



# Childhood Never Ends

## Why Seniors Should Care About Children

*By Sydney Fisher Larson*

My children are grown and on their own. I have no grandchildren and am unlikely to have any in the future. So why should I care about young children? Why should you?

I see three major reasons to care about the young children in our community:

- **Child development:** 90% of brain development occurs in the first five years.
- **Economic benefits:** money invested in young children yields monetary return.
- **Community:** supporting children and families improves the quality of life for all of us.

In California, formal schooling starts when a child is 5. By that time, according to research collected by First 5 California, 90% of brain development has occurred. The brain is not fully developed until about age 22.

Nurturing relationships with children form the foundation of healthy brain development. "A child's relationships with the adults in their life are the most important influences on their brain development," reports First Things First, a child development nonprofit.

"Loving relationships with responsive, dependable adults are essential to a child's healthy development. These relationships begin at home, with parents and family, but also include child care providers, teachers and other members of the community," the report says.

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**AT PLAYGROUP** — Volunteer Elaine DuBois connects with Eshika Adhikari (in hearts) and Hazel Coonen, with their even smaller friend, at the First 5 Tiny Tots playgroup at the United Methodist Church in Arcata. Ted Pease photo.

## Playtime for Senior Volunteers & Children

*By Susan Buckley*

Almost every day throughout Humboldt County, parents gather with their babies, toddlers and preschoolers for a couple of hours of play, healthy

snacks and parents supporting parents at First 5 playgroups.

Humboldt seniors volunteer in several of these

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**JOYCE HAYES, PUBLISHER**

**TED PEASE, EDITOR**  
707-443-9747, x1226  
[tpease@humsenior.org](mailto:tpease@humsenior.org)

**ELIZABETH WHITLEY,**  
ADVERTISING COORDINATOR  
707-443-9747, x1227  
[ewhitley@humsenior.org](mailto:ewhitley@humsenior.org)

**HSRC Board of Directors:** Jack Irvine, president, James Aste, John Dalby, Kathryn Dunning, Elan Firpo, Willard Foote, Susan Hansen, Bruce Kessler, Nancy Dye Leer.

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**Proofreaders:** René Arché, Ann King, Mark Larson.

**Volunteer Distributors:** Steve Courington, Dean Davenport, Joseph MacTurk, Richard Morgan, Jean Munsee, Don Nielsen, Judy Silvers, Dave Woodson.

# TEDtalks: Childhood Never Ends

By Ted Pease

Like most of us, I started life as a child. Some say I never fully grew out of it.

That's always been OK with me, because I had a great childhood, and reliving it is not a bad way to pass for an adult. I still love the things I learned to love as a kid: dogs, boats, ice cream, laughter, bare feet, fishing . . . well, it's a long list.

It turns out that I'm not entirely a case of arrested development. There's no doubt that our lives are constructs of our experiences, an amalgam of the people we've known, the things we've seen and done, the highs and lows, the loves and losses.

Everyone knows that we're all products of our childhoods, but what does that really mean? Here's one way to understand that: 90% of our brain development is complete by the time we're 5, so we retain much of what we learn as children as adults and into old age.

That's the focus of this month's Senior News.

Five stories this month are contributed by people connected with First 5 Humboldt — the Humboldt County Children and Families Commission — to recognize 20 years of the organization and its work for children in the first five years of life. Led by guest editor Sydney Fisher Larson, a retired early childhood education professor at College of the Redwoods, our First 5 experts explain how childhood stays with us from age 5 to 75 and beyond.

Negative experiences in childhood —

ACEs (adverse childhood experiences) — can be predictors of problems later in life, say Danielle Anderson and Bethany Phelps in "How Our Childhoods Shape Our Lives" (page 4).

Similarly, happy, safe and healthy childhoods can affect our adulthoods positively, as conservationist and childhood raccoon-lover Sue Leskiw attests in "Raised by Raccoons" (page 3). And longtime Humboldt public official Julie Fulkerson celebrates the "ripple effects" of her early education, which "had a great effect on me, my view of the world and how I fit in it" (page 10).

For adults, recognizing the potential impact of those first five years is important, both in understanding some of what came later and how we've turned out, but also if we want to make a difference in someone else's life.

As Sydney Larson writes, children's relationships with adults can be essential in growing secure, healthy people. "A child's relationships with the adults in their life are the most important influences on their brain development," research finds. Which gives seniors an opportunity to make a difference in future lives, suggests Susan Buckley, by volunteering at a playgroup (page 1).

It's a good idea, learning how to play again. Because childhood never ends.

—

*Ted Pease, editor of Senior News, can barely contain his inner 7-year-old.*

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# The Lifelong Impact of Being Raised with Raccoons

By Sue Leskiw

I grew up during the '60s in a town of 5,000 in northeastern Connecticut. A hardwood forest stretched behind our house, broken only by a powerline right-of-way that we accessed for tobogganing, damming creeks, and building wood forts.

We lived there because my father was the wildlife professor at the University of Connecticut. Without a local wildlife care center, Dad occasionally became the recipient of orphaned critters. We adopted cottontails, a chipmunk, and flying squirrels (Wilbur and Orville, whose mother was mistaken for a rat and shot).

But our forte turned out to be raccoons.

When I was in middle school, we received our first young 'coon and named him Nosey. Through my high school years, we also cared for Rascal, Frito Bandito, Babycoon and Ursula. My father built a large chicken-wire cage in the woods with a climbing tree and den box at the top and sandbox and food/water bowls at the bottom.

To touch the soft bottom of a raccoon's paw is a wondrous experience; they are constantly using them to explore. Raccoons appear to "wash" their food. Per Wikipedia: "Raccoon" was adapted by Jamestown's John Smith from a Powhatan term



**YOUNGSTERS** — A 15-year-old Sue Leskiw in with two of her childhood friends. Sue Leskiw photo.

meaning "one who rubs, scrubs, and scratches with its hands."

Since the main diet we offered our raccoons was dog kibble, we quickly learned not to put out a fresh bowl of water with food, as the 'coon would throw the nuggets in it, knead it with its paws, then look puzzled when the treat disintegrated into

kibble sludge.

We'd let the young raccoons out to ramble in the yard, climb trees, or clamber over our patient Labrador retriever. Mom sometimes would let us take a 'coon into the TV room, where it would invariably investigate the wastebasket. Once, one grabbed the window blind, then ran for cover when the shade flew up with a bang.

In springtime, the males in particular became snarly. They felt the urge to mate, so we'd release them at Mansfield Hollow Dam.

Growing up with a scientist father and immersed in a world that included raccoons led me to study natural resources conservation and environmental journalism. My desire was to convey technical information that supported conservation of creatures and their habitats in words laypeople could understand.

After working for National Wildlife Federation and the American Association for the Advancement of Science, I moved to Humboldt 20 years ago, where I've been volunteering for many conservation-oriented organizations. And raccoons are part of the reason.

—  
*Sue Leskiw lives in Fieldbrook, where she encourages chipmunks to visit the yard.*

## A Brief Bestiary of Children's Books About Animals

Many children who lacked raccoons of their own also manage to learn important and long-lasting lessons from animals through stories.

The lasting impacts of animals and their stories in human lives are obvious. Adults well into their elder years fondly remember Aesop's fables, A.A. Milne's Pooh and Piglet, Mowgli from Rudyard Kipling's "The Jungle Book" because, as children, they were fascinated by animals.

This natural connection, as it was seen, between children and the natural world prompted children's books for education and entertainment as early as 1658, when Czech educator John Amos Come-

nus published "Orbis Sensualium Pictus" (Visible World in Pictures) in Latin and German. The earliest known children's book, it used drawings of animals to teach the alphabet ("The Cat cryeth" and "The Frog croaketh").

Other animal tales instructed children in morality through nursery rhymes and fairy tales. Sarah Trimmer's "Fabulous Histories" was published in 1796 "for the instruction of children respecting their treatment of animals," and remained in use for many years.

Other animal stories combined life instruction for children with practical information. "Black Beauty"

by Anna Sewell (1877), for example, was intended as a primer on the proper care of horses, and sold millions of copies.

Kenneth Grahame's "The Wind in the Willows" (1911) and Beatrix Potter's Peter Rabbit series (1902), among others, transformed animals into little humans, the better for children to identify with them and their lives.

One way grown-ups can relive and share these memories is by reading some of their favorite childhood books to children.

—Ted Pease

# How Our Childhoods Shape Our Lives

By Danielle Anderson & Bethany Phelps

Childhood is a precious time of exploration, learning, growing and relationship-building. In the earliest years of life, children's brains are being shaped and molded by the people and experiences in their daily interactions. These experiences impact the development of brain architecture, providing the foundation for all future learning, behavior and health.

Studies show that 90% of a child's brain development happens within the first five years of life, and most rapidly during our earliest years, which means there is a lot of potential for impact. In fact, from the very beginning, our brains are constantly building connections to adapt to the world around us.

Think of brain development as the architecture of a house. Before we can put in the hardwood flooring or carpet, we have to lay the foundation. Before we develop language skills, the ability to process emotions, or socialize with others, we have to be able to regulate our bodies by having our basic needs met. In other words, just like a house, brains are built over time, from the bottom up.

As Harvard's Center on the Developing Child puts it, just as a weak foundation compromises the quality and strength of a house, adverse experiences early in life can impair brain



**BABYTIME** is good both for grandmother Jill Dedini of Bayside, and for 1-year-old Mei. First 5 Humboldt photo.

architecture, with negative effects lasting into adulthood.

When our earliest experiences are of safe, consistent, nurturing relationships with our caregivers and environments, the foundations for later development are strong and stable. Even though our genes provide the blueprints for our brain circuits, these pathways are strengthened by repeated use, and by experiences.

Research shows that ongoing, unpredictable or toxic stress early in life

— defined by researchers as adverse childhood experiences, or ACEs — can have serious consequences on learning abilities, behavior, and mental and physical health. In fact, says the Center for Youth Wellness in San Francisco, a person with four or more ACEs is 10.3 times more likely later in life to use injection drugs, 2.4 times more likely to have a stroke, and nearly twice as likely to have cancer.

Not all stress is bad, of course. Positive stress, or brief activation of the body's stress response systems, is a part of healthy development. When buffered by caring relationships that help children adapt, tolerable stress can be overcome.

Stress is a part of life. We can prevent toxic stress from derailing healthy development by creating protective environments for children, families and communities that foster caring, responsive relationships, and provide opportunities for participation and contribution.

When we foster these types of protective environments, we build resilience in children, families and communities across the lifespan.

—  
**Danielle Anderson** is ACEs/Resilience Project Coordinator, and **Bethany Phelps** is a Special Projects Coordinator at First 5 Humboldt in Eureka.

## Grandparenting Is Grand

It's a rare grandparent who won't tell you — enthusiastically — how much better grandparenting is than parenting.

Even people who are doing a lot of the heavy lifting of raising or caring for grandchildren say they are enjoying the process a lot more this time around.

"It's not the same," one grandpa said. "I'm a lot smarter now, and it's not nearly as stressful."

There's something about grandchildren that can reduce the most hard-nosed, no-nonsense businessmen, truck drivers and corporate moguls to Play-Doh. "60 Minutes" reporter Leslie Stahl, 77, has covered terrorist bombings and faced down world leaders and prison inmates, but . . .

"Sure, I'm a tough journalist," she said, "but when my first grandchild came along, I nearly swooned."

Stahl writes about her transformation in a 2016 book, "Becoming Grandma — The joys and science of the new grandparenting."

"Becoming a grandmother turns the page," Stahl said. "Line by line you are rewritten. You are tilted off your old center, spun onto new turf. There's a faint scent of déjà vu from when you raised your own children, but this place feels freer."

As baby boomers enter the grandparenting stage of their lives, insights into how to make parenting more fun the second time around is welcome.

Some people claim that the great benefit of being a grandparent is being able to give the child back and go home — only half-joking. But those grandparents aren't fooling anybody — they keep coming back for more.

—Ted Pease



## ASK THE DOCTOR

## Grasping for Pearls

By Jennifer Heidmann, M.D.



In medical training, we seek “pearls” that will let us better understand disease and diagnosis, and that are so perfect and unique that we will remember them always — and especially at exactly the right time, when we are trying to work out a problem.

A pearl is that piece of wisdom that, when distilled from the masses of information surrounding it, will lead us to truth, or at least point us in the right direction.

Masses of information are part of the daily diet we all consume, unless we do not use computers or smart phones regularly. We get constant feeds of news headlines, sound bites of intense outrage and supposed importance, maybe on our Twitter feed or our news apps.

My watch, which I thought was just a GPS and fitness watch, actually notifies me of headlines during the day. A sound bite is not an adequate way to receive important news, yet I cannot help having a reaction when I see headlines pop up on my devices. It can make me angry or anxious or incredulous or depressed. It's rarely something nice.

As a scientist, I do not like the oversimplification of data into broad statements that are potentially inflammatory. As a healer, I do not like the way our technology seems to increase division and dis-ease among people who use it.

It has now become acceptable to be always attached to our devices, even during meals or in bed or when walking down a busy sidewalk or

crossing a street. I wonder how it affects our health to be constantly attached to these devices, to be constantly reading headlines about some disaster or gross human injustice, without the chance to process the information or understand its context.

If we tracked human brain waves, heart rates, blood pressure and cortisol levels and matched them up to the anxiety-evoking information overload of the 21st century, might we find a correlation between the constant bad and disturbing news diet, or unkind and often untrue statements on social media, and an uptick in the physiological markers of poor physical health?

Identifying pearls when drowning in garbage can be difficult. I don't pretend to be an expert, but I do know that while drowning in the massive amount of information necessary to learn to become a doctor, there were ways to grasp onto pearls.

One is to choose teachers wisely. A good teacher presents what you need to know in a way that leads you to finding truths that will last in your knowledge base for a good long time.

Another way to grasp pearls is to prioritize. Focus on what's important, and consider things in context. You also learn from mistakes, reach out to those who know more than you do, or debate with those who disagree with you to broaden your own perspectives.

Lastly, finding pearls is an art.

Continued on Page 19

## Now Do You See?

Buy a new pair of eyeglasses these days, and you can run the risk of a heart attack. Seriously.

I've always had pretty good eyes, but ever since my near-vision started to go in 2016, I've had a pair of cheap-o readers hanging around my neck.

Recently, I decided more distant things were getting fuzzy, so I went to the eye doc. After testing, he was a little annoyed to tell me that my distance vision was 20-20. “How about some prescription reading glasses?” he asked.

For \$741? No thanks.

Eyeglasses are a \$100 billion industry, writes David Lazarus of the Los Angeles Times, dominated by Essilor Luxottica, which sells its designer frames and lenses at a 1,000%

markup. “Even with insurance, a pair of glasses can easily end up costing as much as \$800,” he said.

It doesn't have to be that way, Lazarus says. “You can save a big chunk of change buying glasses online.”

In California, Novato-based Zenni offers frames and lenses based on your prescription for one-quarter the cost of your average optician. The average price for frames nationwide is \$196, \$500 or more for some designer brands.

But Zenni can offer finished single-vision glasses for \$42, more for a complicated prescription, bifocals or progressive lenses.

See the difference?

—Ted Pease

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## HEAVENS TO BETSY—BY BETSY GOODSPEED



# Magical Memories

Memories are like photos in an album when you're fully awake.

I remember that my bedroom doorknob was lower when I was 5 than it was when I was 4. At 7, sliding down the stairs on my rump was my greatest pleasure, and then rollerskating on the smooth cement at the top of the driveway.

In my childhood memory, I can still see Griffith Observatory on the top of the mountain behind me, and Catalina Island off in the distance beyond a glittering glimpse of ocean.

A huge sign on the hillside named the area HOLLYWOODLAND.

My father's music studio was built on the lot next door because Walt Disney had asked him to provide the music for his radio show, and I thought my childhood in Westwood was normal. Didn't all kids hear their father's name announced on the radio: "Music composed and conducted by Felix Mills."

But I realized my life was magical when Jimmy Durante let me touch his nose, and my father wrote a song for Judy Garland, although she didn't record it after she married a composer who wrote music for her films.

My mother was a shy hostess, and my father became famous for his spaghetti sauce. Most of my parents' parties were for his orchestra members, who played ping pong and hockey in our rumpus room.

My father had a photo darkroom because he didn't have time for oil painting. I was one of his favorite photographic subjects, and he tinted the pictures before color photography was invented.

I was becoming a harpist and singer on early TV when my childhood came to an end — President Roosevelt announced that Pearl Harbor had been attacked, and a close friend had to move to a Japanese internment camp in Arizona.

But even after I became a mother myself, I discovered that one of my selves was still a child. My children helped me write a TV series called "The Magical House" on Channel 6 in Denver, and they learned to be performers.

My oldest daughter and I co-wrote the theme song:

*I can daydream a technicolor fantasy*

*I can say, "Dream," and animals talk and dance with me*

*I live in a Kaleidoscope; whatever I hope, I live in*

*What a magical spell we weave, living and loving as we believe,*

*And every night is Christmas Eve in the magical, mystical,*

*Unrealistical house I live in.*

My daydreams, like my childhood memories, are magical.

**Betsy Mills Goodspeed, 92,**  
*relives the memories of an amazing life on stage and screen from her home in Eureka.*



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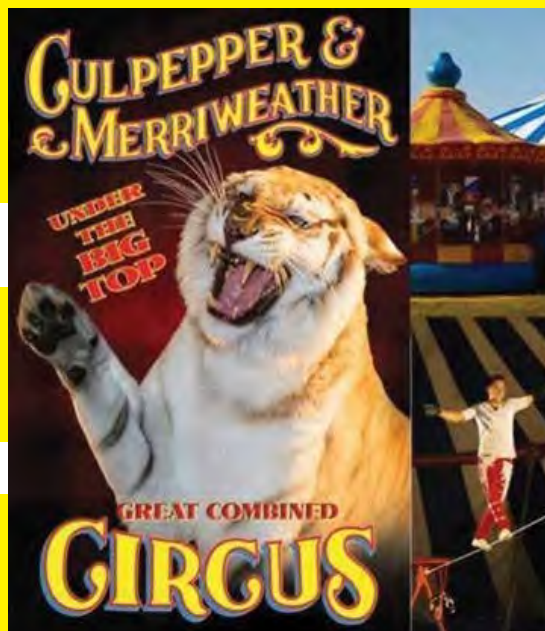
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# Adventures in Horsemanship

By George Ingraham

My younger brother, Don, was quiet, shy, fearful and withdrawn. He spoke very softly. He was not quite 4 years old in 1942, when the family encountered a pony ride while on vacation.

Being the ripe old age of 6 myself and planning on being either the Lone Ranger or a fighter pilot, I insisted upon getting a start in horsemanship on the spot. Grandpa had bought us both cowboy hats.

A suitable mount was chosen and I was plunked down in the saddle. The old fellow in charge of the pony ride, seeing my brother on foot as an opportunity to double his take (mom had a nice car, and it was a slow afternoon) said, "And how about the little fella?"

Mom considered her littlest angel a moment. "Oh, no," she said. "He doesn't like to . . ."

"Ride" said my brother, pointing to another pony.

"Oh, honey, I think you better just watch the nice horsey."

"Ride" came from beneath the tiny Stetson at an increasingly assertive pitch.

"Well, I suppose . . ."

The Master of Horse, sensing a wavering decision, lost not a moment in scooping Don into a saddle and reassuring mom that a tiny safety belt had been provided.

And, indeed, Don sat placidly astraddle his pony for two or three turns of the pony-go-round before he began to slide sideways, the slack in the seatbelt allowing him to sit listing to starboard at a steadily increasing angle.

You can see ahead a little better that way.

He smiled placidly, adjusting the set of his sombrero

from time to time, until he finally slid to the ground in a heap. Mom, expecting tears and hysteria, hurried to pick him up and comfort him, but before she reached him, Don had stood and begun kicking at the pony's belly as he raised his usually meek, tiny voice and roared,

"YOU DAMN DUMB HORSE!"

I suspect that later, grandma made a strong suggestion to grandpa in the matter of suitable vocabulary.

**George Ingraham, 83, of Eureka still daydreams of being the Lone Ranger when he grows up.**



**WHERE'S DAT WABBIT? Fearless hunters Don and George Ingraham head out after big game in the early 1940s.**  
George Ingraham photo.

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## PAINTING THE OCEAN

BY MARGARET KELLERMANN

# Two Grandmothers

In honor of Mothers' Day, I've been scrambling to recall family stories of my grandmothers' early years. What do I know about their youth? Not much. What would the two have talked about, had they been able to meet? Not much at all, it seems.

My dad's mother, Cornelia, was born in 1892 into a family — and village — of Virginia Quaker farmers and abolitionists. She contracted polio as a young child, so her right leg was much shorter than her left.

Because of Cornelia's disability, her father built a one-room schoolhouse for girls on the farm, so Cornelia could study at home with her young Quaker Friends.

By all accounts, Cornelia was a Botticelli saint. I never met her; she died when my dad was a teenager. But talking about her made everyone wistful. I never heard her life story tarnished with negativity.

Declining a wheelchair or canes throughout her life, Cornelia accomplished forward motion at home by falling from one piece of furniture to the next. Elsewhere, people supported her on either side. In family photos, everyone beams next to her, as if the radiant Cornelia brought her own sunlight.

My dad told of three daring things Cornelia did as a young woman, all relating to the newly minted automobile. 1. She insisted

on driving, using a long shim so her shorter leg could reach the pedals. 2. She competed in an off-road auto race through cow pastures and creeks. 3. She was once cited for speeding: 26 in a 19 mph zone.

On the other side of the ring — I mean the family — was my mother's mother, Faye. In 1903, she was born a Pennsylvania doctor's child. In her 20s, she trekked to Southern California, where she remained.

Though I would have loved to hear about her transcontinental

crossing in the 1920s — which I'm sure involved many risky maneuvers rivaling Cornelia's — I

got the impression from family members that Faye was a spoiled kid who never grew up. Faye could argue about something as inconsequential as toast, never giving an inch until the debate ended in a win for her side.

At Grandma Faye's funeral, the pastor admitted he'd never met the woman but was sure she had been a kind-hearted matriarch. Above all, he imagined, she was selfless.

After the service, Mom and her sisters asked one another as they left the chapel: "Who was that pastor talking about?"

**Margaret Kellermann, now a grandmother of five, hopes them remember her with rose-colored glasses. Reach her at [bluelakestudio.net/contact](http://bluelakestudio.net/contact).**

# It Takes a Village

By Nancy Frost

You have probably heard the saying — "It takes a village" to raise a child to be healthy, productive and able to reach his/her potential. This saying contains more than a kernel of truth.

But who or what constitutes the "village" in Humboldt County? Here, the "village" includes the Board of Supervisors, city councils, staff at state, county and city agencies, private businesses, health agencies, faith-based groups, schools, and — most importantly — individuals like you and me.

At what age should the "village" start caring for the children? The younger the better. Our nation tends to focus its attention on children who are school age, neglecting children younger than 5. We tend to assume that parents can do it all for young children, but that for older children a broader system of supports is needed. This is putting the cart before the horse.

Research on human development indicates that the greatest benefit we can provide is support when children are in the womb and before they are 5. Economists find that dollars spent on programs for children 0-5 provide a greater fiscal return than programs started later. Plus, medical research recognizes that many chronic illnesses, both physical and mental, can be delayed if not prevented with care early in life.

So let's think about helping future seniors by supporting very young children and their families.

But what support is needed? Support we give young children and their parents should focus on prevention. That means vaccinations, safe and handicapped-accessible playgrounds, and safe places for parents to gather with their young children such as play groups.

Consider what you can do on behalf of very young children in the area of prevention. Your efforts may be doing something that benefits the very young children in your faith group, your community or your immediate family — like your own grandchildren. It could mean hiring or offering yourself as a babysitter so that a young couple with small children can get away and reconnect. It may mean walking to the local park and picking up litter so that the playground is safe for children to gather and play. It may mean reading a book or singing songs to neighbor children.

Consider a donation to the First 5 Humboldt Fund at Humboldt Area Foundation (HAF). Since 2000, First 5 has been leading the crusade for children under age 5 and their families, with the emphasis on prevention. Contact HAF's Hannah Eisloeffel at 707-442-2993.

Make your village strong and healthy by supporting young children.

**Nancy Frost of Fieldbrook is an emeritus professor of child development at Humboldt State University, a parent and a grandparent of a 7-year-old.**

**"One of the luckiest things that can happen to you in life is, I think, to have a happy childhood."**

**—Agatha Christie (1890-1976)**



# First 5 Humboldt — 20 Years of Caring for Our Youngest

By Mary Ann Hansen

This country has a long history of helping care for its youngest and most vulnerable members. During World War II, for example, the United States mobilized a new workforce — mothers with young children — to meet the needs of the nation at war. With millions of women entering the workforce, the need for quality child care was clear.

In 1941, Congress passed the Lanham Act, which created childcare centers for families working in the war effort, with costs shared by the federal government, states and local entities. After the war, federal funding stopped, but some states continued limited support for childcare facilities.

Eureka City Schools' Winzler Children's Center is one of the remain-

ing Lanham Act programs that still provides state-funded child care to low-income families.

Investments in early child care and related programs remain far below need. California funds only 200,000 of the 1.4 million children statewide — one in seven — who qualify for subsidized child care.

First 5 was launched in 1999 after California voters passed Prop 10, the Children and Families Act, funded by a cigarette tax. Since then, First 5 Humboldt (also known as the Humboldt County Children and Families Commission) has invested more than \$21 million in services for young children and their families.

Some of First 5's programs include training for early childhood educators

on child development, supports for curriculum innovations and how best to support families with children; help with health insurance access for low-income families, nurse home visits to new parents, early childhood oral health screening, safety net support for children who are homeless or have other basic needs, and books for the county library.

First 5 also funds early childhood projects with family resource centers, provides screening and referral support to families, and offers 19 free playgroups to families with young children. Playgroups allow children to play together while their parents learn about child development and parenting, connect with other families, participate in developmental screening of their children, get referrals

to additional supports and services, and become more connected to their communities.

Two years ago, in light of declining Prop 10 revenue, Humboldt County earmarked a portion of local cannabis tax revenues to support child-focused prevention programs through First 5 Humboldt, the Department of Health and Human Services, and local community organizations.

Twenty years of work have taught us that the Humboldt community is committed to nurturing its youngest citizens, an investment in a vibrant, healthy future.

**Mary Ann Hansen** of Eureka is executive director of First 5 Humboldt ([first5humboldt.org](http://first5humboldt.org)).

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AGING IS AN ART — BY JOHN HECKEL

## Self-Reflection

I am always on the look-out for transformative opportunities. I enjoy participating in events that, by their own construction, lead to self-reflection. Ricky Gervais' Netflix series "After Life" created many such moments. I highly recommend giving it a try.

The older I get, the more I value such self-reflective moments.

Recently, I attended a millennial wedding in Sacramento. I know it was a millennial wedding because I looked it up on Google. Anyone born between 1981 and 1996 is considered a millennial. The oldest millennials are 38 and well into adulthood, and the youngest 23, just entering the workforce.

The bride, Mary, my wife Janet's niece, is 32, so she clearly qualifies.

Now, I understand postmodernism and deconstructionism. I grew up in the theater trying desperately to come to terms with, among others, Heiner Muller and his "Hamlet Machine." I understand valuing the asking of questions more than hearing the answers. I get it, or, better yet, I got it. But the questions this group of young adults, millennials, presented did not invite my participation.

They took the traditional form of a wedding and removed all meaning and transformative possibilities from that structure. They replaced it with sarcasm and parody, but did so in an exclusive, not inclusive, way. There was no place for anyone of my generation — their parents' generation — to participate.

Declaring their wedding "adults only" alienated many of us who

believe in the transformative power of such gatherings. In our culture, weddings are one of the last great opportunities for family/friend intergenerational gatherings.

Removing the children that usually end the long entrance procession by throwing rose petals in front of the bride, and replacing them with two guys in flower-printed shirts, flitting about throwing multi-colored pieces of paper at each other, does nothing to enhance intergenerational connection or encourage genuine self-reflection.

Deconstructing what our generation created or believed in is easy. Creating your own forms and sharing your own beliefs is hard. Finding room for us older folks in those forms and beliefs is harder yet.

I would like to believe the results of the forms we challenged and deconstructed in the 1960s and '70s were not exclusive, but inclusive. I would like to believe we gave consideration for intergenerational participation. I would like to believe that.

But maybe we didn't! ("Don't trust anyone over 30.") Maybe we were just as guilty. If so, a very belated apology.

Told you I was drawn to self-reflective events.

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

## Ripple Effects of School

By Julie Fulkerson

My elementary school education in Arcata in the 1950s had a great impact on me, my view of the world and how I fit in it. We learned by doing. Art, dance, theater and music were woven into every learning experience. At the time, I had no idea of my good fortune. I do now and reflect frequently on those nine elementary school years.

Our teachers encouraged us to ask questions and to explore possibilities and answers. We sat around small round tables to share information and solve problems together.

I don't remember being tested. We never received letter grades. There were limited ways to tell who was smarter or faster or better. The emphasis was on learning, seeking; not tests, scores nor grades. Even in sports, team players were switched around if one team won too many games. Cooperation was more important than competition or winning. If we didn't know an answer, we could ask a classmate or go to the library.

We sculpted bas relief maps of the Humboldt region, constructed miniature Hupa villages, measured (divided and multiplied) ingredients and baked gingerbread boys and girls, created weather stations and raised polliwogs. We sang, danced, wrote plays, acted, painted and played instruments every day.

My teachers encouraged us to solve

problems in groups. I am sure that has had a lasting impact on how I participate in my community. No one of us has all of the answers. And when we focus on what works, we are collectively successful.

As I wrote this, I read about Maine House Speaker Sara Gideon, who talked her fellow legislators into mixing the seating in the House instead of being segregated by party, so that conversations (and solutions?) could be shared with reduced partisanship. My elementary self smiled with joy.

We are fortunate in Humboldt to have educators who encourage creative expression in their

classrooms. The rest of us need to support them through our voices, votes, tax dollars, contributions, volunteering in the classroom, and showing up for concerts, performances and exhibits. It's a lifelong investment.

**Julie Fulkerson** of Eureka has taught German and English, was a counselor, business owner and elected public official. She plays in five musical groups, co-produces the Trinidad Bay Art and Music Festival, and sponsors [classicallyhumboldt.com](http://classicallyhumboldt.com), which lists local live music. Keeping both sides of her brain in good shape is a lifelong project.



Julie Fulkerson at 11.



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**HSRC News** 707 443-9747 • [www.humsenior.org](http://www.humsenior.org)

## More Humboldters Can Get CalFresh

Thousands of Humboldt residents will now be eligible for CalFresh food benefits under a new California law that goes into effect June 1.

Recipients of Social Security Income (SSI), who previously had not qualified for CalFresh benefits, now will be able to take advantage of the food assistance program, said Apolonia Coan, CalFresh Community Outreach Liaison with the Humboldt County Department of Health and Human Services (DHHS).

“Your SSI and SSP benefits will remain the same,” Coan said. “No one will lose benefits. Under this policy change, SSI/SSP recipients now are able to apply for CalFresh benefits as well.”

Since 1974, California has offered supplemental payments to SSI in place of the Food Stamp program, which was cumbersome for the state and recipients alike, Coan said. Now that the CalFresh program is in place with such useful food benefits and ease of use, she said, it is being extended to SSI recipients as an additional benefit.

The cash amount of CalFresh benefits varies depending on income, household size and expenses, Coan said. Monthly awards for one person can range from \$15 to as much as \$192.

CalFresh benefits are issued monthly on an electronic benefit transfer (EBT) card that can be used like a debit card at most grocery stores, farmers’ markets and neighborhood stores. Applying can be as easy as a phone call. Most applicants can have savings, a house and cars and still qualify. Part of housing costs may be deducted from your income to determine eligibility. Seniors and people with permanent disabilities can also deduct medical expenses.

To apply for CalFresh benefits, go online to [GetCalFresh.org](http://GetCalFresh.org), call 877-410-8809, or go to the DHHS CalFresh office at 929 Koster St. in Eureka. Local agencies including Humboldt Senior Resource Center, Food for People, St. Joseph and Redwood hospitals and Open Door clinics can also assist.

—Ted Pease

## May Highlights

• **6-Week Diabetes Workshop:** Our Pathways to Health will conduct a free six-week diabetes self-management workshop at Humboldt Senior Resource Center (HSRC) in Eureka on Fridays beginning May 17 and running through June 21 from 12:30-3 p.m. in the conference room. Anyone with diabetes or pre-diabetes, and their family members or caregivers, is welcome. Please call 707-267-9606 for information or to enroll.

• **Tai Chi for Better Balance:** Certified instructor Sandra Earl will hold weekly classes on Mondays beginning May 6 and running through September. Sessions are 11 a.m. to noon in the HSRC dining room at 1910 California St., Eureka. Class size is limited, so reserve your spot soon by calling 707-443-9747, x1240.

• **Mother’s Day Lunch:** Celebrate Mother’s Day a little early at all three Senior Dining Centers on Friday, May 10. Come honor the mothers in your life with special activities and brunch. See menu on pages 12-13 for details and reservation information.



**Humboldt Senior Resource Center and  
the Dementia Care Coalition present**

## Dementia: Caring for the Person, Not the Diagnosis



**Thursday, May 9, 2019**

**8:30 am-5:30 pm**

**Sequoia Conference Center  
Eureka CA**

**Register online at  
[www.humboltdcc.org](http://www.humboltdcc.org)**

### CONFERENCE SPONSORS

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Bear River Casino & Hotel • Cloney’s Pharmacy • Coast Central Credit Union  
Hospice of Humboldt • Humboldt Advance Care Planning Coalition • Mad River Adult Day Health Care  
Open Door Community Health Centers

## Humboldt Transit Authority - HTA

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**Eureka Transit Service (ETS) &  
Willow Creek**  
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First 5 Humboldt believes that parents and families are children's first teachers, and that families are the best teachers when they are connected to other families, their communities, and supportive resources.



Bring your grandchild to playgroup, and join a lovely community of people who care about families and young children

For children ages 0-5 and their caregivers

Playgroups are offered Monday-Saturday throughout Humboldt County  
Arcata, Blocksburg, Blue Lake, Eureka, Fortuna, Loleta, Manila, McKinleyville, Orleans, Petrolia, Redway, Rio Dell, Shelter Cover and Willow Creek

Visit [www.First5Humboldt.org](http://www.First5Humboldt.org) for a full schedule

### Every Weekday

9:00-1:00 Library  
9:00-3:00 Senior Services Office  
12:00-3:00 Billiards

### Mondays

9:30-10:30 Karate with Jerry Bunch  
**NEW!** 11:00-12:00 Tai Chi for Better Balance  
10-1:00 Mah Jongg  
1:15-2 S.A.I.L. w/Muriel  
2:10-3:10 FABS/S.A.I.L. w/Beth & Lois  
2:30-4 Memoir Writing Class

**Closed Monday, May 27, Memorial Day**

### Tuesdays

10-11 Harry's Bingo (*not May 7*)  
11:30-12:15 Lunch  
12:15-2:15 Pinochle  
2:10-3:10 FABS/S.A.I.L. with Beth & Lois  
**NEW!** 3:30-4:30 Tai Chi for Balance & Arthritis Practice Group

May 7 10:30-11:30 Dine & Dance w/Ray, Dave & Lois  
May 21 11:30-2:00 Foster Grandparents Program  
May 28 6:00-9:00 pm Stamp Club

### Wednesdays

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

May 1 & 15 1-2 Caregiver Support Group  
Adult Day Health & Alzheimer's Services Library, 2nd floor, Bldg. B  
1901 California St., Eureka

May 8 11:00-11:30 LeAnne Morini performs  
May 8 11:30-12:15 Emblem Club serves lunch  
May 15 10-11:30 Commodities Distribution

### Thursdays

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

May 2 & 16

10:00-12:00 Genealogy group

### Fridays

9:00-10:00 Falun Dafa  
10:00-11:00 Beginning Tai Chi Movements  
11:00-12:00 Beginning Yoga  
11:30-12:15 Lunch

1:00-4:00 Bridge Games  
May 3 11:30-12:15 Cinco de Mayo Celebration  
May 3 & 17 1:30-2:30 Conscious Living Book Club  
May 10 11:30-12:15 Mother's Day Celebration  
May 17 10:00-11:30 John Nelson & John Bennett

### NEW!

May 17, 24 & 31 Pathways to Health: Diabetes Self Management  
12:30-3:00  
May 24 11:30-12:15 Memorial Day Celebration  
May 31 11:30-12:15 Accordionaires Perform  
May 31 11:30-12:15 Birthday Celebration

### Saturdays

May 4 Noon Sassy Seniors @ Applebee's Eureka  
May 18 Noon Nooners @ Bay Front, Eureka

## MAY SENIOR CENTER ACTIVITIES

### Humboldt Senior Resource Center in Eureka

#### An HSRC Senior Dining Center

1910 California Street • Call Tasha at 443-9747 x1228

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

**Closed Monday, May 27, Memorial Day**

### Fortuna Senior Dining Center

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

2130 Smith Lane • Call Launa at 725-6245

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

**Closed Monday, May 27, Memorial Day**

### Tuesdays

12:00 Lunch

### Wednesdays

5-8 Bingo  
May 1 10:30 Music with Bill, Corena & John  
12:00 Lunch

### Thursdays

12:00 Lunch  
May 16 12:00-1:30 Caregiver Support Group  
May 23 12:00-2:00 United Methodist Church, Fireplace Room  
922 N Street  
For info call 443-9747

### Fridays

12:00 Lunch  
May 3 11:30-12:15 Cinco De Mayo Celebration  
May 10 12:00 Mother's Day Celebration  
May 24 12:00 Memorial Day Celebrationh  
May 31 12:00 Birthday Lunch

## May 2019

### Senior Dining Center Menu

#### FIRST WEEK

May 1 **Chicken Parmesan**  
May 2 **Green Chili Egg Bake**  
May 3 **Tamale Pie**

#### SECOND WEEK

May 6 *Dining Centers closed*  
May 7 **Hot Roast Beef Sandwich**  
May 8 **Spinach Roasted Garlic Ravioli**  
May 9 **Cod w/ Sun-dried Tomato Pesto**  
May 10 **Spinach, Ham & Cheese Quiche**

People 60+ are invited  
**\$3.50 suggested donation**

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

**\$6 for those under 60**

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Humboldt Senior  
Resource Center  
Nutrition & Activities Program

#### THIRD WEEK

May 13 *Dining Centers closed*  
May 14 **Sesame Ginger Flounder**  
May 15 **Pork Roast**  
May 16 **Cheese Manicotti**  
May 17 **Teriyaki Chicken**

#### FOURTH WEEK

May 20 *Dining Centers closed*  
May 21 **1/2 Chicken Salad Sand. & Soup**  
May 22 **Bay Shrimp Salad**  
May 23 **Bean & Cheese Enchilada Bake**  
May 24 **BBQ Chicken Sandwich**

#### FIFTH WEEK

May 27 *All HSRC Centers closed-Memorial Day*  
May 28 **Beef Stroganoff w/Egg Noodles**  
May 29 **Crustless Quiche**  
May 30 **Stuffed Bell Peppers**  
May 31 **Chicken & Fire-Roasted Tomato**

### Arcata Community Center

#### An HSRC Senior Dining Center 321 Dr. Martin Luther King Jr. Parkway

Call Vanessa at 825-2027

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

**Closed Monday, May 27, Memorial Day**

### Mondays

May 13 11:00-12:00 Silver Quills Writing Group

### Tuesdays

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

May 7 & 21

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

May 7

### Wednesdays

11:00 Bread distribution  
11:15-12:15 Tai Chi with Kathy (advanced)  
11:30-12:15 Lunch  
12:30- 1:30 Tai Chi with Kathy (beginning)  
May 1 & 15 10:30-11:30 Brice Ogen & Guitar

### Thursdays

9:00-10:00 Tai Chi w/Tim (\$3 donation)  
9:00-11:00 Katie's Krafters  
10:00-11:00 Senior Swim hour-HealthSport  
\$5 fee(*prior registration required*)  
11:30-12:15 Lunch  
12:15- 1:15 Tech Help with Brett  
May 2 10:30-11:30 PJ's Musical Group  
May 9 10:00-11:00 Site Council  
May 16 10:15-11:15 Swing 'n' Sway Trio  
May 16 10:30-11:00 Commodities Distribution

### Fridays

10:00-11:30 Ping Pong with Pete  
11:30-12:15 Lunch  
May 3 11:30-12:15 Cinco De Mayo  
May 10 & 24 10:30-11:30 Piano with John Humphrey  
May 17 10:15-11:15 Sing w/the Dotted Half Notes  
11:30-12:15 Mother's Day Celebration  
May 24 11:30-12:15 Memorial Day Celebration  
May 31 10:30-12:15 Birthday Celebration

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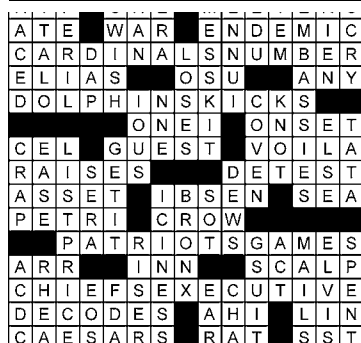


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## Crossword Puzzle on page 22



# May SENIOR CENTER ACTIVITIES

## McKinleyville Senior Center

## Fortuna Senior Center

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**Open Monday-Friday 9 a.m. - 4 p.m.**  
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### Mondays

	8:30-9:30	Tai Chi
	9-12	Computers* (*call for availability)
	10:30	HighSteppers walking at Hiller Park
	1-4	Party Bridge
	1-4	Cribbage
May 6	10-11:30	Genealogy
May 27	11	Low Vision Workshop
May 27	11	Board Meeting

**May 31 Closed for Memorial Day**

### Tuesdays

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

### Wednesdays

	8:30-9:30	Tai Chi
	9-12	Computers (*call for availability)
	9:45-11	Writing Workshop - <b>New!</b>
	10-12	Needlework
	10:30	HighSteppers at Hiller Park
	1-4	Pinochle
May 1 & 15	3-5	Caregiver Support Group Timber Ridge at McKinleyville Private Dining Room, 1400 Nursery Way. For info call 443-9747
May 15	11:00	Executive Board Meeting
May 29	12:00	\$5-Monthly Luncheon Spaghetti, Asparagus, Garlic Bread & Desert

### Thursdays

	9:30-10:30	S.A.I.L. Class
	10:30-12	Pinochle Lessons
	10:40-11:40	Stretching
	12:30-3:30	BINGO
May 2	11-11:30	Meal Loaf & Green Salad-\$3
May 9	11-11:30	BBQ Chicken & potato salad-\$3
May 16	11-11:30	Pork Soup & 1/2 sandwich-\$3
May 23	11-11:30	Turkey Loaf, Mac Salad & Jello
May 30	11-11:30	Soup & 1/2 sandwich-\$3

### Fridays

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

## Rio Dell

**Every Mon, Wed & Fri**

11:30-12:30 Senior Exercise Class  
Chamber of Commerce Bldg.  
406 Wildwood Ave., Rio Dell

**A Membership Organization**  
**MGC is at 2280 Newburg Road**  
fortunasenior.org  
admin@fortunasenior.org • 726-9203

### Mondays

River Walk	8:30	Walking
MGC	9:00	Tai Chi
	11:00	Line Dancing
May 6	1:45	Book Club
	3:30	Ukulele Group
	5:00	SAIL Class
United Methodist Church	9:00	PE for Seniors
	10:30	PE for Seniors-Beginners

### Tuesdays

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

### Wednesdays

River Walk	8:30	Walking
May 1	12:00	Senior Lunch Bunch
	Call Chris 725-2020 or Carol 725-2931	
MGC	1:00	Tai Chi
	5:00	S.A.I.L. Exercise
United Methodist Church	9:00	PE for Seniors
	10:30	PE for Seniors-Beginners

### Thursdays

Rohner Park	8:30	Walking
	3:00	Bocce Ball
MGC	9:00	Cards
	9:30	Yoga for Seniors
	1:00	Mah Jongg
	2:00	Seated Tai Chi
United Methodist Church	12:00-1:30	Caregiver Support Group
May 16	12:00-2:00	Caregiver Support Group
May 23		For info call 443-9747

### Fridays

MGC	9:30	Cards & Games
	2:00	Scrabble Group
United Methodist Church	7:30	Fortuna Camera Club
May 24	9:00	Hiking (Call 725-7953)
Fortuna	9:00	Biking (Call 725-1229)

### Saturday

MGC	11:00	Wellness Speaker
May 18		

### Sunday

MGC	3:00	Qigong Class
May 19	4:00	Doors open, Bingo (members & guests)
May 26	2:00	Open Mic at Monday Club, Main Street, Fortuna (all welcome)

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# Look Out! It's Scam Season

A Humboldt resident — let's call him Jim — called with a chilling story that could happen to any of us.

Jim's grandmother got a phone call from someone official-sounding. "He told her I had been arrested on a drug charge," he said. "She needed to get \$7,500 right away to get me out of jail, or things could be very bad."

Frightened, she went to her bank right away and withdrew the money. She was about to arrange to deliver the cash to the official-sounding caller when her caretaker intervened.

This may sound like something that no one would fall for, but it happens to seniors all the time — last year, financial frauds cost seniors an estimated \$42 billion.

There's what investigators call "the old grandparent scam," like Jim's ex-

perience; then there are several Social Security scams; and recent years have seen a sharp rise in crooks trying to target good-hearted souls who might donate to help people harmed by natural disasters.

Remember that real law enforcement, the IRS, Social Security audits and other officials will never contact you by phone or email, and will never ask for your SS or credit card numbers.

Do you actually know any Nigerian princes who would call you "dear" and send you \$14 million? Of course not. And when you "win" something, do you usually have to send someone \$1,000 to receive it?

Of course not. When in doubt, check it out.

—Ted Pease

**A WARM WORK OF ART** — This handmade "Lone Star" quilt will be going to a good home when the lucky ticket is drawn on Friday, May 10, at 11:30 a.m. in the Eureka Senior Dining Center. Donated by kitchen manager Karen Johnston, the quilt was created between 1995 and 2003 by her mother, Mildred Ashey. "I wanted to share my mother's talent and help the



dining center at the same time," Karen said. Tickets for the quilt drawing are available in the dining room for a donation of \$1 each, six for \$5, with proceeds benefiting the Eureka Senior Dining Center. Ted Pease photo.

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## LIVE VIGOROUSLY

BY JOAN RAINWATER-GISH

# More Free Play

This month's Senior News topic, childhood, came at just the right time as we "girlfriends" were having our monthly meeting. The topic for discussion was "my 10-year-old self."

The Girlfriends is a group of 16 fabulous women, most in their 70s. Although we didn't know each other when we were 10, we were very much alike in terms of our physical activity.

Most of us were very active kids — playing baseball, riding bikes, climbing trees, pretty much free to roam around our neighborhoods until dinner time and, often, after dark. We were pretty independent kids and used our time and energy in free play, and not so much structured in lessons.

Many of the Girlfriends are grandmothers now and realize how very different our 10-year-old grandkids' lives are compared to what ours were. Several studies show that kids today are less physically active, and attribute this to over-protective parents, safety issues and too much screen time.

In her article, "Why kids are inactive (and why it's not just their parents' fault)," Australian health writer Cassie White explains why kids need more physical exercise. It improves fitness, helps with weight maintenance, strengthens muscles and bones, and reduces risk of heart disease and Type 2 diabetes later in life.

White notes that we often blame parents, schools, government policy and excess TV and computer screen

time for kids' sedentary lifestyle. But a research group led by Dr. Natasha Schranz says the tendency to over-schedule children's time is part of the problem. Parents are keen to give their kids as many opportunities as possible — dance, music, sports, etc. But this often means less free time just to play outside.

Also, school activities are not always enough to ensure that children develop the motor skills and movement patterns that are building blocks of other movements. Without practicing these patterns of running, jumping, leaping, skipping, catching and throwing, it makes it hard to build confidence with a whole range of physical activities.

So, how can we grandparents help?

We can be active with our grandkids. Go bowling, play catch, swing in the park or walk the two-mile Mother's Day event in Arcata. There are so many opportunities to help your grandchildren want to explore and try new things.

And guess what? If you do, you'll find that doing more physical activity not only reminds you of your 10-year-old self, but will help your older self age, too.

**Joan Rainwater-Gish, 76, of Eureka is a certified personal trainer and group fitness instructor, and the proud grandmother of five and great-grandmother to seven children — who also have at least six dogs and cats.**

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## PLAYTIME FOR SENIORS AND CHILDREN . . . From Page 1



**GRANDMOTHERS CARE** — One of Benjamin Vondrak's best friends is his grandmother, Olga Kleusheva, who takes him to the First 5 playgroup at the D Street Neighborhood Center in Arcata every week. Ted Pease photo.

playgroups. Sometimes, grandparents are there with their grandchildren while parents work, or fostering grandchildren because the children's own parents can't for some reason safely and fully attend to parenting.

Elaine DuBois has volunteered for Tiny Tots playgroup at the United Methodist Church in Arcata for 10 years. As a volunteer, Elaine helps parents develop confidence in their parenting skills and nurtures parents' natural capacities while respecting the unique culture of every family. She brings her own experience as the mother of two boys, and from First 5 workshops designed specifically for playgroup leaders and volunteers.

"What's important," she said, "is to respect and value families. We welcome each family and introduce them to other families, offer nutritious snacks, provide information about community events and services, and give parenting support when asked.

"We answer questions

about child development, or ask our visiting child development specialist if needed. Caregivers learn how to support their child's social and emotional development as they play," Elaine added. "We are trained to listen and ask questions instead of giving advice. I enjoy seeing parents develop confidence and joy in their play with their children."

The Discovery Museum in Eureka hosts parents and young children on Tuesday mornings for a First 5 playgroup. Bev Nachem, a retired pediatric nursing professor at Humboldt State University, has volunteered at this playgroup since 2015.

She says the Discovery Museum is a treasure trove of interactive learning opportunities for young children. "It's a joy to watch the children figure out how things work," she said. "They learn how to play with others, making the transition to kindergarten easier.

"I often have the opportunity to point out to parents how their child is working hard on understanding a new concept."

The Jefferson Community Center's Saturday playgroup makes use of the large sunny space that was once the kindergarten room of the old Jefferson School. Here, a senior volunteer mingles with parents and children at the Lego table and in the reading corner, playing with finger painting and enjoying snack time. Watching parents guide little ones in the fine art of sharing toys is a pleasure.

Seniors volunteering at playgroups stay connected with parents and

young children, helping create the enriching and trauma-free early childhood that is essential to the health and well-being of the child, as well as to a secure and thriving community.

*Susan Buckley of Eureka finds that the laughter of a young child brightens the grayest day.*

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The League of Women Voters of Humboldt County would like to thank both the community and all of the generous sponsors for the outstanding support received at the 28th annual State of the Community luncheon this year.

Next year's State of the Community Luncheon will be held on April 24th and will celebrate 100 years of League and women's right to vote.

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# Inspired in the U.S., Uncle Created Danish Mor's Dag

By Dorothy Skjonsby

My uncle, Kristian “Christ” Svenningsen, came from a small fishing town called Lonstrup on the north coast of Denmark. He was born May 3, 1896, and came to America in 1912.

Though a Danish citizen, he served in the U.S. military during World War I. During this time, in 1914, President Woodrow Wilson made Mother's Day an official national holiday.

My uncle was very impressed with the concept of Mother's Day, which was established to honor the mothers who had sacrificed so much, especially since they had lost sons in the war.

He returned to Denmark in 1920 and became sergeant at arms of the Danish Parliament, where he proposed a Danish Mother's Day — Mor's Dag.

During World War II, my uncle worked in the Danish underground, helping Jews flee Germany. He wrote to me the story of Denmark's King Christian X, and how the Nazis told Jews in Denmark to wear the Star of David. The next day, the king himself put on the Star of David and rode through the streets of Copenhagen on his magnificent horse. By the end of the day, all the people of Copenhagen were wearing stars.

My first contact with my Uncle Christ was in the 1950s, when he came to America and I learned he had exported Mother's Day to Denmark.

I traveled to Denmark in 1966 and spent time with my family, especially Uncle Christ. He took me to the room

in the Danish Parliament where he presented his proposal for Mor's Dag.

Hanging in the room was a large picture of a mother and young boy. When Uncle Christ proposed Mor's Dag in the Parliament, he referenced the picture, saying that mothers give so much and should be honored.

Danish lawmakers agreed, and the first Mor's Dag was celebrated on the second Sunday of May 1929.

—  
*Dorothy Skjonsby of Cutten is a retired early childhood education teacher at College of the Redwoods. At right, Uncle Christ during WWI.*



## WHY SENIORS SHOULD CARE ABOUT CHILDREN . . . From Page 1

All of us at any age have the potential for caring relationships with the children in our community. Reading, singing, talking, smiling and cuddling all enhance development.

Few of us think about the economics of children's early care and education, but Noble Prize-winning

economist James J. Heckman has put the spotlight on the monetary value of providing children with quality early learning and care opportunities. “Many major economic and social problems in America — crime, teenage pregnancy, high school dropout rate, adverse health conditions — can

be traced to low levels of skills and social abilities such as attentiveness, persistence and working with others,” Heckman writes. “These so-called ‘soft’ social skills are neither soft nor unimportant . . . they are essential ingredients for success in life.”

Heckman suggests that early development of effective social skills greatly influences successful IQ development and ultimately, personal and social productivity. The added bonus, Heckman's research shows, is that we can get an economic return of \$5 to \$12 for each dollar invested in young children by preventing the costs of low academic performance, poor health and increased criminality that occur when children are denied care and nurturing.

Which leads to the third reason we should care about young children: We live in a community. The health of our community is only as good as the health (both physical and mental)

of our children. Long-term studies of “at-risk” children show that children who had quality early-childhood attention achieved higher levels of academic success, and were less likely to be incarcerated or addicted to alcohol and other drugs. “They are also more likely to be employed; thus revenue from their taxes and enhanced buying power can positively contribute to the economy,” one study found.

Children deserve adults who care, and so does our community. The children of today are our future community leaders. Remember that the child crying in the grocery store may someday be your doctor, your plumber or your caregiver.

—  
*Sydney Fisher Larson of Arcata is a First 5 Humboldt commissioner and an emeritus professor of early childhood education at College of the Redwoods.*

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## GRASPING FOR PEARLS . . . From Page 5

If you have never seen a pearl — a thing of beauty, most people would agree — it would be hard to identify one.

I believe a better understanding of the world, and the ability to put the world into some kind of compassionate and realistic context, can be improved by reading stories, seeing plays, seeing movies, looking at art and listening to music.

In his play, “The Tempest,” Shakespeare spoke of the drowned man:

*Full fathom five thy father lies;  
Of his bones are coral made;  
Those are pearls that were his eyes;  
Nothing of him that doth fade,  
But doth suffer a sea change  
Into something rich and strange...*

Amidst drowning, pearls. Amidst drowning, a sea change.

My hope for us is that we can find the pearls, and make our metamorphosis into a more healthy society before we drown.

**Dr. Jennifer Heidmann** seeks out her pearls as medical director and primary care provider at Humboldt Senior Resource Center’s 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).

## May Community Calendar

### Fiesta de Mayo

The Trinidad Coastal Land Trust celebrates the coast, local art and the start of the summer season with its annual Fiesta de Mayo fundraising party during the first Trinidad Art Night, Friday, May 3, 5:30-9 p.m. at Trinidad Town Hall. Music by The Sandfleas, great food, Art by Artists Who Surf. Info: [trinidadcoastallandtrust.org](http://trinidadcoastallandtrust.org).

### Chamber Players

The Chamber Players of the Redwoods will perform works by Beethoven, Kibbe, D’Rivera and others at the Christ Episcopal Church at H & 14th Streets in Eureka on Sunday, May 5 at 2 p.m. The concert is free with a suggested donation.

### Rose Society Sale

Just in time for Mother’s Day, the Humboldt Rose Society’s annual plant sale will be Saturday, May 9, 10 a.m. to 4 p.m. at Redwood Acres Fairground’s Rose Garden. Rose experts will be available to answer rose cultivation questions. Information: [humboldtrose.org](http://humboldtrose.org), 707-443-1284 or email [roseladygardener@yahoo.com](mailto:roseladygardener@yahoo.com).

### Gospel Choir Breakfast

The Arcata Interfaith Gospel Choir will hold a musical community prayer breakfast at the Arcata Community Center on Sunday, May 19. Continental breakfast at 9:30 a.m. and the music begins at 10 a.m. The Sweet Inspiration Band, an Aretha Franklin tribute group, will open the show. A silent auction and raffle helps support the choir. Tickets \$15 in advance, \$18 at the door. Free for children 5 and under. Tickets at Wildberries, The Works and online at [PB2019.brown-papertickets.com](http://PB2019.brown-papertickets.com).

### Friends of the Marsh

Friends of the Arcata Marsh (FOAM) sponsors free guided tours of the Arcata Marsh & Wildlife Sanctuary on Saturday, May 4 & 11, at 2 p.m. Meet the tour leader at the Interpretive Center on South G Street for a 90-minute walk focusing on marsh plants, ecology and history. Loaner binoculars available with photo ID. Information at 707-826-2359.

### Humboldt History Talks

Humboldt historian Jerry Rohde launches his 2019 free “Celebrating Life in Our Humboldt County” history presentations in May with programs in Fortuna (May 3), Bay-side (May 10), Rio Dell (May 17) and Arcata (May 24). The presentations, sponsored by Pierson Building Center, run until November. Call 707-441-2700 for details.

### Play Ball!

The Humboldt Crabs open their 2019 season with a three-game series in Arcata against the Corvallis Knights, Friday-Sunday, May 31-June 2. Founded in 1945, the Crabs is America’s oldest continuously operated summer collegiate baseball team. Full schedule, ticket info and more at [humboldtcraabs.com](http://humboldtcraabs.com).

### Journaling Workshop

Novelist Margaret Kellermann will present a free workshop on journal-keeping, including a book reading and signing of her new novel, “Annie California,” which was written in journal format by the fictional Annie. Ages 8 to 98. Eureka’s Humboldt Library on Thursday, May 30, 5:30-7 p.m.; and Trinidad Library, Saturday, June 1, 1-2:30 p.m.

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# Letter to the Editor

## Language of Change

To the Editor:

John Heckel's column, ("Holding Your Stories") in April's Senior News explains what underlies every successful tyranny. He wrote, "When Kemna closed, my father and his (Nazi) concentration camp guards went back to the same neighborhoods from where they came, once again living in the same streets."

Tyranny requires participation within every hamlet of residents to perceive themselves as "beneficiaries" of unbridled wealth, power and greed. This ancient deception prolonged U.S. slavery for centuries just as it prolongs today's worldwide sweatshops providing most U.S. commodities.

America's continuing orthodoxy of government-industry collusion manufactures profitable shortages in housing, employment, education, health care, pharmaceuticals, transportation and alternative energy. The gas, oil, finance and military junta governing America is stifling employment in a "green economy."

The full public costs and human suffering from increasing examples of predatory power and greed — including alarming prediction of millions more refugees from expanding oil

wars and oil-induced climate change — are common topics at America's dinner tables, break rooms, market places and universities. The media's self-censorship of these costs and failure to share in their communities' outrage are further symptoms of tyranny.

Defeating tyranny always begins with the language of change permeating communities, exposing local corruption, speculation and manipulated scarcity that comprise tyranny's foundation. It's up to individuals, institutions and our community to hold local predators accountable, and to divest from oil and other malevolent local industries to the greatest extent possible.

For example, Humboldt County's money-corrupted elections can be challenged through ranked-choice voting to end poorly contested or unopposed political candidates who have long-facilitated full participation in every recurring housing fraud, collapse and bailout amid an epidemic of homeless men, women and children.

As writer George Orwell said, "In a world of deceit, the truth is revolutionary."

**George Clark, Eureka**

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

**"If you carry your childhood with you,  
you never become older."**

**—Tom Stoppard, playwright**

# Briefly About Books

Those of us who have "rowed North" against the tide of ageism will find affirmation in Mary Pipher's new book, "Women Rowing North: Navigating Life's Currents and Flourishing as We Age."

A group of readers, ranging in age from their 60s to nearly 90, recently joined Cheryl Johnson (who offers OLLI's "Conscious Aging" classes) for an afternoon exploring the noted clinical psychologist's theories and stories about the difficulties and triumphs of growing older.

Described as a timely examination of the "cultural and developmental issues women face as they age," Pipher's book prompted participants to quote meaningful passages, and share "Aha!" moments, as well as descriptions of the skills and choices made along the way.

Should you wish to discuss books that offer wisdom, pleasure, or entertainment, I urge you to form a reading group of your own, or take advantage of ready-made choices.

The Arcata Library offers a book club for library cardholders. Since its inception last fall, "Book Club in a Bag" has offered multiple copies of book selections from its monthly Novel Ideas Book Group, as well as discussion topics from the books.

When you're ready, select a book or a bag full, call a few friends and share a reading adventure.

*Carol McFarland of Arcata is a retired English professor who rows happily through an ever-growing river of books.*

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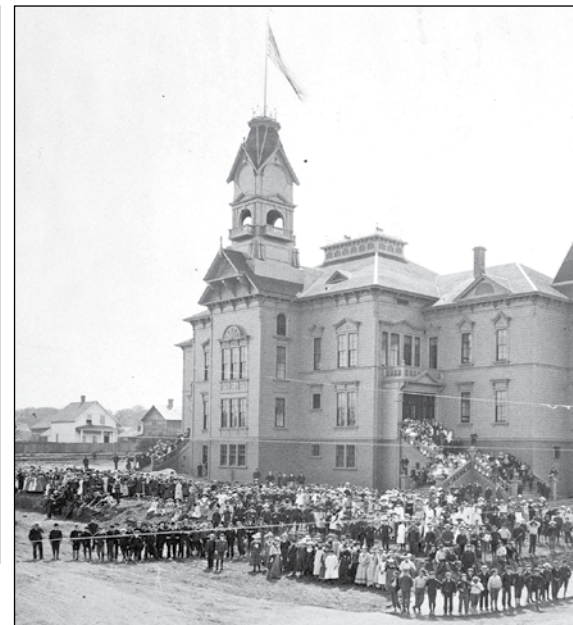
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# Humboldt School Days



**THE HEART OF HUMBOLDT** communities has always been its children and schools, where the county's young are prepared for life. Here are some snapshots of schools and schoolchildren from Orleans to Garberville in the late 1800s and early 1900s. Clockwise from upper left: Young women at the Arcata School ~1896; students in uniform at Hoopa Valley, 1901; Eureka high school students throng at the Winship School on F Street in the early 1900s; Garberville students and their teacher, 1906; the Columbus Day picnic at Blue Lake School, 1892; the Arcata Grammar School, 1884; Fortuna Elementary School, ~1900; the Orleans School was housed in the old Klamath County courthouse, 1893. What do you suppose these children became in their lives? What stories they had to tell. Photos courtesy of Humboldt State University Library Special Collections.





# Crossword Puzzle

This crossword puzzle is sponsored by  
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## Team Building

by William Eisenberg and Andrea Carla Michaels Edited by David Steinberg.

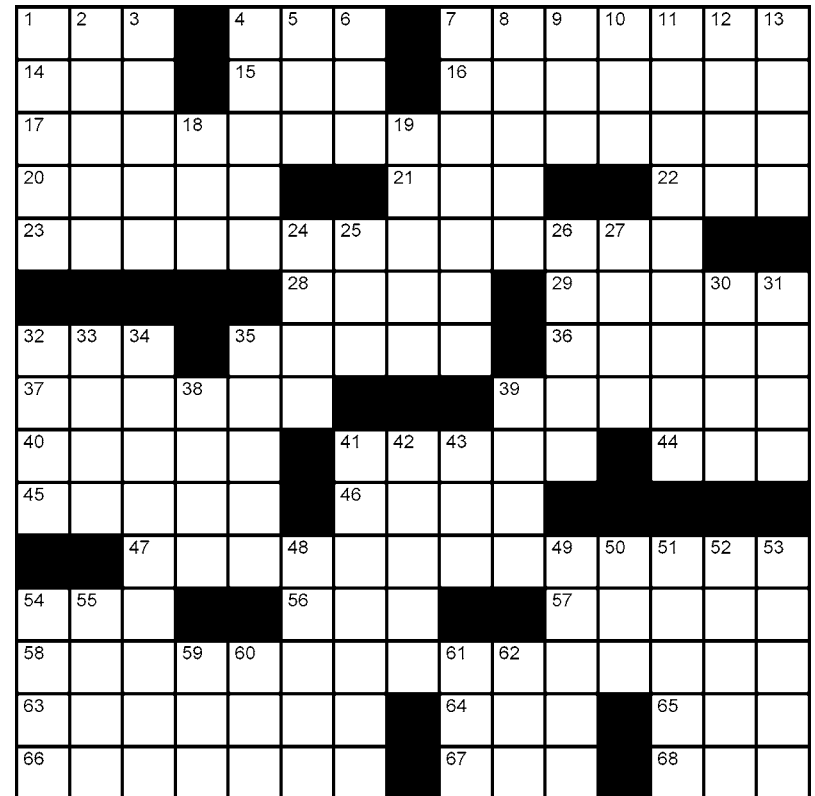
### ACROSS

- 1 Unfortunate pants sound
- 4 \_\_\_ shed (man cave relative)
- 7 “Welcome back!” sign holders
- 14 Munched on lunch
- 15 Game with many ties
- 16 Native to a particular region
- 17 6 for Stan Musial, e.g.?
- 20 Inventor Howe
- 21 Columbus sch.
- 22 “Pick a card, \_\_\_ card”
- 23 Field goal attempts in Miami
- 28 R.E.M.’s “The \_\_\_ Love”
- 29 Get-go
- 32 Cartoon frame
- 35 Talk show staple
- 36 Cry of success
- 37 Salary increases
- 39 Can’t stomach
- 40 Useful quality
- 41 Playwright Henrik
- 44 Mermaid’s home
- 45 Dish in a lab
- 46 Cornfield bird
- 47 Tom Clancy thriller about Spygate and Deflategate?
- 54 Incoming flight abbr.
- 56 Quaint lodging
- 57 Resell tickets unfairly
- 58 Arrowhead Stadium decision-maker?
- 63 Ackscray isthay ueclay, aysay
- 64 Poke tuna
- 65 \_\_\_-Manuel Miranda
- 66 Palace casino in Vegas
- 67 Snitch
- 68 Retired JFK jet

- 4 Nothing-but-net sound
- 5 Solo of “Solo”
- 6 Cenozoic or Mesozoic
- 7 Soldier’s utensil set
- 8 World-weariness
- 9 End of a college URL
- 10 President pro \_\_\_
- 11 Ambassadors’ workplaces
- 12 French for “nothing”
- 13 Search a crystal ball
- 18 Fist bump
- 19 Misplaces
- 24 Notes in a poker pot
- 25 Minneapolis-to-Duluth dir.
- 26 Bewitching group?
- 27 Granny or hitch
- 30 “Or” follower, in an ultimatum
- 31 British “See ya!”
- 32 Roll an unlucky seven, with “out”
- 33 Soften
- 34 Cause of sticker shock
- 35 “Savvy?”
- 38 Word repeated after “que”
- 39 Mountain \_\_\_ (some sodas)
- 41 Extremely aloof demeanor
- 42 Cardi B’s borough, with “The”
- 43 Drunkard
- 48 Choir’s platform
- 49 Astronaut attire
- 50 One of five in many plays
- 51 Sends a hard copy, say
- 52 Presley or Costello
- 53 Too pooped to pop
- 54 “Back in Black” band
- 55 Perlman of “Cheers”
- 59 Early-rising Greek goddess
- 60 Medicine watchdog grp.
- 61 Mr. Potato Head part
- 62 Half a dance

### DOWN

- 1 Sprinted
- 2 “Invisible Cities” author Calvino
- 3 Grave risk



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Answers on page 14

# One Little Girl's WWII Sacrifice: Bubblegum

By *Patty Holbrook*

The siren's forlorn wail cast an instant pall over our pleasant neighborhood in Studio City, a suburb of Los Angeles, near Hollywood. It was an air raid drill. Sprinting through the house, my parents doused all the lights before our gruff block captain could blow his shrill whistle and bellow, "Turn off those damn lights!"

It was World War II. There was no bubblegum, my greatest pleasure.

No chocolate, no nylons for my mother, rationed gasoline, sugar, oil and butter, no coffee or cocoa. If my mother scrimped enough of her meager sugar and butter rations to bake a cake, we celebrated.

"Butter" was Nucoa, a rectangular slab of white goop with a blue capsule of yellow dye. My older sister was in charge of mixing the glob in a bowl. She hated to mix it and I hated to eat it.

No more Sunday drives to the countryside. With each purchase of precious fuel, the gas station attendant checked the oil, put water in the radiator and air in the tires. The nice man at the Texaco station always gave me a little red plastic flying horse.

We never knew what daddy would bring home. We were thrilled when he brought us a giant Hershey candy bar, which my mother immediately confiscated, doling out small pieces to make it last. I wasn't as excited when he came home with a large salami.



**PATRIOT IN PIGTAILS** — During World War II, Patty Holbrook learned to sacrifice, which made her love bubblegum and bicycles all the more. Photo courtesy of Patty Holbrook.

At the movies, we saw a feature film, travelogue, cartoon and newsreels showing our planes being shot down or our ships being blown up. Footage of Adolf Hitler or Emperor Hirohito or their armies received angry boos and hisses. During intermission, ushers passed plates and everyone put in coins and dollar bills to help pay for the war.

Our Japanese gardener was so nice to me, always bringing a little toy. Suddenly he stopped com-

ing. When my mother said he'd gone away and wouldn't return, I cried. Of course, I knew nothing about the internment camps.

I was a frail child and needed to have my tonsils removed, but hospital beds were scarce, so it was done in the doctor's office. He used ether, and the sickening-sweet smell stayed with me for a long time.

Neighborhood ladies gathered in our basement to knit olive-green hoods for soldiers to wear under their helmets. The junk man came by weekly in his rickety old truck collecting spare metal. My sister and I saved tinfoil and string and my mother saved bacon grease. I didn't know why, only that it was for the war.

The war ended in 1945. Basic "luxuries" trickled back into the stores — including bubblegum. Jo-Anne's daddy came back from the war. Mr. McKinney bought a new car. We could take Sunday drives again.

My patriotism runs deep. I blubber when I hear "The Star Spangled Banner" and tingle when I see the American flag carried in a parade. Though I was just a little girl in pigtails, I played a part in the war. I sacrificed bubblegum for my country.

**Patty Holbrook** of Eureka is a writer, pianist and bubblegum lover.

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## Coming in Senior News

• **JUNE** Senior News will look at the state of medical care in its **Humboldt Health** edition. Do you have stories about health care in Humboldt?

• **JULY** Senior News: This summer, let's celebrate our best friends — **Our Pets**. For many pet owners, life would be a duller, drabber place without a cat to feed or a dog to walk. Tell us your pet stories. Contact SN editor Ted Pease, [tpease@humsenior.org](mailto:tpease@humsenior.org) or 707-443-9747, x1226.

## Senior News

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