as the COVID-19 pandemic struck, is grateful to the Board for helping her transition into the agency under difficult circumstances.

"I will be forever grateful for the leadership, collaboration and support that Nancy, Jim and Jack provided to me during a time of transition and uncertainty," Hooven said. "This agency has been able to accomplish wonderful things under their guidance, and I'm truly hopeful that our paths will cross again."

Irvine, 78, had recently retired from his medical practice in 2012 when he became involved in HSRC's efforts to establish Redwood Coast PACE —



the Program for All-inclusive Care for the Elderly. After serving briefly as PACE medical director while the program was getting started, he joined the Board in 2013, serving two terms plus a one-year extension during the CEO search and while the agency dealt with the pandemic.

"Growing PACE has been the biggest challenge and greatest accomplishment" of his time on the Board, Irvine said. "That was a huge undertaking."

Now, as Irvine's term ends, he hopes to continue to work closely with HSRC on the challenges facing Humboldt County's seniors. "This is the best board I've ever worked with," Irvine said, citing the engagement of the other board members and a dedicated HSRC staff. "I still consider myself a part of the HSRC despite leaving the board."

"I'm sad to leave," he said. "We face very significant challenges of needs for seniors, who are a growing population in our community, and I would like to be part of finding solutions and thinking what the future looks like."

Aste, 63, a Ferndale attorney who has served on the Board since 2014, most recently as vice president, points to four major accomplishments, including Hooven's hiring and the smooth transition of agency leadership.

"We did a nationwide search for prospective candidates and ended up finding the perfect one right here in Humboldt County," he said.

Perhaps the most far-reaching task during his term, Aste said, was the process of developing a five-year strategic vision for HSRC's programs and directions. For Aste, a resident of the Eel River Valley, one of the most crucial elements of the strategic plan was the decision to expand PACE and other services in Fortuna.

In 2020, a new HSRC Fortuna facility opened on Newberg Road to house expanded Adult Day Health & Alzheimer's Services and Redwood Coast PACE programs. Nearby is Fortuna's new Gene Lucas Community Center, which houses HSRC's Fortuna Senior Dining Center.

Nancy Dye Leer, a two-term Board member since 2015, also pointed to

the expanded Fortuna services as a major accomplishment. She credited former Executive Director Joyce Hayes' leadership and management before retiring last year for the Fortuna expansion's success.

The former Humboldt State University psychology instructor said developing a strategic vision for HSRC was another of the major accomplishments of recent years. That process has had three major outcomes, she said.

First, Leer said, was setting PACE's growth and financial health as a priority. Second, the Board restored HSRC's Nutrition Program to full five-day-a-week service last year, after state budget cuts in 2013 had resulted in lunch service being reduced to four days per week. And third, she said, the Board and administrative leaders worked to raise salaries of staff agency-wide to reflect market parity.

To that list, Irvine added creation of HSRC's new Behavioral Health Program to address psychological and emotional needs of seniors as another major accomplishment.

All three outgoing Board members remain bullish on the essential service that HSRC provides the senior community, and are clear-eyed about the challenges ahead.

Aste said one priority should be continued expansion in Fortuna, and urged also urged work to make in-home care providers available to seniors who can't afford them. "In my line of work, I hear from families that is the biggest obstacle to keeping seniors in their homes," he said.

Continued on Page 18

Humboldt Senior Resource Center Is Open and Here to Serve You



Humboldt 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.



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HSRC

Arcata

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July 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.



For more information
call Tasha at 707-443-9747 x1228
or email tromo@humsenior.org.

MONDAYS

All HSRC Programs Closed Monday, July 5th, in Celebration of Independence Day

July 12 & 26	10-11 a.m.	Bingocize® (pre-registration required) (3rd & 4th Mondays)
July 12, 19, 26	12:30-1:30 p.m.	Senior Social Hour
July 12 & 26	2-3 p.m.	Armchair Travel (2nd and 4th Mondays)
July 19	2-3 p.m.	DIY Arts and Crafts with Vanessa

TUESDAYS

Every	12:30-1:30 p.m.	Senior Social Hour
Every	3:30-4 p.m.	Poetry Reading easy listening
Every	4-4:30 p.m.	Open Mic

WEDNESDAYS

July 7, 14 & 28	10-11 a.m.	Bingocize® (pre-registration required)
Every	12:30-1:30 p.m.	Senior Social Hour
July 7	2-3 p.m.	CalFresh with Lena
July 14	2-3 p.m.	Ask the Expert
July 21	2-3 p.m.	Simple Cooking
July 28	2-3 p.m.	Mixology

THURSDAYS

Every	12:30-1:30 p.m.	Senior Social Hour
Every	2-3 p.m.	Thursday Trivia

FRIDAYS:

July 2, 9, 16, 30	10-11 a.m.	Bingocize® (pre-registration required)
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COMMODITIES DISTRIBUTION

Arcata

Thursday, July 15, 10:30-11 a.m.
Arcata Community Center
321 Dr. Martin Luther King Jr. Pkwy.

Eureka

Wednesday, July 21, 10-11:30 a.m.
Humboldt Senior Resource Center
1910 California St.

News

Arcata
 Martin Luther King Jr. Parkway
www.humsenior.org

Fortuna
 3000 Newburg Road

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. Our doors are locked, but staff are available for on-site assistance.

Activities Program: Zoom Activities are here! See the calendar at left or at www.humsenior.org. The firewood program has been discontinued. Senior Home Repair is 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: 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. New referrals are being accepted.

Senior News: Open as usual. Free copies available at area groceries and businesses. Available online at 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 flexibility during this time as we continue to offer modified services.



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BRIEFS

2021 July 4th Events

Fortuna: Annual Festival canceled, but fireworks are on at dusk, Saturday, July 3, from an undisclosed location to avoid crowds, visible throughout town. **Eureka:** Festival canceled, but fireworks over the Bay begin at 10 p.m. on Sunday, July 4. View from Boardwalk. **Arcata:** Jubilee Parade is on! Sunday, July 4, 12 p.m. from Creamery District to the Plaza. **Ferndale:** The Parade is on! Down Main Street Sunday, July 4, at noon, followed by community BBQ at Veterans Building until 2 p.m.

EcoAnxiety Circle

The Northcoast Environmental Center is offering a free monthly EcoGrief and EcoAnxiety Circle. This Circle welcomes anyone looking for a space to express their stories, sadness, worries, anxiety and fear concerning the state of our planet. It is an opportunity for community members to come together in both mourning these losses and building our future. Every fourth Sunday from 11 a.m.-12:30 p.m. More info and the Zoom link at yournec.org/thrive.

Historical Society Reopens

The Humboldt County Historical Society has reopened with limited service by appointment only at the Barnum House, 703 8th St., Eureka. Two researchers at a time will be permitted in each research room during two-hour time slots between 12:30-6:30 p.m. Please call 707-445-4342 during those hours Wednesday-Friday to reserve space. Due to the continuing high COVID case count in Humboldt County, masks will be required. Visit humboldthistory.org for more information.

Build Summer Bridges

The Humboldt State University Library and its partners invite community members to “Build Bridges and Connect Communities” this summer with L4HSU — LifeLong Learning Lounge. Free online programs are available for everyone now through Friday, Aug. 13. L4HSU programs focus on personal and professional development and feature offerings from campus and community partners. This summer’s programming is a mixture of interactive workshops and new events, offered online through Zoom. Check out the offerings at library.humboldt.edu/Skills4HSUCalendar.

Clarke Museum Reopens

The Clarke Historical Museum on E Street in Old Town Eureka has reopened and offers programs and exhibits Wednesday-Sunday 10 a.m.-4 p.m. and until 9 p.m. on Arts Alive! Night, Saturday, July 3. See an exhibit on pine nuts as a vital food source for tribal communities, the reinstallation of the Hover Collection of native woven baskets from around Northwest California, a Eureka Chinatown Project Walking Tour on Wednesday, July 21, Saturday morning museum tours, a Victorian Tea Party on Sunday, July 18 . . . and more! Visit clarkemuseum.org for more information.

In 1916, Bridgeville's 'Big Celebration'

By Jessie Wheeler

I ran across this in my doc files while looking for something else — an announcement of Bridgeville's annual 4th of July event in 1916.

Sorting through mountains of historical documents is quite a job. Hours can zip by while going through one small box. The reason for this is my inability to resist reading each document as I come upon them. It's very much like laying out a new

jigsaw puzzle.

The 4th of July celebration and rodeo come up often in Bridgeville historical documents. I came across this letter concerning this event dated May 27, 1916, copied at left in its entirety.

The Big Celebration was held on property that later became my family home. When I left Bridgeville in 2002, a "snack shack" was still standing there.

Imagine what fun those celebrations must have been. People camped overnight, and there was always a good crowd. As a child, I remember the remnants of the open-air dance floor built around the trees in back of the house. My mother would talk about Grandpa renting a very large

generator and stringing lights all around the area, so the partying could go on through the night.

Celebrations of this kind were common in mountain villages and kept the life of the community going for people who lived far apart. Such gatherings were always family events that served many purposes — catching up on the news of marriages, births and deaths, vital information to be shared by all.

Often these gatherings — including cattle roundups, sheep shearing and barn-building — were the only opportunity young men and women had to meet and get acquainted.

—
Jessie Wheeler of Cutten is a Humboldt historian and expert on Bridgeville, where she grew up.

Dear Friend,

You are cordially invited to attend the Big Celebration to be held at Bridgeville July 3rd and 4th.

Arrangements are well under way and in a short time we will have our posters out announcing our programme in full.

We plan to have two base-ball games on the mornings of the 3rd and 4th, followed by sports such as foot racing, horse racing and etc. from 1 o'clock until 2 o'clock each afternoon.

Nickel dance each afternoon from 2 o'clock until 5:30.

Refreshments will be on sale on the grounds. We plan to have the very best music we can obtain.

Our open-air platform is in excellent condition and the grounds are beautiful.

There will be a grand ball on the open-air platform each night from 8:30 p.m.

until 5:00 a.m. for which tickets will be sold at \$1.00 for gentlemen.

There will be a big free barbeque July 4th at noon and plenty of meat for everyone.

We plan to make this celebration one of the greatest successes of the season and sincerely hope you will be with us.

Sincerely, G. H. Cox

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<https://rcvillage.clubexpress.com/whatisavillage>

Play the Crossword Puzzle on page 22

Would you like to sponsor the monthly Crossword Puzzle?

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E	C	C	O		G	U	A	R	D	A	N	G	E	L	
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L	E	S			P	E	P			E	L	S	E		

Be a Plastic-Free Patriot

By Carol Moné

July is a month for patriotism — and what could be more patriotic than participation in Plastic Free July? I am more a fan of “America the Beautiful” than “The Star Spangled Banner,” so keeping America beautiful seems extremely patriotic to me.

Plastic Free July is all about breaking free from single-use plastic, which for us oldsters just means remembering how things were done before everything was double-wrapped in plastic.

It is hard to imagine plastic as the brandy-new exciting thing it was after World War II. Recall that scene by the swimming pool in the 1967 film “The Graduate” where Ben (Dustin Hoffman) learns from Mr. McGuire (Walter Brooke) that there is a great future in plastics. “One word,” Mr. McGuire says. “Plastics.”

The big four single-use plastic villains are plastic bags, plastic-lined paper coffee cups and lids, plastic straws and, yep, water bottles. These things are not recycled and end up making America, well, un-beautiful. Why do we manufacture things that we use just once out of a material that lasts practically forever?

Plastic Free July asks just one month of eliminating single-use plastics. If you are not already on board, here’s what you can do.

Keep a thermos or non-plastic water bottle in the car, plus reusable

grocery bags and containers. If you use a straw, get your own metal one. Whether driving, cycling, walking or on the bus, don’t leave home without your stuff!

When shopping, select items in bulk using your own bags and containers. This was impossible during the pandemic, but it is getting easier.

Take a big basket to the farmers’ market. Success during Plastic Free July will increase your future commitment to living without single-use plastic whenever possible.

A couple of years ago a friend and I started doing this as a competition. At the end of July, we lay out our accumulated trash for the month. I fear I will lose because of cheese. Remember when cheese was coated

with wax? I was excited to find that there is one Welsh brand that still comes that way.

Plastic Free July started in 2017, but the concept had been practiced by a small group in Western Australia beginning in 2011.

In just a decade it has become one of the most influential environmental campaigns in the world. Many people who take up the simple beginning challenge later commit to reducing their plastic consumption far beyond July. The website, plasticfreejuly.org, explains it all.

Carol Moné of Trinidad
avoids plastics.



A full month of plastic trash.

Gunpowder Is What Makes the 4th

By Debbie Topping

Undoubtedly, the 4th of July celebrations of my childhood included a barbecue at my family's home in Santa Cruz. I was one of five children so there HAD to be gatherings, but I don't remember them.

What I do remember is the evening, when my mom would pack up a blanket and a thermos of coffee and the 4th began.

The mortars were fired from a platform on the beach adjacent to the Boardwalk. My dad would park in the neighborhood up above cliffs and we'd walk to a spot overlooking the beach. I don't know who owned that grassy plot of land but we were not alone there waiting for the first test rocket.

From our vantage on that grassy perch, every explosion was sent to the sky above us. The wiggly snakes that whistled. The giant "flowers" that exploded — BOOM!

Afterward, we joined the hordes walking back into the neighborhood to retrieve our car; the walk back always seemed much longer, and I know we couldn't find the car more than once.

In the summer of 1974, I worked at a concession on the Boardwalk where we dipped fresh corn dogs and fried artichoke hearts, and the ocean air blended with the smells of fry grease and ice cream cones.

Working under a ride at the main entrance on the 4th, we sold food and beer until the crowds headed to the sand for the fireworks, leaving us with just the percussion and the filtered flashes of light.

At some point during the festivities that year, the power went out and, somewhere, there was a stab-

bing; the exodus of visitors created a traffic jam of epic proportions. In the darkness, people panicked; the ambulance responding to the stabbing couldn't get through.

At Hodgie's, we rolled down the huge metal windows and locked down, just ex-cop Hodgie himself and his crew of teens. Only a few of us were old enough to drive, and the rest needed to be picked up, which was impossible at that point.

We called our parents and sat around the dining area to wait it out. I got home at 1 in the morning, exhausted after a 14-hour day, my feet throbbing.

Fireworks are still what make the 4th of July for me. We dress in our best patriotic attire and visit the Arcata Plaza, and then come back to Eureka to wander "Two Street." Unless we walk down to the Waterfront to "ooh!" and "ahh!" at fireworks, it's just another summer day.

Afterward, we walk past the streams of cars stuck in traffic, past groups of neighbors lighting fountains and sparklers in the street, arriving home before many have even managed to find their way out of Old Town.

Maybe this year, we'll enjoy the neighborhood displays, because it just isn't the 4th without the smell of gunpowder.

Debbie Topping is newly retired from the Police Academy at College of the Redwoods. A Eureka resident since 1995, she volunteers at Myrtle Grove Cemetery and enjoys researching the lives of its residents.

When My Father Went BOOM!

By George Ingraham

Like a submarine, my father's inner child ran submerged . . . for 364 days a year.

A machinist, carpenter, electrician, gunsmith, executive and survivor of the Great Depression of 1929, he was financially, politically and behaviorally an arch-conservative.

Until the Fourth of July in defiance of Oakland's fireworks ordinance, on that day his inner child, a lover of explosions, surfaced.

7 a.m.: Nobody in the immediate vicinity slept late as father began his favorite day with a cherry bomb. Through the day, firecrackers large and small marked the hours, sometimes exploding midair, blanketing the block in a mist of vitamin C as the orange ("the payload") that contained it exploded. No scurvy for us! Tin cans launched into the sky. Ears rang — some are likely still ringing, cumulative acoustic trauma not having been invented.

Nightfall: My brother, sister and I looked at each other and smiled as the neighbors gathered on the sidewalk to ooh! and aaah! at father's evening fusillade of Roman candles, pinwheels and set pieces. Sparklers were to be had for the asking. The smell of gunpowder lingered.

July 5th: The child was gone. A quiet gentleman in business suit, tie and fedora trudged to the bus stop for his commute to the desk that awaited him across the bay.

364 days to go.

George Ingraham, 85, smiles wistfully in Eureka at each celebratory BOOM! of Independence Day.

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Master Gardener Training

By Sherida Phibbs

Do you enjoy gardening? Do you want to learn more about gardening? Read on to learn about the “Ask a Master Gardener” Garden Hour Zoom Workshops and the upcoming University of California Master Gardener Certification Training.

Four free “Ask a Master Gardener” Garden Hour Zoom Workshops are scheduled starting July 1. If you have questions about your vegetable garden, pests in your home or garden, how to select the right plants for the right place, climate zones, pruning shrubs and trees, Zoom in for the live workshops, hosted by Humboldt State L4HSU.

Sessions are Thursdays — July 1, July 15, July 29 and Aug. 5 — at 9 a.m. For more information and to register for a Zoom workshop, visit ucanr.edu/ask.

UC Master Gardeners are University of California Cooperative Extension-trained volunteers who provide

research-based technical support to home gardeners, schools and special projects throughout Humboldt and Del Norte counties.

Applications are accepted beginning now through the end of August for the 2022 19-week program of extensive training, which begins Jan. 25. The training includes a mandatory informational Zoom meeting on Tuesday, Sept. 14, at 9 a.m. (so save that date — this is required to be considered for acceptance into the training program).

To find out more about becoming a Master Gardener and to obtain an application, go online to ucanr.edu/mgvolunteer.

Sherida Phibbs of Fortuna is coordinator of the UC Cooperative Extension Master Gardener Program for Humboldt & Del Norte counties. Website: ucanr.edu/sites/hdnmastergardeners/.

The Stubble-Jumper

By Mark Larson

The grasshopper always jumped in time out from under the boy-man’s foot as he followed the erratic path the insect led across the farmyard.

Summer had barely started and sun had already turned the farmyard into glittering, granular powder. Drought had buried the months of May and June under sun-baked clods out in the cornfield where you could dig 12 inches and not find damp.

The boy-man’s father sat in the deep, shadowy cave of the empty granary, repairing a mower sickle. Breezes came occasionally as he sat watching, waiting for his boy-man to bring the shiny black rivets that held the blade on the sickle.

Decades before, the older man had known real drought — the “dirty thirties.” He had tasted it, slept in it, worked in it. Heat, no money, nothing growing. He had left for a time. But he had come back to the soil.

Now he watched his son. Following a grasshopper. Past the patch of dried-

up buffalo grass, out across the open space where the heat was physical. And the older man wondered — how long before he’d be alone?

The shimmering early afternoon sun smashed the buildings, machinery, everything into flat, two-dimensional shadeless cutouts. Ragweed lay under the fencerows, covered with throat-choking dust. Sunflowers, blooms forced early by the parched season, bowed their sun-scorched blossoms in subjugation.

Suddenly, the boy-man’s feet turned toward his father, who then knew his son was leaving.

The grasshopper had sat too long.

—
Mark Larson of Arcata, a photographer and emeritus Humboldt State University journalism professor, wrote this in a creative writing class at South Dakota State in 1969, based on a real-life moment with his father.

BOARD MEMBERS REFLECT... FROM PAGE 11

A related need, he and Irvine said, is more affordable and supportive housing options for lower income seniors who need various levels of skilled nursing support.

Leer agreed. “I believe that the greatest challenges facing the Humboldt Senior Resource Center are the same challenges faced by our county, state and nation with an aging demographic,” she said. “Among the complex issues attributable to the inevitable realities of aging are the need for social connection, adequate nutrition and affordable housing, and an immediate need for more skilled, well-trained and well-compensated in-home caregivers.

“This need, I believe, is critical to the con-

tinued well-being of our senior community, their families and their caregivers,” Leer said.

Incoming Board President Susan Hansen applauded her three retiring colleagues, citing their “energy and dedication” in service to Humboldt seniors.

CEO Melissa Hooven echoed Hansen’s remarks. “Transition is difficult, but they have paved the way for the next group of directors who will help guide us as we continue to evolve,” Hooven said. “We thank them for their dedication and service to the seniors in our community. They will be missed.”

—
Ted Pease is editor of Senior News.

UNCLE SAM and his sidekick wander through Old Town Eureka during the 2017 Independence Day festivities.
Mark Larson photo.



ASK THE DOCTOR . . . From Page 5

to removal of the drug from the market.

My concern as a physician is there seems to be a rush to approve this medication that may very well not work. It may cause harm. It has not been fully studied. And the current requirements for its use limits it to those with financial means and access to care that are out of reach for many Americans.

For those with Alzheimer's and their loved ones and caregivers, I understand the intense desire for a therapy that will work. I am hopeful we may find something, but am concerned this particular treatment has been rushed through. Ultimately, each doctor and person will have to work through these issues and decide what they think is best.

Where could we be putting our resources? More research for sure, and I encourage people to go to the Alzheimer's Association website (alz.org) to see if you can sign up for ongoing research projects that are looking at prevention and treatment of this disease. The more people participating at younger ages,

the more we can learn. And studies must have racial and ethnic diversity to generate meaningful data that can apply across the population.

Another key factor in Alzheimer's and other dementias is support for caregivers. Not only support groups, though this is important, but financial, systemic support so people have the ability to care for each other without becoming financially devastated. Our legislators should be fighting to provide us with a better system of care and support for our elders and their families.

I am disappointed in the FDA's decision on Aducanumab, and hope that more robust studies and rigorous scientific review can lead to the better treatments for Alzheimer's Disease in the future.

Dr. Jennifer Heidmann is medical director and primary care provider at Redwood Coast PACE (707-443-9747). This column should not be taken as medical advice. Ask your medical provider if you have health questions. Send comments to seniornewseditor@humsenior.org.



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Letters to the Editor

Vote of Confidence

To the Editor:

Over the last couple of years, I've become a regular Senior News reader, and during that time have noted a steady improvement in both content quantity and quality.

It's apparent that the paper's editors are being attentive to and very focused on providing seniors with information about local services and resources, personal stories that inspire and entertain, and articles about relevant issues — like recent coverage of the reprehensible mismanagement of five local nursing homes owned and operated by the Brius Company, a corporation owned by Shlomo Rechnitz ["Care Facility Reform," April, 2021].

In the April edition, the editor encouraged readers to consider subscribing to Senior News — this would generate funds that would help offset production costs. That got me to thinking about the two copies of the Senior News that arrive monthly as free inserts in two local newspapers delivered to our house. We don't need another copy mailed to us; but I strongly believe that readers should pay, to the extent they can, for the value they receive.

I suggest expanding on the initial concept of voluntary subscriptions to include a request in the page 2 masthead for an annual donation of \$25 from all Senior News readers. (I mailed my donation earlier this week.)

Keep up the good work.

Jud Ellinwood, Eureka

Editor's Note: We thank Mr. Ellinwood for both his check and the sentiment that Senior News is worth paying for. This is the newspaper's 40th year of providing free information and entertainment to North Coast readers — senior and otherwise. We are happy to provide about 11,000 copies of the paper free to our neighbors; this is part of the Humboldt Senior Resource Center's mission to serve the community. Producing Senior News every month is not free, of course, so we are grateful both to our loyal advertisers and to Mr. Ellinwood and our 140-some other paid subscribers for their continuing support. —TP

Pandemic Pastimes

To the Editor:

I've been in West Virginia at Jim's house for a month. The May issue of Senior News ["After a Long Year, Silver Linings"] was in my stack of mail when I returned home to Ohio.

I found great interest in reading what others had been up to during the pandemic. While we did NOT go for long walks, we did find several interesting pastimes to keep us occupied during those long days.

Jim has found his "happy place" in my basement. He has set up a fantastic workshop there with every tool

known to mankind. He also "adopted" an HO gauge train layout that was established by my late husband. Jim's interest isn't so much running the trains as painting backdrops and creating 3-D mountains. His talents are amazing. It is a project that'll never be totally completed, but always in transition.

He's also writing his memoir for his children and grandchildren about his journey through his long, satisfying career.

I have resurrected my sewing machine to continue a tradition I established when my daughters married and the grandchildren started arriving many years ago. I made quilted Christmas tree skirts and stockings for each of them. I had some catching up to do!

I'm enclosing a check for \$25 for our subscription. Keep 'em coming!

Jane Moore-Synder,
Delaware, Ohio

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.

More Letters

Be Kind to Fido

To the Editor:

As we celebrate America's Independence Day this month, can we all resolve to be a kinder, gentler and quieter nation in 2021?

I speak not only of the awful political division that has beset America the Beautiful — that is a big job that everyone needs to work on. What I'm talking about is closer to home, and affects some of our most loyal and beloved family members and friends.

Dogs, that is. Every year (and seemingly, any weekend when the spirit strikes to blow something up)

fireworks destroy the neighborhood peace and drive my dogs up the wall. A couple of years ago, some good friends lost their beloved Sparky when she was frightened by fireworks and ran away. They found her on Highway 101.

Please, I know that celebrating our great country is an important thing to do, but can't we do it without creating phobias and worse in our furry friends? Please, let's keep fireworks and explosions to a dull roar this year.

Happy July 4th.

G. Murray, Eureka

'Real Food'

To the Editor:

I just read the article by Dr. Jennifer Heidmann, "Hold the Corn" [Senior News, June 2021, page 5].

It's never too late to clean up our eating habits.

I am currently reading the new book "Metabolical: The Lure and the Lies of Processed Food, Nutrition,

and Modern Medicine" by Robert H. Lustig, MD, MSL. It goes into great detail and explanations about all things nutrition — "real food," processed foods, etc. Tons of great information. A very interesting read for all "real food" enthusiasts.

Minnie Wolf, Cutten

Getting Settled

To the Editor:

We recently moved from Santa Cruz to McKinleyville. To help us become acclimated to the area, our aunt began sending us the Senior News prior to the big move.

Jane Parks-McKay, also of Santa Cruz, is one of the Senior News writers, so I connected with her, which was great fun.

Early on, we realized what an excellent paper the Senior News is. It is read front-to-back each time we get our hands on a copy (which is a bit hit and miss). The humor, health-related info, bits of history and all-round positive tone of the paper are appreciated and enjoyed.

To both support the paper and to secure timely copies, please find enclosed \$25 to establish our subscription. We look forward to receiving Senior News on a regular basis.

Getting (re)acclimated to the area continues to be very enjoyable. (Kathleen was born in Eureka 67 years ago and spent her first 12 enchanted years in the area. Delighted to be back!) Do let your advertisers know that this newspaper serves as a key source of information about who to contact for various needs.

Kathleen Rose Hughes & Kate McGirr, McKinleyville

PATRIOTIC POOCH — He has his flag, but the Old Town festivities seem to be putting this little pup to sleep. Mark Larson photo.



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Crossword Puzzle

Cut Out the Middleman

by Paul Coulter Edited by David Steinberg

ACROSS

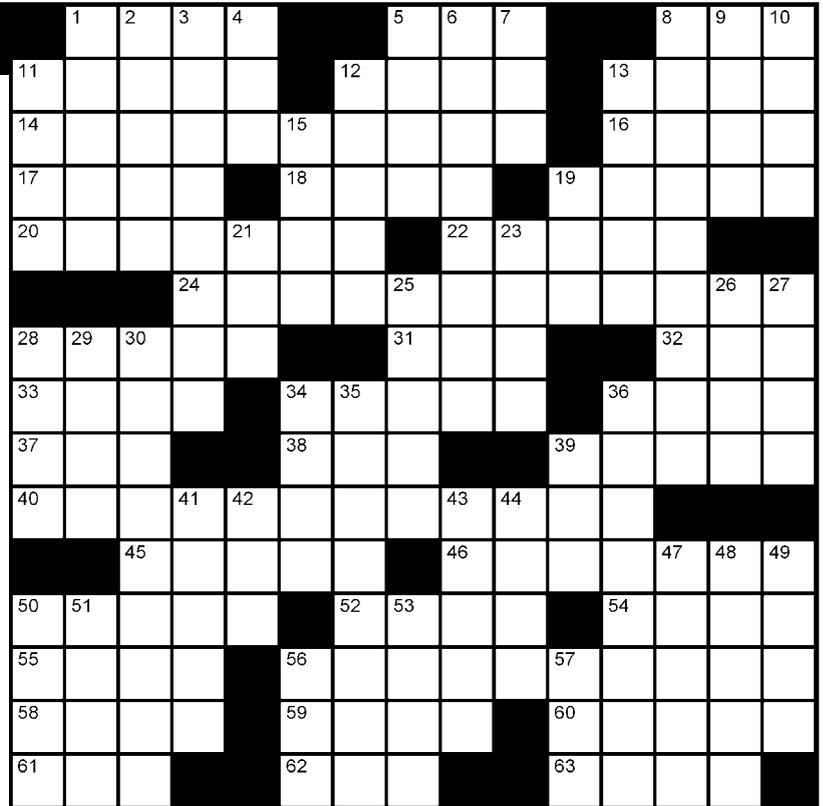
- 1 Home, in Honduras
- 5 Longoria of "Desperate Housewives"
- 8 Guy "cut out of" 24-Across?
- 11 Cavalry sword
- 12 Practice for a fight
- 13 Catch a glimpse of
- 14 "Moving along from the eighth part of my box set ...?"
- 16 Burn balm
- 17 Stereotypical programmer
- 18 Apiece
- 19 Actors' accessories
- 20 "Hey, can I run this by you?"
- 22 Friendliness
- 24 Schmoozes in Hollywood?
- 28 Discard at the junkyard
- 31 Number of letters in QWERTYUIOP
- 32 Guy "cut out of" 14-Across?
- 33 What Miss Muffet had with curds
- 34 Lifting machine
- 36 "Now," to a doctor
- 37 Guy "cut out of" 56-Across?
- 38 "___ the land of the free ..."
- 39 Call up
- 40 Piece of gossip about someone forgetting to clean the coffee maker?

- 45 Fluster
- 46 Country east of Ethiopia
- 50 It eats shoots and leaves
- 52 Noted Nile queen, casually
- 54 Influence
- 55 Danish shoe brand
- 56 Broadway backer who also works in security?
- 58 God with a war chariot
- 59 Elbows' places
- 60 Itsy-bitsy
- 61 Guy "cut out of" 40-Across?
- 62 Dash forward and backward?
- 63 Alternatively

DOWN

- 1 Small part in "Downsizing," perhaps
- 2 Scrub, as a rocket launch
- 3 Dismiss
- 4 Shape of a bow
- 5 Grand-scale story
- 6 Eddie of rock
- 7 Exist
- 8 Supports steadfastly
- 9 Psy's genre
- 10 Body parts that may be blue
- 11 Perform in an opera
- 12 Nosh

- 13 Everyone's mother?
- 15 Antlered animal
- 19 Photo
- 21 Absorb, with "up"
- 23 Challenge for a barber
- 25 Apt-sounding surname for an astronomer
- 26 Multicolored horse
- 27 "Volume off" button
- 28 Gulp of whiskey
- 29 Blacken
- 30 Gives up, as a claim
- 34 The "C" in UPC
- 35 Treatment that relieves stress
- 36 Dangerous bits of metal
- 39 Yappy toy dog, for short
- 41 Beehives and buns
- 42 Cipher-cracking org.
- 43 Computer operators
- 44 Atmosphere
- 47 Olympics sleds
- 48 "Mr. Belvedere" actress Graff
- 49 One on your side
- 50 Thunderclap
- 51 Cropland measure
- 53 Light source
- 56 Space between teeth
- 57 Downed a sub, say?



Crossword answers are on page 16.



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Exploding Anvils, Parachuting Dogs & Other July 4th Traditions

By Katie Buesch

The 4th of July has always been big in Humboldt County.

Ann Hunt of the Humboldt County Historical Society says early Humboldt celebrations for the 4th typically had two goals: celebrating the Declaration of Independence, and an excuse for a social event.

The first countywide 4th of July parade in 1861 was led by Humboldt settler, chair maker and entertainer Seth Kinman in his buckskin suit, followed by school children, fraternal groups like the Sons of Temperance and Oddfellows, Nellie McGeorge dressed as the Goddess of Liberty, and military officers.

Celebrations were scaled down in the depths of the Civil War, as residents wondered how there could be celebrations while so many people were dying, and while the settlers were anxious about conflicts with local tribes.

Fireworks and bonfires important ways to mark the holiday, however, and were noted to have a



FORTUNA TURNS OUT in 1912 for the 4th. Walter Keir photo courtesy of Humboldt State University Special Collections.

cheering effect on those who viewed them. Some took up tossing flaming balls soaked in lamp oil around the Arcata Plaza while a bonfire burned in the center.

SWEET JULY 4TH MEMORIES . . . From Page 1

Back in the little Maine town where I spent so many blissful summers as a kid, pranks were a centerpiece of the 4th of July.

During the wee hours, as Independence Day was dawning, the young bucks of Swan's Island would scurry around making good-natured mischief. For many years, the lobstermen's dinghies would disappear from the Fishermen's Co-op wharf at the harbor and end up floating amongst lily pads in the pond next to the schoolhouse.

Then there was the year when Nancy McClement's bikini top was found flying from the top of our flagpole. But that's another story.

Former Eureka Mayor Nancy Flemming has a special fondness for the annual fireworks on the Eureka waterfront.

"It is truly Americana!" Flemming said. "I started the fireworks on Humboldt Bay in 1984 with my husband, our tug, Nancy Stout, Leroy and the Madaket, and the Oyster Company donating the barge

to use, all working together to pull it off each year."

"It has been a joy to see it each year, becoming better and better," she said.

Fireworks are also central to one of Karen Suiker's most memorable 4ths. On a trip to Seattle, the family bought a box of fireworks. But it wasn't the relatively tame variety they were used to. "The first firework shot in the air like a rocket launched from Cape Canaveral, and almost as high, sending the kids screaming in fear," she recalled.

Jennifer Kalt remembers "huge cars big enough for a family of four to lie comfortably on the hood to watch fireworks. My mom had a 1972 Ford LTD that was about 20 feet long."

Kalt's attitude has changed, however. "Nowadays, sadly, the 4th is mostly focused around keeping my dogs from losing their minds or running off in a panic," she said. "I have never had a dog who didn't hate and fear loud noises." The Humboldt Baykeeper worries about impacts on birds and

Another popular form of fiery entertainment was packing an anvil with black powder and lighting it, causing an explosion — an improvised and very dangerous firecracker.

Teams of loggers engaged in tug o' war at Sequoia and New Era parks. Firefighters raced pull carts with hoses, concerts and traveling performers offered a variety of entertainment.

One performance featured a man on a tightrope between the roof of the Humboldt County Bank at 2nd and G streets to the Vance Hotel. Another popular spectacle was a man ascending in a hot air balloon, and then parachuting back down.

A dog parachuted down as well and survived the landing, but the performance was condemned as inhumane, so it wasn't repeated.

Katie Buesch is executive director/curator of the Clarke Historical Museum, 340 E St., Eureka. Contact: 707-443-1947; clarkemuseum.org.

wildlife. "It has become my least favorite holiday."

Jane Parks-McKay remembers, "Relaxing summers on Granddaddy's boat, Danny Boy, and warm water lapping on the shore of the Outer Banks of North Carolina."

The Del Mar County Fair in San Diego is Vanessa Kibbe's memory: "Walking through the Flower Show with my mother and watching the harness horseracing with my father and finding the Hum-a-Tune Man with my brother and buying a chameleon with a string tied around its neck so you could pin it to your shirt while it changed color, and NOT riding the Hammer."

Speaking of the Hammer, Chuck Smith wrote: "I remember corn dogs. They almost always made me throw up, but I loved them."

Ah, those happy summer memories!

Ted Pease, 66, makes his new memories in Trinidad.

You Can Be in Senior News

- **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?
- **SEPTEMBER** — What was your first job? Your best job? Your worst? And since it's back-to-school time, how about memories of school, either as a kid or as a senior? Send us your stories! Contact SN editor Ted Pease: tpease@humsenior.org, or 707-443-9747, x1226.

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*Because we want
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Why Sell your Home to Join a Life Plan Community?

A letter from Ann Lindsay MD,

What if you could age in Humboldt County and live in an active community of your peers, a place that encourages social connections, wellness, and a healthy lifestyle? A place where you could have medical management and onsite support if needed.

If you are a traveler, imagine being able to close your door and head out on a trip without having to find a house-sitter, someone to pick up your mail or water your plants.

If your faucet drips or toilet won't flush you can call maintenance. You can garden and not worry about mowing the lawn. Replacing the roof is taken care of.

In joining a Life Plan Community like Life Care Humboldt you would be accessing the equity locked in your home and trading the hassles of home ownership for a comfortable home in a vibrant community.

A place you or your partner can live regardless of the course your health takes. Family members can enjoy time with you with less worry, knowing they are not your sole support system.

Life Plan residents pay an entry fee that reflects local home values, and then recoup up to 80% of that fee regardless how they leave the community. Those funds support the community while you are there, and the next resident replaces the operating capital with their own entrance fees.

Selling your home and living in our new community, your Humboldt family and neighbors will still be neighbors, you and you will be able to get together easily.

There is currently no Life Plan Community within 200 miles, so when considering your future needs in aging that option may not have come up. We can and will have that choice here.

Aging is one guarantee in life, so get set to enjoy it!

Thanks all, Ann

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