



# Sweet Songs of Summer

## Sing the Song, Feel the Joy

*By Halimah Collingwood*

My father was a professional musician and played bass and tuba for over 15 years with Kay Kyser and his Kollege of Musical Knowledge, voted America's most popular big band in 1941 and again in 1942 — the year I was born.

Each time he returned from touring, he brought me stacks of 78s, which I listened to voraciously. I knew all the songs of the day, from Dinah Shore singing "Buttons and Bows" to Doris Day's rendition of "A Bushel and a Peck," to my favorite, "How Much is that Doggie in the Window." Remember those magical songs?

When I was 6, I sang solo at church, and later sang in elementary school plays, with a trio in junior high, in high school talent shows, with choirs, with a jazz band and, finally, had the lead in our school musical, "Call Me Madam."

While in college, I was a humdinger of a folk-singer, but dropped out to pursue a musical career. Over a six-year span, I sang with two folk rock bands until I realized the life I was living was too crazy. You know — sex, drugs and rock 'n' roll. Well, I didn't want any more of it.

So music and singing have been the core and center of my life. Music touches the soul in profound ways, as Frank Ticheli so beautifully expressed in his "Earth Song" — "But music and

*Continued on Page 3*



**FESTIVAL STRINGS** — Some of Humboldt's finest string musicians perform at the Trinidad Bay Art & Music Festival this month. See listing of players on page 6. Terrence McNally photo.

## Small Town, Big Talent

*By Julie Fulkerson*

Here behind the Redwood Curtain, Humboldters can hear abundant live performances. And, when you listen carefully, you will also hear the

sounds of children who have just picked up an instrument for the first time, maybe next door, in

*Continued on Page 6*

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## Tedtalks: More Than Just 'Eh'

By Ted Pease

Doing an issue of Senior News focusing on the arts is something of a no-brainer in Humboldt County. Since first coming to here more than 20 years ago, my wife and I have often remarked on the fact that just about everyone seems to be some kind of artist.

So I wasn't too surprised to find a factoid that said Humboldt has more artists per capita than any other California county. No one — even the Humboldt Arts Council, which also quotes it — seems to know whose statistic it is, or whether “artists” means just painters, or something more inclusive.

Lord knows you can't swing a ukulele around here without whapping a painter/photographer/musician/actor/sculptor . . . So the question we ask in this issue of Senior News is, “Why?” Why do you paint? Why do you sing? Why do you [insert artform here]?

Take me. I don't claim to be any kind of artist, but I am a photographer. For me, the answer to the “Why?” question is actually a profound part of who I am.

My grandfather, a commercial photographer in Boston, took me into the darkroom as a kid. He — and photography — taught me to see the world differently, and in ways that I believe also make me a better writer.

Why do photographers go out at the crack of dawn or stand ankle-deep in waves or wet grass, or chase around kinetic folks and

festivals? At sunset on the Solstice, I counted at least four photographers set up behind cameras and tripods on Trinidad State Beach. Why? How many sunsets do you really need?

For photographers, the answer to these “Why?” questions is obvious. For us, this is how we connect with the world, and photography helps us see the world differently than most people.

So it is with the contributors to this month's newspaper. Printmaker Libby Maynard of the Ink People thinks art can solve the world's problems. For singer Halimah Collingwood or violinists Julie Fulkerson and Vanessa Kibbe, music can bring people together and lift the spirit. Dr. Jennifer Heidmann, a pianist, prescribes a good dose of music daily. You can trust her; she's a doctor.

However, wherever and whenever we “do” art, and whether that art is sculpture, photography, concerto or whistling down the street, the mere act of doing it can connect us with the world, with others and with ourselves.

And that's a gift that gives our lives more depth, more color.

We walked the dogs past a bumpersticker at Trinidad State Beach the other day. It said, “Earth, without art, is just eh.”

*Ted Pease is the artist who edits  
Senior News.*

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# There's No Business Like a Senior in Show Business

By Jan Ostrom

Do you ever go to a musical theater show and imagine yourself onstage? I did once, but after falling off the stage in fourth grade as a swaying sunflower, I let go of my dream of a Broadway career.

But now, well into my retirement, I'm trying to teach this old dog new tricks.

I am fortunate to have a retired pal who has helped me to see that aging is not a mandatory gateway to the rocking chair, and that some lessening in my agility from arthritis is a good reason to get more exercise and work on my balance.

"Let's try out for Humboldt Light Opera's production this summer," Tracey urged. "They need people for small parts onstage. You can do it, it'll be fun. It's 'The Wizard of Oz.'" Her sparkling eyes insisted I say yes.

The audition flyer said, "Sing a song of several minutes, bring music if you have it."

I found my song at the Eureka Public Library, and a week later, I belted out my best imitation of Frank Sinatra's "You Make Me Feel So Young," Las Vegas-style. The committee laughed and said, "You're in!"

It's a tiny part. I'm a Polisher — for 10 seconds, I polish the Tin Man. Tracey is a tap-dancing tree.

I knew I could warble "In the Merry Old Land of Oz" with Munchkins and others, but what I didn't realize was that we Polishers are part of a huge pro-



**BACKSTAGE** — The Tin Man, played in Humboldt Light Opera Company's "The Wizard of Oz" by stage veteran James Gladd, helps theater newcomer Jan Ostrom with her costume. Jan Ostrom photo.

duction number, and we have to prance, swing, kick and pose. Undaunted, I made the commitment.

Our vivacious choreographer uses grace and good humor to create dance movements for us Emerald City folk to show our daily happiness. We are all shapes, sizes, abilities and ages. We sing, slide and hop, walk and skip, even pose our arms with energy and exuberance.

I'm not at all a dancer, but the choreographer has retrained my two left feet. Tracey practiced the moves with me, and now — by George, I think I've got it.

The Oz actors and dancers, from the Cowardly Lion to the Wicked Witch, welcomed me and have been fun, patient and kind.

Now, the excitement of opening night has me humming and excited as I make my stage debut at 73. It's been a total blast. I highly recommend that seniors volunteer with Humboldt Light Opera Company — they're a very fun group. Lots of hard work, but fun.

Follow the Yellow Brick Road to see Tracey and me, the Tin Man, Dorothy, Munchkins and cool flying monkeys in shows on the first three weekends in August. We'll happily take you Over the Rainbow.

**Jan Ostrom, 73, of Eureka is a retired film and television professor. For information and tickets to the Humboldt Light Opera Company's nine August performances of "The Wizard of Oz" at the Van Duzer Theater, go online to [hloc.org](http://hloc.org).**

## SING THE SONG . . . From Page 1

singing shall be my Light."

When you are down or depressed, music lifts the spirit. Go to a gospel concert sometime and see how you feel afterward.

Remember singing as a child, "If you're happy and you know it, clap your hands"? Weren't you happy? And what about "Somewhere over the Rainbow," with its vision of all the possibilities of life?

These songs we grew up with left indelible positive impressions that we, as seniors, can often access more clearly than many of our current moments.

Music and singing bring people together, and whether you are on stage or in the audience, you can feel the connection and love that is generated. It's not us and them — it's WE. We're all together now!

It is not surprising that group singing is on the rise. Look at any community choir and see how many seniors are participating with big smiles on their faces.

We make new friends and foster greater community spirit. The elation we feel may come from endorphins, hormones that are associated with

feelings of pleasure and the alleviation of anxiety and stress, released by singing.

Our day brightens and we can take joy in the life we live, grateful that music is in our hearts.

**Halimah Collingwood, 75, of Arcata is a member of the Arcata Interfaith Gospel Choir and hosts "Ethnic Excursions," a world music program on KHSU.**

# Promoting 'Art of the People'

By Libby Maynard

Every artist is a unique individual, but there are two general kinds of arts administrators: the arts-for-arts'-sake types and the community arts types. I think of the former as the "I know what's good for you" folks, while I am "the community knows best" type of person.

Until I was 12 I lived in Washington, D.C., and thought everyone went on field trips to the National Ballet, the National Symphony and the Smithsonian Museum.

My best friend in fifth grade grew up to work at the National Art Gallery. After many years, we decided to have lunch, and discovered we were so far apart in art worldviews that we never met again.

My family moved from D.C. to Bangkok, Thailand, and Vientiane, Laos, where I saw cultures that infused art into everyday life. I was hooked.

When I arrived at Humboldt State in 1967, I slowly began to form my art philosophy and involvement in the art world. While working on my M.A. in printmaking in 1979, I met artist Brenda Tuxford. Together, we decided to start the Ink People as a way of supporting artists in the community.

In truth, Brenda was an arts-for-arts'-sake art lover, while I believe that the arts can help solve all the world's problems. It was a good balance. We lost Brenda in 2004, and although I try to keep her views in mind, I went whole-hog for community arts.

I think of everything in terms of inclusivity — "arts and . . ." — arts and healing, arts and education, arts and you-name-it. The Ink People now has more than 100 programs and projects, most of them conceived and led by community artists and residents. They meet community needs as identified by people who are impacted by them.

We are not the high-art people, but the art-of-the-people people.

You may have been touched by one of the 300+ DreamMaker projects we have facilitated since the



Maynard: "Whole-hog for community arts." Ted Pease photo.

early 1990s. Maybe you attended our classes, or have come to life drawing sessions. Perhaps you hung out at the MARZ Project (Media & Arts Resource Zone) as a teen and learned how to express yourself creatively through graphics, poetry, music or video. Or you attended our no-censorship gallery exhibitions in our former Muni space.

It's been a wild, on-the-edge and totally satisfying ride, and I'm dedicated to it 'til the end.

**Libby Maynard, 69, of Eureka is the cofounder and executive director of the Ink People Center for the Arts, 525 7<sup>th</sup> St. in Eureka. Visit [inkpeople.org](http://inkpeople.org) for information.**

## BRIEFLY

### Not Short for 'Madison'

There are quite a number of Mad Rivers if you look — in New Hampshire, Maine, British Columbia and Ohio.

Some of those are shorthand for colonial statesman James Madison. Others refer to the ferocity of the river.

But Humboldt County's Mad River, which flows through Blue Lake and into the Pacific at McKinleyville, isn't an abbreviation. Our Mad River got its name because of an angry explorer.

The plaque at Vista Point on the Hammond Trail in McKinleyville explains:

"From The Trinity Diggin's: On Nov. 5, 1849, Dr. Josiah Gregg led a party of men; including messrs. Buck, Sebring, Truesdale, Van Duzen, Southard, Willson, and L.K. Wood; west to search for Humboldt Bay. Finding Trinidad, they went south to a river called 'Batwot' by native Wiyot people. As they crossed, Gregg was on the north bank, making a latitudinal calculation. Fearing he'd be left behind, Gregg grabbed his instruments and waded to the last canoe. Reaching the south bank, he unleashed a scalding torrent of epitaphs and insults such that the party nearly pitched him and his gear into the water. Hence the name 'Mad River.'"

## Historical Snippets

**Humboldt Factoid:** On June 16, 1913, California Gov. Hiram Johnson signed the law creating the "Humboldt State Normal School" to prepare teachers. The first 62 students started classes in an Arcata Bottom building in 1914.

**Humboldt Factoid:** Alexander von Humboldt (1769-1859) was a Prussian naturalist whose work in botanical geography laid the groundwork for what is now known as the field of biogeography. He never set foot in Humboldt County, as far as anyone knows.

**Humboldt Factoid:** The world's tallest tree — named Hyperion after one of the Greek Titans — was discovered in late 2006 near Tom McDonald Creek north of Orick. At 380.3 feet tall and still growing, the tree is nearly six stories taller than the Statue of Liberty.



## ASK THE DOCTOR

# Rx: Take Music Daily. Repeat.

By Jennifer Heidmann, M.D.



“I wish I had continued piano lessons” is a sentiment I often hear when talking to people about music. My answer is always, “Well, it’s not too late.”

I then receive a quizzical stare or a laugh of cynical disbelief. But as a physician and lifelong pianist, I am here to tell you it is true.

Like any language, learning music for the first time as an adult can be challenging. Our brains are less flexible. We have higher expectations of ourselves than we might have had at age 5 or 10. We know how the music should sound, and when it doesn’t sound that way, we get frustrated.

But the very process of learning and playing can be rewarding. Brain scans of elders playing music show that the brain lights up in many areas, more than in young people, which means the task is engaging brain cells. Music is a way to connect with others. It can take our minds off things that are stressful.

I met a man several years ago who started playing the trumpet in his late 50s. He went to play in the high school band with his son (I bet that went over well), and kept up the trumpet long after his son graduated. He still plays jazz on a regular basis.

Every instrument also involves some kind of physical activity. Wind instruments help develop better breathing techniques. With the piano, you use your hands and arms. A string player has to bow and hold the instrument correctly. A guitar or ukulele player uses fingers, hands,

arms and probably taps their feet.

I can get a sore back when I practice piano for long periods. So although lots of practice is a great way to improve, it is important to get up and stretch, and to ensure your position and posture are correct.

Vladimir Horowitz — may he rest in peace — is one of my favorite pianists. In 1986, at age 81, he returned to his homeland and played a concert in Moscow. It was a riveting performance, with the sold-out concert hall completely hushed as he played, followed by roaring applause. It was televised (do a Google search for Horowitz in Moscow 1986 YouTube) and is well worth watching.

I recently played piano in a chamber music piece along with a French horn and clarinet. Carl Reinecke composed it just before his 82<sup>nd</sup> birthday.

Horowitz and Reinecke played music throughout their lives. But even those who come to music late can find joy and pick up new skills. Learning an instrument involves not only the mental and physical tasks of coordination and reading notes, but also opens up the heart and mind to a deeper understanding of music.

Part of being a musician is listening to recordings and going to live performances. In Humboldt County, we are fortunate to have many opportunities to hear music. Chamber Players of the Redwoods offers an annual concert series featuring local

Continued on Page 19

## Friendship in 36 Questions

Maybe it was because it was the Summer of Love, but one day in 1967, psychologists Arthur and Elaine Aron made love their life.

More than 50 years later, the Arons are still in love, and still studying relationships as an interpersonal phenomenon.

They have refined 36 key questions designed to help strangers break down emotional barriers and, the Arons have learned, can result in friendships, romance and even marriages.

The questions aren’t all lovey-dovey. But they do help people learn new things about each other — the kind of discovery that makes new relationships so exciting.

In the lab, two strangers sit face-to-face and ask each other a series of increasingly personal questions. The

first two are: “Given the choice of anyone in the world, who would you want as a dinner guest?” and “Would you like to be famous? In what way?”

Not so hard, right? Even the last ones on the list aren’t embarrassing — “Of all the people in your family, whose death would you find most disturbing? Why?” But they build in complexity, and by the end, you know a lot about the other person, so the conversation becomes much more in-depth and revealing.

University professor Mandy Len Catron tried it, and wrote about what happened in a 2015 column for The New York Times. Find it and more about the Arons’ work by doing a Google search for “Arthur Aron 36 questions.”

—Ted Pease

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# A Musical Gold Mine in the Redwoods

By Vanessa Kibbe

We had been coming to Humboldt County for many years for holidays and quick camping trips, because our oldest son, Victor, and his family have lived here for years.

When it came time to think about retiring from our life in LA, my husband Mike and I decided to relocate here, especially since Victor and DeVon had just had a daughter, Liliana.

That was five years ago.

I am a violinist, and Mike is an oboist and composer. Back in 1976, when we originally decided to settle in Los Angeles, it was for the simple reason that LA is one of the few cities in the country where a freelance musician can make a living. There was so much work for musicians available there, of so many kinds, that it was possible to build up contacts and networks and survive.

After 40 years in the LA area as union-dues-paying professional musicians, we pulled up stakes and headed north.

What we discovered here is that, unlike most smaller cities and towns, Humboldt County is almost a hot bed of classical music. The Eureka Symphony is a credit to



Vanessa and Mike Kibbe. DeVon Dragon photo.

Northern California for the quality of music that it presents, and the Chamber Music Workshop at Humboldt State University brings excellent amateur musicians here to play.

Many times this experience means they retire here. As a result, Humboldt County has an extraordinarily talented musical population. There are literally dozens of chamber music groups of all kinds meeting weekly, simply to play great music for the love of it. And almost none of it is done for money.

When Julie Fulkerson and I met in the second violin section of the Eureka Symphony, we began to talk. Soon, she invited me to join her and fellow string musicians Kit (violin) and Don (cello) Morris to play quartets once a week at their home.

This is a unique feature of the musical life in Humboldt that we never anticipated when we left LA behind.

*Vanessa Kibbe, 71, of Westhaven is a lifelong violinist, and co-organizer of the Trinidad Bay Music & Art Festival.*

## SMALL TOWN, BIG TALENT . . . From Page 1

a local music classroom.

Eventually those children grow into fine musicians with the encouragement of parents, teachers and appreciative audiences. You might have raised or nurtured a young musician right here in what some consider the backwoods.

The truth is that we live in the perfect incubator to grow talent of all kinds — artists, entrepreneurs, manufacturers, inventors . . . and musicians.

One showcase of that world-class musical talent is the Trinidad Bay Art and Music Festival (TBAM), Aug. 10-12 and 17-19. Some 30 musicians, all with connections to the North Coast, will demonstrate the kind of talent that Humboldt County grows and attracts. Many of the performers grew up here. Others live here now.

How about these three virtuoso pianists: Bulgarian native Daniela Mineva is a Humboldt State University piano professor and director of the North Coast Piano Festival; nationally known pianist John Chernoff is soloist with the Eureka Symphony; and

locally grown pianist Ryan MacEvoy McCollough returns to perform with soprano Lucy Fitz Gibbon, his wife.

“Ryan and I met 12 years ago at the Sequoia Chamber Music program at HSU, so for Ryan this concert is a homecoming,” Fitz Gibbon said. “For me, as a native Central Californian, this concert is a chance to return to one of my favorite places on Earth.”

It’s also a homecoming for Arcata-born Otis Harriel, a violinist with the acclaimed “high octane” Friction Quartet.

“I’m excited to go home,” Harriel said.

Trinidad native Anna Morris will be featured violinist with the 15-member Festival Strings, made up of some of the top musicians on the North Coast,

including Eureka Symphony music director and conductor Carol Jacobson, and the symphony’s concertmaster Terrie Baune.

Nearly everyone on this year’s TBAM program is squeezing Trinidad in between performing in Europe, Asia and around the United States, literally with a couple of days to fly in and out.

Small town. Big talent.

*Julie Fulkerson, 76, of Eureka moved to Trinidad with her family in 1960. She is a classical violinist, and co-founder and co-organizer with Vanessa Kibbe of the TBAM Festival. Visit [TBAMfest.org](http://TBAMfest.org) for details.*

**The TBAM Festival Strings pictured on Page 1.** Front, seated, from left: Terrie Baune, Vanessa Kibbe, Julie Fulkerson; Standing, from left: Carol Jacobson (with cello), Mary DeAndreis, Lee Smith, Don Morris, Kit Morris, Garrick Woods (with bass), Karen Davy, Holly MacDonnell, Sherry Hanson, Kira Weiss (holding cello).



# From 'Messing with Wire' to World-Class Art

By Ralph Nelson

When you first meet Elizabeth Berrien, you are instantly aware of her friendly smile. If you are in her Eureka studio, she may greet you while twisting wire in her hands.

You may become distracted by the abundance of wire figures of varying size and subjects behind her and all around. These are Berrien's creations. She is the wire lady, a renowned wire sculptor.

As a young student, an art teacher told Berrien, "Take this wire and mess with it." She's been doing that ever since.

Over a 50-year period, she has developed varying techniques that use different gauges of wire for stand-alone sculptures, wall art and dangling mobiles. There are small

ones — life-size birds and cats — up to a full-size giraffe, horses and people.

And her sculptures travel far and wide, both nationally and around the globe. Pegasus soars suspended from the airport ceiling in Louisville, Kentucky, and a condor flies overhead at the Los Angeles Zoo.

Animals are not the only subjects she creates. People have been portrayed in various poses, from dancers



Elizabeth Berrien. Nancy Stephenson photo

to mermaids to human portraits. Her portfolio includes trees and fruit, dogs, horses, birds, bears and abstract art, all fashioned from wire. There is even a Tyrannosaurus rex.

Berrien's work has appeared on

the covers of magazines and the sides of high rises. She has won numerous awards, including the prestigious Clio Award, two Cannes Golden Lions and other international competitions.

Berrien and the Morris Graves Museum in Eureka celebrate "Fifty Years of Wire" with a retrospective of her messing around with wire, Aug. 11 through Sept. 30. She will open her Wire Zoo studio at 208 C St. in Eureka for Arts Alive on Saturday, Aug. 4, from 6 to 9 p.m. See her work at [wirezoo.com](http://wirezoo.com).

Then she will be installing a pair of wire herons in the atrium of the new Open Door Clinic in Fortuna, and hanging a mural in Opera Alley in Eureka.

Ralph Nelson, 89, of Cutten is part of the Silver Quills writing group at the Arcata Community Center, and a member of the Senior News Community Advisory Council.

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## PAINTING THE OCEAN

BY MARGARET KELLERMANN

# An Artistic Addiction

**H**i, I'm Margaret, and I'm an artist. I've had this . . . addiction . . . for 50-some years. It started in my family of origin. My mom — a recovering kindergarten teacher — started me on my habit. I was 5. She taped waxy white paper to the kitchen table and produced dazzling fingerpaints, encouraging my brother and sister and me to make a mess. It was weird at first, hearing that from her. But soon I just went wild.

My siblings washed the paint off their fingers, hopped down from their chairs, and went on with their non-addicted, “normie” lives. But I stayed long after the primary colors had turned gushy brown-green, the color of land from space. I kept mashing paint onto paper, scraping it away. It was like playing in mud, but indoors, with music on the hi-fi. I was singing along, creating the Earth again.

Soon after, Mom asked what I wanted for my birthday. “I don’t think there’s a w-word,” I stammered pleadingly. “Something I can use to m-make stuff.”

“You mean, art supplies?” she asked.

Ahhhh! I heard angels singing. Art supplies! Yes. I wanted color. I wanted to express the beauty I saw in all creation. I wanted to put my hands into everything Art Supplies.

My obsession raced along. In my teens, I retrofitted kits of beads and strings for my

own designs. By my 20s, I was weaving blankets on my 36-inch floor loom, with wool yarn I’d carded, spun and hand-dyed myself.

From there, I went on to the hard stuff. Art workshops. International conferences. Degree programs. Through the years, friends and family responded to my relentless

gifts of art with quiet despair. They saw how habitual it had become for me, yet they couldn’t stop a runaway train.

When I was 40, a well-meaning relative admonished me, “I knew you liked art as a child, but I didn’t know it was going to take up your life.”

By then I was throwing and dipping raku pots, firing them in garbage cans on city streets during art nights. Finally, I admitted it. I’m . . . an artist.

Since then, wherever I’ve lived, I’ve created a dedicated space to paint. Sometimes when I’m deep into my painting, I toss aside tools and get into the paint with just fingers, swirling colors around, as when I first found my compulsion, my passion.

Admitting I’m an artist, well, that’s the first step. Except I’m not going to quit.

**Margaret Kellermann’s** show of abstract seascapes, “*You Are Here*,” is at Redwood Art Association Gallery, 603 F St., Eureka through Sept. 8. Catch her new art outlet, *Blog Jam*, online at [bluelakestudio.net](http://bluelakestudio.net).



“Expectation” is part of Kellermann’s show at Eureka’s RAA Gallery.

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# The Joys of Community Theater

By Dave Rosso

In June I turned 75 — a lot of years to look back on. My favorites come to mind very easily: the five years I worked in community theater in Virginia, beginning in 1981.

I remember the joy of being backstage, hearing the stage manager call, “Places everyone,” and then hearing the orchestra begin playing.

I began with the Arlington Players on the stage crew with “Brigadoon,” and built the set for “Evita.” I sang in “Man of La Mancha” and had my first and only speaking part in “Inherit the Wind” (the director suggested I stick to set construction).

For “One Flew Over the Cuckoo’s Nest,” I built the set and then was stage crew. During the show, I had one thing to do — break glass in a

box behind the set when one of the actors had to break a window.

“The Most Happy Fella” was performed outside in the summer in Arlington, Virginia. The stage crew had to be in costume and wear makeup, which didn’t seem to stay on our faces very well in the heat and humidity.

I was master carpenter for “Can Can,” and had to make a large flower with petals that opened. An actress was inside. The petals had to open, she climbed out, danced and got back in the flower and closed the petals.

Another theater group, the Fairlington Players, had a shop across the hall. Some of their crew came into our shop, looked at my rose and said, “Nice tomato, Dave.”

I worked with the Fairlington Players as master carpenter for “Agnes of God.” A woman who played a nun was supposed to go on stage and suddenly find her palms bleeding. Backstage, something went wrong and the tube that carried the blood under her costume to her hands leaked and blood started flowing.

She yelled and someone told her, “You act just like that when you are on stage and it will be perfect.”

—  
**Dave Rosso, 74, of Eureka**  
*is a veteran journalist who worked full time at United Press International throughout his time in Virginia theater.*



**BASSLINE — Bassman Bruce Johnson of Westhaven croons with the Compost Mountain Boys at the Humboldt Folklife Festival in Blue Lake. Mark Larson photo.**

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## AGING IS AN ART — BY JOHN HECKEL

### Break a Leg

I am about to direct my last play.

I feel extremely fortunate to have spent more than 50 years of my life working in educational and professional theatre. The culture I chose to embrace has been kind enough to pay me more than a livable wage to do what I love — directing plays. I am humbled by such privilege.

Nevertheless, this October, as part of the Against the Wind Festival at the Arcata Playhouse, I will direct my last play.

I am making a choice, consciously, with clarity and purpose. It is time.

All too often, we do not have that option. A sudden unexpected loss of balance, the dreaded diagnosis of Parkinson's disease or the ever-present possibility of Alzheimer's impose on us situations in which we have no choice but to give up doing what we love.

Full recognition of the chaotic and uncontrollable aspects of aging, situations that rob us of choice, make those moments when we do have a choice all that much more important.

I want to know I am doing something for the last time before I do it. I want to honor a life spent doing what I love. I want to be fully present with every moment of doing it for the last time. I can't do that by realizing after the fact that it was the

last time.

I would like to think that there will be other moments that afford the same opportunity of conscious choice.

Driving my car comes to mind. I hold out hope that I will also be able to mindfully drive for the last time. I have this vision of getting in my car, driving down 101, taking in the beauty that has been my home for more than 45 years, and being fully present with driving for the last time, coming home and hanging up the keys. Possible? I think so.

A last backpacking trip into the Marble Mountains,

the last trip to Europe, or the last road trip across the country all provide the opportunity of choice.

These moments can be declarations, moments of choice that honor a life well-lived. They are choices that clearly state, "I have loved doing this and I want to be mindfully present the last time I get to do this."

It's very much like being fully present at the death of a good friend.

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

"I want to honor a life spent doing what I love."

## Show Tunes & Cowboys

By Patty Holbrook

Little did I realize when I became a professional musician what wacky characters and situations I would encounter.

My ambitions were modest — all I wanted to do was to play piano in chi-chi cocktail lounges like Bobby Short, Manhattan's king of the lounge pianists. Wisely, I kept my day job.

In the late 1950s, I landed a job for the holidays as the weekend pianist at Blue Jay Lounge in the San Bernardino Mountains. Since Blue Jay is next to Lake Arrowhead, a posh, upscale community, I pictured a grand piano in a tasteful lounge for well-dressed sophisticates sipping martinis.

So I packed my car and drove from the heat of the LA Basin up into the snow to Blue Jay.

They hadn't told me it was a cowboy bar, famous for its tomato beer. And I hadn't told them I didn't play Country and Western music.

So I played Broadway show tunes at a battered spinet missing two keys, ignoring requests for "Red River Valley." If I could expose my audience to good music, they would forget about their C&W songs about cheatin' men and no-good women.

They hated my music, but put up with me because I was young and cute.

One night, a fist splintered the front door. The cowboys whooped and hollered — what's more fun than a little fistfight on a Saturday night?

It was a good-natured brawl between drinking buddies, with only minor injuries. Afterward, a sheepish cowpoke, cradling his swollen hand, promised the owner he'd fix the door.

Nick, one of the cowboy regulars, became my protector, as the boys

could get pretty rowdy after a snootful. He ran the town's only snowplow, broke broncs, rounded up cattle and lived in a bunkhouse. He had no car, just a horse. I was intrigued, having never dated a cowboy.

One night, the boys thought it would be funny if I played while sitting on a saddle. So Nick fetched his and plunked it down on the piano bench, and I played Rogers and Hammerstein saddleback. It was a big hit.

On New Year's Eve, I sat down at a barstool next to a somber, rather handsome man drinking iced tea. Playfully, I asked why he wasn't drinking. He stared at his hands splayed on the bartop. "The last time I had a drink I killed a man," he said.

"How 'bout that?" I mumbled, and eased my way down the bar.

On my last Sunday, an enormous man called Bear lumbered in. After many beers, Bear felt frisky and, with a grin, picked me up. The bartender and Nick were afraid of him, so they did nothing while I hung there, helpless, while I yelled at him to put me down.

When the month-long gig was over, I drove slowly past the cowboy bar one last time. The front door was open and C&W music blared from the jukebox — they had rejected the music I loved and reverted to the music they loved.

Then it hit me. The world of music is not an exclusive club. It is welcoming and vast, with plenty of room for Willie Nelson and Cole Porter.

**Patty Holbrook** of Eureka is the piano half of Holbrook and Bear, who performed for years in the Eureka Inn's Palm Lounge.



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## Lunches for Young and Old

Summer is always a great time for kids. School's out and the days are long and carefree.

But summer can also be a hungry time for children who depend on school lunch programs. Food for People, the county's food bank, is partnering with Humboldt Senior Resource Center to fill that hunger gap for about 300 kids this summer.

"Summertime can be difficult for many local families," said Food for People's Carly Robbins. "More than 50 percent of Humboldt County children rely on free and reduced-cost meals while at school. During the summer when these resources are not available, families must find ways to make up the extra food."

Five days a week from mid-June to the end of August, the HSRC Nutrition Program makes lunches for kids, said Tony DeLaurentis, HSRC's food services manager.

"We're providing nutritious meals for kids who otherwise wouldn't get a lunchtime meal during the summer," he said.

It's truly a community effort, Robbins said. Volunteers, as well as Humboldt Transit Authority buses and UPS trucks deliver the lunches every weekday to 20 locations from Hoopa to Scotia. "It's a unique partnership that shows how giving our community is," she said.



**Tony DeLaurentis, HSRC's food services manager.**

Volunteers, including HSRC dining center participants and teams representing Gaining Ground, a local adult day care program, and the Boys and Girls Club, come to the Center's kitchen at noon daily to pack the lunches.

The meals often feature sandwiches and wraps, of course, but there's also pizza, chicken fried rice, chef's salad and pasta salad, along with veggies and dessert. Last summer, the program provided more than 17,000 meals.

It's just one gratifying part of the job for DeLaurentis, who recently took over as the HSRC food services manager after a career in large-scale hotel/casino and corporate settings.

Providing more than 500 meals a day for seniors at multiple sites is "very fulfilling," he said. "Because I see the end result — feeding seniors and providing a valuable service for a population that's constantly growing."

DeLaurentis, 56, a Coronado native, graduated in business administration from Humboldt State University, so this is a homecoming of sorts. He is a certified chef and graduate of the California Culinary Academy.

"Seniors are living history books," DeLaurentis said. "I get to hear their stories, the richness of their experience."

—Ted Pease



**WE VOLUNTEER!** Humboldt Senior Resource Center hosted many of its 158 volunteers at an appreciation lunch last month. They give their time as home delivered meal drivers, receptionists, dining room and kitchen workers, proofreaders and in many other roles. Volunteers from the Fortuna and Arcata dining sites joined others who work in Eureka and for Senior News for a little time to socialize with each other over lunch. For some, it was the first time they had met. "We couldn't do it without you," a grateful HSRC staff told the group. Ted Pease photo.

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## ARTIST OF THE MONTH AT HSRC

### New Art Show

The work of Israeli fiber artist Yael Bentovim, now living in Humboldt, is featured in the Humboldt Senior Resource Center lobby now through the end of September.

The multimedia artist developed a passion for working with fibers, threads and yarn as a student at UCLA during the 1970s.

"Fiber has always been the focus of my work," she says, "but over time, I incorporated metal, glass, ceramic and other materials. I enjoy contrasting different textures — the shimmering quality of glass and glazed clay — alongside the more muted surface of fiber."

The result is shown in the 10 large pieces in earth tones that hang at HSRC, all untitled and evoking the forests, rivers, coastline and landscape of Humboldt County.

"Being surrounded by so much beauty here in Humboldt is a gift and a constant inspiration, Bentovim says.



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**"And now, I'm just trying to change the world, one sequin at a time."**

—Lady Gaga, *entertainer.*

# Tech Advice for Seniors: How to Clean Up Junk Email

By Brett Watson

For several years I’ve volunteered at the Senior Dining Center in Arcata Community Center, where I help seniors get answers to their technology questions.

One issue I consistently come across is an email inbox *filled* with junk emails. I’m not talking about tens or hundreds of emails — I’m talking about thousands of junk emails. Once you get in the habit of signing up for coupons, “free” offers, mailing lists, etc., you will never see the end of the junk email.

Another reason to avoid signing up for coupons and free offers is the age-old adage, “There’s no such thing as a free lunch.” Every time you sign up for a newsletter, coupon, or “free” offer, you are giving that company permission to sell your contact information to another company. It’s all in the fine print most of us never read.

And even if you don’t explicitly give permission for your information to be sold, the holder of your information could get hacked or just sell it anyway to make a quick buck.

The first thing to do to stop the junk mail bloating is to ask yourself, “Do I really need to sign up for this new mailing list or coupon?” Chances are you do not.

If there’s a sale worth knowing about, it’s almost always advertised directly on the company’s website in the form of a coupon code. Some companies will send you a special

coupon or discount code when you sign up for their mailing list for the first time, but that’s typically a one-time deal.

If you must sign up for a mailing list, then go ahead and get your first-time-buyer coupon, but then immediately unsubscribe from the list.

Second, let’s clean out the inbox. Pour yourself a cup of coffee or a glass of wine, and systematically go through all of your emails, deleting everything you don’t need.

As you go through your inbox and find emails from companies you no longer want to keep hearing from, scroll down to the bottom of the email and look for the magic word, “UN-SUBSCRIBE.” Look closely, because sometimes it’s hard to find, but 9 out of 10 times it’s there. Click on the “unsubscribe” link and tell them to take you off their list.

Do this regularly to avoid drowning in unwanted junk mail. As you receive new emails, continue to unsubscribe from the ones you no longer need to receive.

If you’re successful, you’ll be opening your email to a refreshingly clean inbox.

**Brett Watson** of Arcata is a longtime HSRC volunteer, the vice-mayor of Arcata and owner of HumBot707 Tech Solutions.

# Wanted: Retirement Tales

It comes to all of us eventually. After decades of hard work, that moment we’ve been looking forward to: retirement.

Ah, bliss! No more punching the clock. No more asking “How high?” when the boss yells, “Jump!” No more bleary, weary commutes. Nothing but free time to do what we want.

But what *is* that?

Senior News will look at life after retirement in a future issue. For some, it really is bliss. For others, the “freedom” of retirement is actually a more confining cage than working was.

Some years ago, Forbes magazine looked at the “retired — now what?” issue and found that, for many retirees, “the loss of a job can be unexpectedly traumatic.”

Some retirees — 40 percent in one study — experience clinical depression. That was the case for “Dwayne,” a newly retired corporate executive, the magazine said: “Now, three months post-retirement, he finds his days endlessly boring, spent mostly sleeping or watching television. He doesn’t like golf, gardening is too hot, and Mary has her own activities.”

If you’re retired and couldn’t be happier with your new life of leisure, Senior News wants to hear from you. Did you make a new life when you retired? How did you do it, and what do you do with your time now?

We also want to hear from you if retirement was (or still is) a struggle. Do you miss your old job and your former you? What are the challenges?

Call or email Senior News editor Ted Pease at 443-9747, x1226; tpease@humsenior.org. We’ll talk.

## August 2018

 Humboldt Senior Resource Center  
Nutrition & Activities Program

### Dining Center Menu

<b>FIRST WEEK</b> .....	<b>FOURTH WEEK</b> .....
Aug. 1 Chicken Caesar Salad	Aug. 20 Dining Centers closed
Aug. 2 Pot Roast w/ Gravy	Aug. 21 Summer Berry Salad
Aug. 3 Split Pea Soup	Aug. 22 Broccoli Beef
<b>SECOND WEEK</b> .....	Aug. 23 Green Chile Egg Bake
Aug. 6 Dining Centers closed	Aug. 24 Salisbury Steak
Aug. 7 Spaghetti w/Italian Sausage Meat Sauce	<b>FIFTH WEEK</b> .....
Aug. 8 Chicken Cordon Bleu	Aug. 27 Dining Centers closed .....
Aug. 9 Baked Western Omelet	Aug. 28 Meat Loaf w/Gravy
Aug. 10 Hawaiian Chicken - <i>Hawaiian Luau</i>	Aug. 29 Beef Burgundy
<b>THIRD WEEK</b> .....	Aug. 30 Lemon & Dill Fish
Aug. 13 Dining Centers closed	Aug. 31 BBQ Pork Rib - <i>Birthday Cake</i>
Aug. 14 Fire-Roasted Chicken	
Aug. 15 Old Fashioned Goulash	
Aug. 16 Chef Salad	
Aug. 17 Beef Ravioli	
..... <b>Call for Reservations</b> .....	

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“There are two means of refuge from the miseries of life: music and cats.”

—Albert Schweitzer (1875-1965), theologian.



## HEAVENS TO BETSY—BY BETSY GOODSPEED



# Music Is a Science and an Art

When vibrations create music, science becomes art. The greatest compliment a performer can hear is, “You make that look so easy.” The fact is that anyone can make music, but trying to learn an art from a book can kill the desire.

Simple practicing is tedious, but understanding the nature of music can turn rehearsing into a passion. If Lesson 1 is “Mary Had a Little Lamb,” and Lesson 2 is “Twinkle, Twinkle Little Star,” children as well as adults could play the first movement of Beethoven’s “Für Elise” or Pachelbel’s “Canon in D” within a month. Because chords and musical intervals make perfect sense, and the rewards are beyond belief.

The “fastest instrument” is an autoharp, which produces chords with the press of a button, and songs that are too high to sing can be easily lowered into range. With technology, anyone can be a musician. Inexpensive electronic keyboards also include orchestral accompaniments that can be played as simply.

For many, training the ear can lead to putting music on paper. Think about drawing a cat before labeling it. Kids learn to talk before they start to read, and serious musicians can hear written music in their minds before they conduct symphonies.

How old should a child be to play the piano? Old enough to climb on the bench, but most will quit if a teacher depends on a book to teach them Middle C. Instruction in harmony and music theory is just information — it doesn’t create the sound that music makes in children’s minds and hearts.

When I decided to accompany myself on a concert harp to sing, my father said, “That will guarantee success, because it’s almost impossible.”

He wrote music for Walt Disney, who advised teenagers to pioneer in television. “What’s that?” I asked, because television was still being invented.

Later I loved rescuing abandoned instruments that were sentenced to silence, and teaching songwriters to put their music on paper so it could be shared. Hearing from my former students who have enriched their own children’s lives by passing on what they learned is a thrill.

Now I’m finding that approaching everything like a science and an art leads to adventure. Thank God music taught me that.

**Betsy Mills Goodspeed, 92, of Cutten is a singer, musician and author who began performing professionally as a child. Hear her 1964 TV concert performance by Googling Betsy Mills YouTube.**



**WHY PAINT? —** For artist Stock Schlueter, shown in his studio, it’s not complicated: “The act of painting is the message,” he says. “All I want to say is, ‘Look around and see the world we live in.’” Mark Larson photo.



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—Friedrich Nietzsche (1844-1900), *philosopher.*



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# August Community Calendar

## Aliens Invited

Bridgeville is home to **BridgeFest**, the annual event when aliens and Earthlings gather on the old bridge and determine, once and for all, who is flying Saucer Contest Champion and Grand Emperor of the Universe. This year's 21<sup>st</sup> annual invasion is Saturday, Aug. 19, from 10 a.m. to 5 p.m. Food, music, flying saucers, costume contest, kids' zone and more. Info at [bridgevillecommunitycenter.org/bridgefest](http://bridgevillecommunitycenter.org/bridgefest).

## Humboldt County Fair

The 10-day Humboldt County Fair kicks off Wednesday, Aug. 16 and runs through Sunday, Aug. 26 with shows, livestock events, the carnival, Guy Fieri surf 'n turf BBQ, Clint Carvalo and his extreme parrots, the famed Bull-o-Rama, Ladies Hat Day and — really — so much more. Visit [humboldtcountyfair.org](http://humboldtcountyfair.org) for details.

## Eureka Street Art

Paint the town at the Eureka Street Art Festival and Street Party on Saturday, Aug. 18, from noon to 6 p.m. in Old Town. The party will stretch all along Opera Alley from C Street to H Street. Enjoy the artwork and talk to the artists, visit the three beer gardens, listen to live music, and visit the Kid Zone. Free and family-friendly.

## The Artsy Flea

The Morris Graves Museum of Art is holding a flea market to clear out some artsy clutter, Saturday, Aug. 4, from 10 a.m. to 8 p.m. at 636 F St. in Eureka. MGMA's hand-me-downs include contemporary and vintage art from home décor to paintings, ceramics and photos. Proceeds benefit the Humboldt Arts Council's youth art education programs. Free admission. 442-0278 for information.

## Woof!

Join other Humboldters who have gone to the dogs at the 23<sup>rd</sup> annual Woofstock Festival and Mutt Strut, benefiting the Sequoia Humane Society, Saturday, Aug. 11. It's a dog day from 10 a.m. to 4 p.m. at Halvorsen Park in Eureka — games, vendors, live music, aerial performers, Dash & Splash, and the Humane Society's famed BBQ pit.

## Wildwood Days

It's the 48<sup>th</sup> annual Wildwood Days in Rio Dell, Friday-Sunday, Aug. 3-5, benefiting the volunteer fire department. Centered on Wildwood Avenue in Rio Dell, the weekend features games, fire truck rides, softball tournaments, car show, soap box derby, street dance and BBQ, live music and more. Call 764-3329 for info.

## Santa's Workshop

Humboldt Grange #501, 5845 Humboldt Hill Road in Eureka, holds a fundraiser flea market on Saturday, Aug. 11, from 9 a.m. to 3 p.m. The event benefits the Grange's annual Santa's Workshop for kids in December, and items also may be donate. For information, call 268-3806.

## Lantern Ceremony

The 36th Annual Arcata Lantern Floating Ceremony Saturday, August 11, 2018. This event is a memorial for all those effected by the WWII bombings of Hiroshima and Nagasaki, to bring awareness to the dangers of nuclear proliferation, and to advocate for peace and environmental sustainability. This event is an opportunity to offer spiritual consolation for people we miss, departed loved ones, ancestors, cultures and all we hold dear.



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**“I think music in itself is healing. It’s an explosive expression of humanity. It’s something we are all touched by.”**

*—Billy Joel, musician.*

**ASK THE DOCTOR . . . From Page 5**

musicians. Center Arts at Humboldt State University brings in world-renowned performers. The Eureka Symphony is a local treasure. The Redwood Jazz Alliance, HSU's Music Department, Arts Alive, the Humboldt Folklife Society and other groups offer so many opportunities to hear live music that I cannot possibly list them all.

A colleague who has since died once wrote a prescription for a patient with insomnia: "Purchase and listen to the Goldberg Variations by JS Bach." The patient, Mr. Berliner (also now passed away), had the prescription framed in his music store.

Music is a balm. It is a powerful medicine. It is a skill that one can start to learn at any age. It is also a way to communicate with those

with dementia who have lost the use of spoken language.

Everyone demands instant gratification. Yet there is real value to learning something slowly over time, and reveling in the very process.

My prescription for everyone: "Music, unlimited doses daily, share freely with your friends, refill freely and often." —

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

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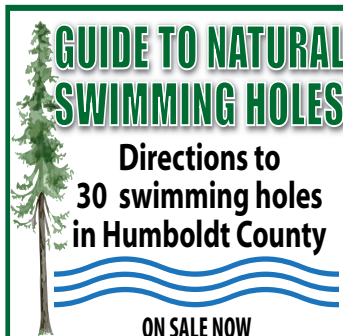
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# The Orick Peanut: A Protest Sent to Jimmy Carter

By Caitlyn Buesch

Driving into the tiny town of Orick, you'll see several interesting pieces of redwood from roots to burls to chainsaw sculptures of bears and people.

One big, nondescript but historically notable redwood log along the side of Highway 101 is often overlooked. As you're driving into town from the south, it is in the parking lot of the Shoreline Market: a mossy, degraded, nine-ton, 18-foot redwood log that has seen better days.

This is the Orick Peanut.

Dubbed the "largest peanut in the world," the Orick Peanut's story begins in the mid-1970s with plans to expand the then-newly created Redwood National Park. Like the original Redwood National Park establishment bill, adopted in 1968, new legislation to expand the park by seizing another 73,000 acres was fought by lumber companies and workers.

During the park's original creation, opposition focused on the federal government's unprecedented seizure of privately owned timberland. During

the discussions about expanding size of the park, concerns in Orick — the "southern gateway" to Redwood National Park — were more oriented around the impact the park would have on the local logging-based economy.

Slogans like "Jobs Grow with Trees" and "Don't Park Our Jobs" were popular in opposition to the park expansion. Local residents wanted the government to "work for the general welfare, not put us on welfare," said a sign pasted to the Peanut.

In 1977, opponents of an expanded Redwood National Park launched a nationwide protest called the Talk to America Convoy, with some 25 semi-trailer trucks loaded with redwood logs, timber products, signs and equipment driving cross-country from Orick to Washington, D.C.

Leading the nine-day, 3,000-mile protest parade was a red semi-truck towing a trailer carrying the crown jewel of the protest: a huge piece of debarked, redwood roughly shaped with chainsaws to

vaguely resemble a giant peanut.

"It may be Peanuts to you, but it's Jobs to us!" read a small sign above a larger one: "How Much is Enough?"

It was a mocking protest gift to then-President Jimmy Carter, a Democrat known as the Georgia Peanut Farmer. The Peanut was to be delivered to Carter's peanut farm in Plains, Georgia, but the president turned it down.

A Carter aide refused the gift, calling it an inappropriate use of a redwood. Thwarted, the protest Peanut was driven back across the country to Orick and dropped off outside a local gas station, where it remains, largely forgotten, to this day.

**Caitlyn Buesch** is registrar at the Clarke Historical Museum in Eureka. Exhibits commemorating the 50<sup>th</sup> anniversary of Redwood National Park opened at the Clarke in July. Visit [clarkemuseum.org](http://clarkemuseum.org) for details.



**IT'S NOT PEANUTS TO US, MR. PRESIDENT.** Angered by what they called a "land grab" of timberland by the federal government to expand the Redwood National Park in 1977, loggers from as far away as Alaska gathered for a protest convoy of log trucks and semi-trailers from Orick to Washington, DC. The chainsawed 9-ton peanut led the convoy on a low-rider. Loggers wanted to deliver a message, and the redwood peanut,



to President Jimmy Carter, a Georgia peanut farmer. "It May Be Peanuts to You, But It's Jobs to Us!" a banner read. Forty-five years later, the decaying log slowly rots along Highway 101 in Orick in the parking lot of the Shoreline Market. But Orick residents haven't gotten over their anger with the U.S. Park Service. Convoy photo taken from a 1981 calendar hanging in the Shoreline Market; Peanut today on right by Ted Pease.



Sr. News

CROSSWORD

“Free for All XXI”

By Mark Diehl, Edited by David Steinberg

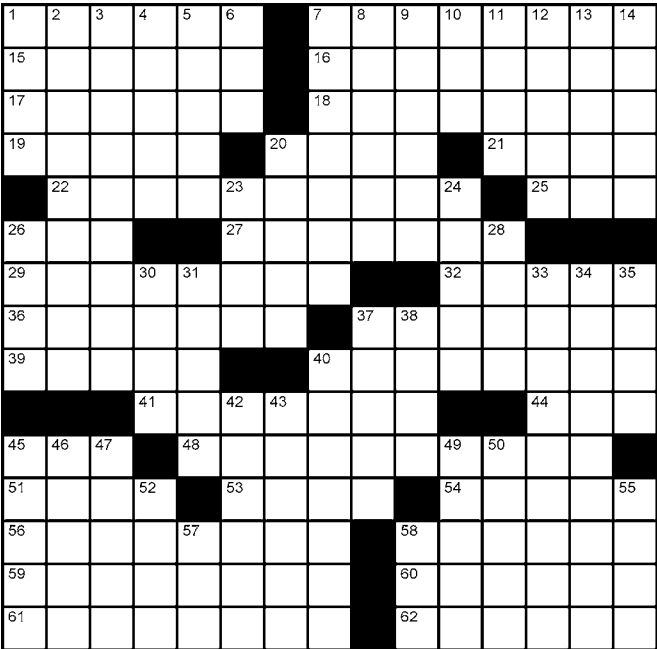
ACROSS

- 1 Mischievous children
- 7 Contest that a jerk often wins?
- 15 University in Chicago or New Orleans
- 16 Under restraint
- 17 "No worries, dude"
- 18 Chalet social activity
- 19 Gave out cards
- 20 Informal attempt
- 21 \_\_\_ class (cycling session)
- 22 Its patches are of all shapes and sizes
- 25 \_\_\_-Caps
- 26 Pie-mode connector
- 27 "And Then There Were None" plot points
- 29 Native American staple that almost rhymes with a seabird
- 32 Sportscaster Rashad
- 36 Minded the grandkids, say
- 37 Bass beverage
- 39 Jam that may spread for miles

- 40 Rasta messiah Haile
- 41 Infused with fizz
- 44 Kind of talk viewable online
- 45 Paper covering the NYSE
- 48 Al Capone's undoing
- 51 Lopsided victory
- 53 Down to the \_\_\_
- 54 Tennis great Agassi
- 56 Fiery member of DC's Suicide Squad
- 58 One with a Wild Ride at Disneyland
- 59 Manipulative mentor
- 60 Model employer
- 61 Promo to pique interest
- 62 The Bible is full of them

DOWN

- 1 Evaded a tag
- 2 Tell the whole truth
- 3 Bart Simpson catchphrase
- 4 Cold, hard cash
- 5 Collapse in frustration, informally
- 6 Maglie or Mineo



- 7 Perfectly, in cooking
- 8 Like a volunteer
- 9 Mess up, as speech
- 10 Accented accolade
- 11 Stop lying, with "up"
- 12 Dangerous nestful
- 13 Welcome to one's home
- 14 Heavy charger, for short
- 20 Thigh-building exercise
- 23 CPR class venue
- 24 "Captain Underpants" refrain syllables
- 26 Perp alerts

- 28 "\_\_\_ Funny That Way" (2014 rom-com)
- 30 Breckinridge of fiction
- 31 Dot on an ocean map
- 33 Elephants' extinct relatives
- 34 Wookiees or Ewoks
- 35 Palindromic document
- 37 Source of annoyance
- 38 "Bridge of Spies" actor Alan
- 40 Pro athlete's no-no
- 42 Buffet station with oysters
- 43 Armpit, to a physician
- 45 Obtain by force
- 46 Puzzle out
- 47 Herod's kingdom
- 49 One who knows the drill, familiarly?
- 50 Lay to rest
- 52 Altoids containers
- 55 "++Grand" brand of ice cream
- 57 Gain a few gray hairs
- 58 Dallas b-baller

Answers on page 23.

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# Letters to the Editor

## Profit Over People

## Fed Up

## This Is Normal

To the Editor:

I have appreciated the letters to the editor about mobile home parks in the June and July editions of Senior News. There are not enough seniors willing to speak out about the tactics of corporate owners of mobile home parks. It is about profit over people, injustice to seniors and the ever-growing power of corporations.

Not surprisingly, many seniors residing in corporate-owned mobile home parks live in fear of predatory space rents. Why?

1. Absence of caring. When senior parks pass from local to corporate ownership, a sense of caring about the residents vanishes.
2. Power imbalance. No justification or explanation of rent increases is required of the owners. Space rent is not negotiable. Senior mobile home park residents are expected to be a docile population.
3. Maximizing profit. The aim is to achieve optimum profit for investors. Thus, space rent can rise as much as 6 percent to 7 percent annually.
4. Absentee landowners. Direct interaction between out-of-area owners and park residents does not happen. No input from residents is solicited by corporate landowners. A management employee with no policy-making authority is dispatched to speak to the mobile home owners if they request such a meeting.

None of the above is likely to change without sympathetic concern and intervention from local lawmakers, and that is not easily achieved.

For example, I have met twice with Humboldt's 2<sup>nd</sup> District supervisor about the issue of rising space rent, but promises of follow-up were not forthcoming.

In November 2015, 75 percent of residents of a senior mobile home park in Fortuna signed a letter to our mayor requesting consideration of a rent stabilization ordinance. No answer came from that effort either.

Fortunately, passage of Measure V and Arcata's mobile home ordinance have benefited many residents of Humboldt's senior mobile home parks. It can happen.

Lynn Crosthwait, Fortuna

To the Editor:

I wanted to thank you belatedly for the article in Senior News about patient rights ["Going to the Doctor? Speak Up!" November 2017]. I'm writing now because I am FED UP with the healthcare situation in Humboldt County.

I have a friend — let's call him Paul — who was experiencing abdominal pain. He called for a doctor's appointment, but it was four weeks before he could see his own doctor. Then, the doctor referred him to a specialist, and that appointment took another six weeks. The specialist ordered an outpatient procedure, and it took another four weeks to schedule that!

Two-and-a-half months later, the poor guy is finally getting some treatment.

Your article said to "Be assertive." So I am: Health care in Humboldt County is in crisis.

Bert Newsom, Eureka.

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To the Editor:

In response to John Heckel's column, "This Is Not Normal" [July 2018], I have thoughts.

When I was a youngster, we would visit my great aunts. They lived in a tiny village, similar to the towns outside Eureka and Arcata.

They didn't "do" much, not like some active elders we all know. Oh, my Uncle Don would drive to get the mail, or watch the fishing boats in the harbor. And he'd be my partner at the town's weekly square dances. I don't know when they shopped for groceries.

But what they did "do" has stayed with me always, and now sets a pattern for my elder years.

They loved us. They greeted our every arrival with smiles and hugs. They offered us ice cream or canned macaroni. They took us to sit in the living room, where they asked about our current activities. Then they reminisced about their past. Time and again, we'd hear about their friend, Judge Jones. We'd sit through the same stories politely just to give them joy, and to give us pleasure, too.

For us, these visits were about love. Away from the world's bustle and worries, we were safe. Our elders' home was safe.

Jeanne Mattole,  
Honeydew



# Coming in Senior News

- **September** is our End of Summer issue. How did you spend your summer? Was it the best ever? Tell us your shining summer moment.
- **October:** Can you teach old dogs new tricks? Since retirement, have you taken up hang-gliding or macramé or French cooking? We want to hear about your new tricks.

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