



It's A Wonderful Life

Warm Memories Of the Season

Once Halloween is over, this time of year careens wildly through the holidays like a breathless sleighride.

We asked friends and readers about their seasonal memories, and what this “most wonderful time of the year” — as Andy Williams crooned in 1963 — means to them. Even before the Thanksgiving feast is over, many focus on Christmas and other end-of-year festivities. And, of course, family.

“We have 10 kids,” said **Carol Whiteley** in the Humboldt Senior Resource Center dining room as her husband, Mel, smiled and nodded a bit ruefully. “Each of them had a part in making cloth ornaments, with the oldest doing the cutting and the youngest doing the stuffing. We would work all December to be ready. It was such fun.”

Dick Henderson remembers “going to grandpa’s ranch in the snow and getting a Christmas tree.”

So does **Cynthia Herrington**, who works in HS-RC’s finance department. Her parents, siblings, aunt and cousins drove out to the Shasta National Forest to cut Christmas trees in the snow. “We would drive them back to the Bay Area, several trees tied to the top of our station wagon.”

Snow is always exotic in Humboldt. **Phil Arpin** of Eureka remembers “New snow — sliding down the hill on a saucer across the road into the field.”

But his wife, **Ruth Arpin**, has tastier memories: “My mother always made angel food cake.”

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HANGIN’ LOOSE — Life is good for Sandy Flippin, who flashes a shaka — the surfer’s Hawaiian sign of goodwill — as he goes with the flow in the surf off Moonstone Beach. Alan Liles photo.

Sandy Flippin Catches a New Wave

By Donna B. Ulrich

You know that T-shirt that says, “Old Guys Rule”? Sandy Flippin would never wear one, but *he is* one. Sandy didn’t retire in the classic sense — he’s just moved on.

There was no abrupt transformation; work was

merely interfering with his passions. Instead, Sandy’s retirement has been like the waves he surfs — smooth rides that sweep across the landscape he loves.

I’ve known Sandy for almost 40 years, and in

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Tedtalks: Year-End Perspective

By Ted Pease

Some years ago, on the advice of my doctor, I took a pill at LAX to help me sleep on a trans-Pacific flight, waking up 19 hours later as the plane touched down in Tokyo. I feel a bit of the same befuddlement now, waking up in December — where did 2018 go?

As we hurtle into the season of turkey and tinsel, family and festivities, it's hard not to feel a little shell-shocked after a rocky year of local, national and international headlines.

But I have a year's stack of Senior Newses here, and they remind me of all the great, talented, energetic people doing great things in Humboldt County. That helps take the sting out of the world news, no matter where you live or what age you are.

Back in January, we asked people about their plans for the new year. Many are worth revisiting in 2019.

My friend Joe's 6-year-old granddaughter, Katie, wanted to eat more cake in 2018. Lots of cake. Chocolate.

A year ago, JoAnn Schuch of Arcata had just gotten herself a puppy from the Companion Animal Foundation. "Nothing compares to how training a puppy can help you clarify your value system," she said.

Just about everywhere I go, people want to talk with me about journalism and the toxic news environment that drives many responsible people away from paying attention to the news at all. "I just can't hear any more of it,"

a civically engaged friend lamented.

He's not alone. Back in January, Maggie Kraft, executive director of the Area 1 Agency on Aging, said, "In 2018, I want to stop watching CNN and spend more time laughing with friends, reading and volunteering."

But some news stories do require our attention — as humans, we cannot, should not look away. One of these is the horrific wildfire that just wiped out the entire town of Paradise. It was — tragically — just the latest inferno to devastate California and kill our neighbors.

The Camp Fire death toll continues to rise, even as more than 1,000 people from that single fire were still missing at press time. Our hearts go out to the 26,000 former residents of Paradise, their friends and families.

So we end 2018 much as we entered it, befuddled and a little worried about the future.

Fortuna landscaper Don Jewett offers some perspective: "If we tune out the news, which after all is set up to bring us information mostly about the ills of the world, and focus on what we have right in front of us, we will realize that while our lives are not perfect, they are blessed."

Ted Pease, editor of Senior News, is grateful for all the friends and readers out there. Have a safe, sane and happy season.

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Calming Chicken Therapy on the Arcata Bottom

By Carol McFarland

I recently read on Next Avenue, a website “where grown-ups keep growing,” that “chickens are being widely used as therapy animals across the U.S., Canada, and the United Kingdom” because they are a healthy way to stay both physically and mentally fit.

Chickens, they say, are a therapeutic outlet for some who suffer anxiety or depression; and caring for animals provides a sense of peace and purpose, especially for people whose minds wander to a real or imagined past era.

Here on the Arcata Bottom, it's easy to harken back to a past era where grandparents lived in our house, farmed the land and raised chickens. We find that the antics of our hens are endlessly entertaining when compared to staring at TV or a computer.

What better way to pass time than to watch five hens tussle with each other for dominance, scramble for nasturtiums tossed from the garden, or hear the delighted cackle when they unburden themselves of nutritious golden-yoked eggs.

For some of the chicken folk quoted in the Next Avenue story, chickens were a therapeutic, calming influence. “Holding, smelling and feeling the hens brings me to a calm place,” one woman said.

The flip side of the chicken calm is the chicken on the loose just minutes before sunset, when they escape the coop and scurry around the back yard ready to roost within reach of hungry nocturnal foxes or skunks. So the phrase, “running around like a chicken with its head cut off” has numerous potential meanings until the escapee is recovered and back in the cage for the night.



FROM CHICKEN TO EGG — She's not sure if her hens are all that calming or therapeutic, but Carol McFarland — holding a fresh egg destined for her kitchen — says they sure are delicious. One hen (bottom) clucks uncertainly at the tone of the conversation. Ted Pease photo

Glamour aside, and fitness assured, there is hard work involved in keeping chickens. Our flock lives in a “chicken tractor” that we constructed from a

kit. It's a two-story, 300-pound wheeled coop that we move every few days when the turf floor beneath the coop is exhausted from continual scratching, dust baths, and general strutting about.

Of course, the downside of chicken husbandry is in daily chores, as well as janitorial duties. After all, someone has to collect eggs, replenish feed bins, refill and clean water devices every day; and someone must relocate the coop for thorough cleaning.

Every few days we scoot the birds into their covered run, safe from predators, while we clean house. First, we must remove and clean the nesting box, a private nook where the hens deposit their eggs, clean the watering devices and grain bins, and then hose and brush away the accumulated waste to the ground below. Finally, we select a fresh location for the tractor, elevate its mesh flooring and ladder, and away we go.

If you've gotten this far and wonder if raising a flock of noisy hens goes beyond entertainment and exercise value, it must be said that the tastiest benefit is a never-ending supply of super-fresh organic, free-range eggs that make for a lot of frittatas, Angel Food cakes and egg-salad sandwiches.

And that is plenty to cluck about.

Carol McFarland, 79, and Don Nielsen, 78, ease their anxieties and stock the larder of his grandparents' home thanks to their hens on the Arcata Bottom (not “Bottoms”).

MEMORIES OF THE SEASON . . . From Page 1

Barbara Reed smiles to think of “spending time with my aunt and uncle and their family, and trying out new dishes that my cousin made.”

Some food memories are more exotic than others: “Pumpkin pie and tamales!” says **Gina Belton** of Arcata, who grew up in the Central Valley. “The incense of Ibarra chocolate, candles, the poignant and bright light of a midnight mass, loving and loved faces emerging from the Valley fog from far off places. And tamales!”

In Humboldt, the season means fresh Dungeness

crab. **Julie Fulkerson** of Eureka grew up in Trinidad, where Christmas Eve crab was a family tradition. “Sharing a central stack of legs and bodies, we all picked our own,” she recalls. “It seemed an eternity until we could actually eat the crab.”

Mostly, though, the season is about family — those who are here, those far away, and memories of those who are gone.

“This is the time of year when we gather in our homes and around our tables to appreciate our older generations, delight in our younger children and

dearly love our own cohorts,” said **Don Jewett** of Fortuna.

“We live in a wonderful age of plenty and convenience. If we tune out the news, which after all is set up to bring us information mostly about the ills of the world, and focus on what we have right in front of us, we will realize that while our lives are not perfect, they are blessed.”

Amen to that.

—Compiled by Ted Pease

Musings of a Civic-Minded Masochist

By Jim Baker

Why do I serve on the Trinidad City Council, and why am I running for another term at the ripe old age of 74? Good questions, which my wife and I ask ourselves after almost every Council meeting over a glass of wine (or occasionally something more potent if the meeting was particularly stressful).

The downsides are self-evident to any empathetic person who has ever attended a meeting, and I will not dwell on them here. The only financial reward is a monthly check for \$50, which just barely pays for enough ink to print out the Council-related emails that fill my in-box most mornings.

The plain truth is that someone has to do it. At this point in my life, it would be difficult to stand on the sidelines complaining unless I was participating in the community's decision-making process in some way, however small.

This self-destructive behavior began for me almost 20 years ago when my wife was a speech pathologist for the Southern Humboldt Unified School District (SHUSD) and our daughter was in the sixth grade. Staff, including my wife, had not had a raise for several years, and the school board was about to close the junior high school that my daughter had been looking forward to attending the next year.

I joined a group of parents and teachers who mounted a campaign to correct these issues, and after enough public pressure, the school board relented and gave us most of what we were asking for.

During this process, I came to the realization that school board decisions were much more complex than I had originally contemplated. Partially out of a sense of obligation, I think, some of us who had applied pressure ran for four school board opening the following year.

Each one of us who was elected carried a mandate from voters to carry out our campaign promises, and despite frequent differences, we worked diligently in a respectful and collegial manner to do just that.

That experience set the tone for me during 10 years on the SHUSD Board of Trustees, and when we moved to Trinidad six years ago, it seemed natural for me to look for a way to participate in civic affairs in some way here as well.

That is how I came to serve on the Trinidad City Council for the past six years, but I suppose it does not fully explain why I continue to do so. My wife believes it is due



SURVEYING THE LANDSCAPE is what Jim Baker has done for a living, so when he looks around his town and sees work that needs doing, he steps up. Ted Pease photo.

to some deep-seated masochistic tendencies that I refuse to recognize, but I prefer to think of it in more patriotic and civic-minded terms.

By the way, thanks for the good work you also do in the community. I think you are obligated to answer your own question along with the rest of us in order to provide some additional insight into this perplexing issue.

Jim Baker, 74, was still unsure at press time if he was reelected to the Trinidad City Council on Nov. 6. He was in third place for the three open seats when we went to press, but the tally won't be final until Dec. 6.

More Holiday Memories

What does the holiday season make you think of?

- “I am Jewish and grew up in Brooklyn. We got eight gifts on each night. The best one was a record player and an LP of ‘West Side Story.’ And it snowed. That was the best holiday ever.” —**Shelly Heber, Eureka.**

- “My birthday is December 23, just two days before Christmas. As a child I bemoaned having birthday and Christmas so close together because it meant blended gifts.

“Now as I’m about to turn 75, the greatest gift is still being here, curious and playful.” —**Joanne Fornes, McKinleyville.**

- “We have a handmade advent calendar in the shape of a Christmas tree that my friend made for our family 30 years ago. It’s about 3 feet tall and hangs on the wall in the kitchen. Some of its little windows are falling apart a bit, but we patch it up and hang it every year.

“It has small pockets for every day of Advent, so the game is to find small things that are unique enough to delight the kids and small enough to fit three to a pocket.

“My kids loved it, and now my grandkids love it. I hope it lasts for at least one more generation.” —**Candra Day, McKinleyville Senior Center.**

- “Bing Crosby’s Christmas album, ornaments my mom has been collecting for over 40 years (since I was a baby) on the tree, ‘It’s a Wonderful Life’ playing on the TV — even the Eureka Inn in its heyday still comes to mind.” —**Joellen Aia Clark-Peterson, Arcata Chamber of Commerce.**

ASK THE DOCTOR

It IS Our Lane

By Jennifer Heidmann, M.D.



Recently, the National Rifle Association (NRA) declared that physicians should “stay in their lane” and not comment on gun-related deaths and injuries.

This was in response to an editorial from the American College of Physicians and related pieces in the Oct. 30 *Annals of Internal Medicine* regarding the importance of reducing deaths and injuries from firearms in our country. There have been 307 mass shootings in the United States so far in 2018. This is a public health crisis, and no matter what the NRA says, physicians belong in that “lane,” as does anyone involved with the health and well-being of our communities.

I have written before about gun violence. What can we do to reduce it? For one thing, we can allow health researchers to collect data and do studies to determine risk factors and help us figure out how to keep our children and friends and family and fellow Americans safer. And we can elect candidates to office who prioritize the well-being of communities over financial ties to the NRA. This did happen in the midterms, to some extent.

Another “lane” where physicians and other healthcare providers belong is climate change. The warming of our planet is already leading to worsened health, with higher rates of infections, catastrophic storms, and fires like those that recently destroyed Paradise, California, and prompted a quarter-million evacuations in Southern California.

Those most vulnerable to health problems related to climate change are older people, children, people with chronic health problems and people with fewer financial resources.

If we do not work to reduce air pollution, we will see more breathing problems, depression and other mental health issues, death from extreme temperatures, proliferation of insects that carry infectious diseases, and food insecurity and malnutrition.

Finally, I believe that community health is strongly impacted by how we treat each other. Physicians should inquire about family conflict, history of abuse, and current stresses related to oppression and hate speech. Racism leads to disparities in access to health care, as well as to physical and emotional danger for those who are targeted. Vilification of groups based on their religion, sexual identity or the color of their skin increases rates of depression and suicide, and can prompt violence toward others, as we have seen recently in the news.

I am moved to write about this as we celebrate another holiday season, a time of year where people often show their best selves and are at their most generous. Despite the bad news and the many threats to the health of our nation and world, I remain hopeful.

It can be easy to become swept up in anger and divisiveness, but most people really just want to love and be loved. We do not need to

Guns as a Health Threat

Whatever your position on the Second Amendment and gun rights, it is hard to deny that guns pose a significant health threat in the United States.

A new study in the *Journal of the American Medical Association (JAMA)* says the United States is No. 2 worldwide in the number of gun deaths, with 37,200 in 2016 data. Most of those deaths were suicides.

The National Rifle Association (NRA) and U.S. doctors got into a shootout of their own in November when the American College of Physicians editorialized on U.S. gun deaths.

“For more than 20 years, the American College of Physicians (ACP) has advocated for the need to address firearm-related injuries and deaths in the United States,” the doctors wrote. “Yet, firearm violence continues to be a public health crisis that requires the

nation’s immediate attention.”

The NRA immediately fired back. “Someone should tell self-important anti-gun doctors to stay in their lane,” the NRA tweeted. “Half of the articles in *Annals of Internal Medicine* are pushing for gun control. Most upsetting, however, the medical community seems to have consulted NO ONE but themselves.”

Uncowed, the doctors responded with a hashtag campaign — #ThisIsOurLane — reminding the NRA that they are in the unhappy business of treating gunshot victims.

One MD, Melissa Stone, tweeted, “@NRA As a gerontologist, it is my place to counsel older adults about guns in the house, safety precautions, and suicidality, as older men are particularly at risk of self-inflicted gun violence. #ThisIsOurLane”

—Ted Pease

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Continued on Page 19

HEAVENS TO BETSY—BY BETSY GOODSPEED



Watching the Walkers

Watching the activity on my street from my front window includes monitoring people, dogs and joggers. Hummingbirds abound, and lambs graze on the hill across the street. Ravens are a riot, racing through the trees, and a dozen finches often descend on the lawn to hold meetings.

Most walkers focus their attention on the sidewalk a few feet ahead. Some talk on their phones, and several are texting, which is a concern. Most walkers pass by lost in their private thoughts.

I'm reminded of people who wait for others to finish speaking so they can share their thoughts. They're probably victims of an education that programmed them with information they didn't need or want to retain. Most schools are about memorizing and earning grades that allow students to go to college to earn a living.

Does that sound like a vicious circle? Just between you and me, I deliberately got myself suspended from high school and had to qualify for college in order to graduate. I scored high marks because I kept checking multiple-choice boxes when the answers were beyond me.

Years later, I taught at a remarkable school where responding was the most important subject. The staff held dialogs instead of meetings. We sat in a circle to speak one at a time, usually about our "Intentions." The kids were encouraged to explore their talents and they could ask,

"Why do we need to learn this?"

I once taught a Japanese exchange student to play the piano by using his knowledge of the do-re-mi system, the ancient *solfeccio* musical scale on which Gregorian chants were based. His overnight popularity at the piano accelerated his desire to learn English.

Kids retain information according to their desires and needs. A lack of responsiveness among those who don't need or want to learn can become habitual. Then they're like walkers whose attention is on the sidewalk.

Out on the sidewalk, some dogs heel, emulating their owners. Others stop to smell bushes where messages were left by social dogs. Puppies are all over the place until they're trained to mind their manners or enjoy a degree of freedom. I love seeing dogs who have partners that respond to them.

Seeing friends consciously keeping step is a beautiful sight to behold. They have the power to change the world, because it's all about relationships. More than peace depends on cooperation and understanding. That's the only way progress will be made.

It's possible to change the world, but only one person at a time. And it pays to start with yourself.

—
Betsy Goodspeed, 92,
sits, observes, thinks and writes
from her home in Eureka.

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SANDY FLIPPIN CATCHES A NEW WAVE . . . From Page 1

that time he taught ceramics at Eureka Adult Education and the Pottery Farm in Arcata. He has been a photographer, a fine art potter, a framer of art, a business man and a musician . . . and husband, dad and now granddad. He said that he couldn't wait to retire so he could concentrate on possibilities.

Many might remember Sandy, 67, and his wife, Mary Lou, from the 1980s and '90s at The Art Center in Eureka; first as employees, then as owners.

When that business closed, Sandy opened up The Frame Shop on 2nd Street in Eureka, and Mary Lou ran The Art Center on the Arcata Plaza.

When the couple decided to sell the framing business to longtime employee Monica Creegan in 2016,

they knew their dreams were finally taking shape. He was getting out from behind a store front and into a world where personal fulfillment could take center stage; she would soon follow.

When Sandy talks about what he would do in retirement, he said, "I never promised to clean out the garage." Instead, he has played harmonica in several local bands and now plays with Lost Dogs, a blues band that plays swing you can dance to.

More than occasionally you can find him at Camel Rock, surfing a break he's been riding since he arrived in Humboldt in 1975.

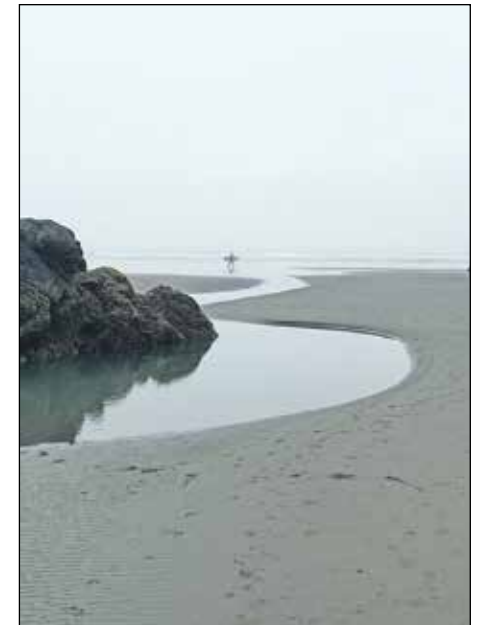
"When I walked out of the Art Center after my last day, I surfed for nine days straight," he said.

Sandy has been looking forward to December, when Mary Lou will also

retire. She has her own plans, including enjoying their grandson, making her amazing garden even more amazing, and traveling with Sandy in a small trailer. Her quilt group will likely see more of her and her awesome designs.

Art has always been part of their lives, and skipping the daily commute from Blue Lake to Eureka or Arcata only means their creativity has a lot more room to move and grow.

Donna B. Ulrich is a writer who lives with her husband, Larry, in Trinidad, Junction City, and wherever they can drive their pickup-camper.



LOOKING FOR THE WAVE — A lone surfer walks the water's edge at Moonstone Beach. Ted Pease photo.

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PAINTING THE OCEAN

BY MARGARET KELLERMANN

Empty Spaces

“I absolutely need my empty time,” a local retired friend told me. Instead of needing to fill her schedule, she now leaves an hour of empty space in her datebook every day. A lacuna, if you will.

The English word “lacuna” was adopted from a Latin word meaning both lake and pit. Today, lacuna doesn’t denote lake, but it retains the sense of a gap, the hole made when a lake dries up. It’s an impression left by what once existed. Lacuna is like grief, holding what’s missing. That may sound gloomy. But my friend anticipates her daily lacuna with joy.

One fine morning this year, allowing myself an hour’s lacuna, I walked the long tideline of Clam Beach with my dog, Luke, then headed toward the dunes to rest.

There, I found a beautiful tangle of turquoise crab ropes, fraying into strands. Several feet of cords showed above beach level. The rest of the snarl was anchored fast. When I yanked, nothing happened. The ropes were stuck there, until the next full-moon tide might wash them free.

All the ropes were turquoise, except one strong white one. The lines spread from a central core, like sun rays. To me, they looked ready for an art project. I braided three turquoise strands together. Next to that, I braided another three, and so on around the circle. I thought of the old saying, “A three-strand cord is

not easily broken.”

Luke trotted back to see what was taking me so long. I often wonder if he pities me that I can only run on two legs. Ignoring his whines to keep rambling north, I shuffled around the circle, working away. Resigned, Luke chewed thoughtfully on a driftwood branch.

Only one couple walked by. The rest of the beach was clear. The waves whispered *wheesht, wheesht*, like a Scottish shepherd I once heard calming a lamb.

I was about to leave, thinking

my work wasn’t very interesting as art, just some braided lines splayed on the sand.

Then I hefted the whole thing vertically. The strong white rope stood in a tall loop. The turquoise ropes wrapped around it like ribbons around a hoop. The conglomeration stood by itself, taut and tangled as it was.

Suddenly I saw what I’d been missing: an airy gap where a huge turquoise glass Japanese fishing float could be, in someone’s imagination. Another lacuna. —

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More Thoughts For the Holidays

• “Christmas with my grandsons . . . Excitement in the air. Twenty-four long days of waiting, and the big day is finally here. Anticipation is heavy. The lure of wrapped presents is too much for two young boys. They will hold out until 6 a.m. and not a minute longer. In a frenzy of gift opening, Santa has granted every wish.”

—**Connie Sundberg, McKinleyville.**

• “Dear Santa: I’m looking forward to Christmas dinner with family at a beach house we love near Santa Cruz. We’ll leave cookies and cocoa out, and perhaps a little something to add to the hot cocoa to keep your sprits up. Please send us a smile and a little tinkling of your sleigh bells. Love, Audrey.

“P.S.: I’ve been very, very good this year.” —**Audrey Archibald, Arcata.**

• **Cartoon:** Two sheep are standing in a pasture. One looks grumpy. The other, annoyed, says: “Every time I say, ‘Baaa,’ you don’t have to say, ‘Humbug.’”

• “Thanksgiving at our house, when my daughter lived at home, was a time to gather friends, family and strangers. I always cooked turkey, made stuffing, mashed potatoes and gravy. Everything else was always a surprise. On Thanksgiving 1986, 17 people came to dinner. And 14 of them brought pies . . . cherry, apple, pecan, blackberry, blueberry, chocolate cream, mince, rhubarb, lemon and five pumpkin. One of the best holiday dinners ever.” —**Patti Miller Stammer, McKinleyville.**

Retired schoolteachers Dwight Miller and Laraine Cook can’t remember a time when they were not involved in their community and engaged with others.

So when the soon-to-be-former Trinidad mayor and City Council member is asked, “Why do you do it, Dwight?” he and Laraine look at each other and give a little shrug.

“Because we live here,” he says. Laraine nods. “We care.”

“I can’t just sit on my butt and complain,” Miller said, quoting philosopher Edmund Burke, who observed, “The only thing necessary for the triumph of evil is for good men to do nothing.”

So Miller stepped up, serving since 2006. But his unelected wife puts in about as much time and energy for the tiny town of Trinidad. It’s a package deal.

“I confess that I rarely go to meetings, because I find them really unpleasant — neighbors shouting untruths at each other,” Cook said. “In such a small community, it can be hurtful.

“Dwight can do things that I can’t do,” she added. “My personality isn’t tuned to hear a lot of loud voices.” So she serves more quietly, behind the scenes. “I make cookies.”

Public service is in their blood. Miller, 75, and Cook, 71, spent some 40 years teaching in inner-city high schools and community colleges in Los Angeles and in Eugene, Oregon. He was a mathematics teacher; she taught English and was a librarian.

Miller didn’t particularly like mathematics, but he did like teaching. “Math was a vehicle,” he said. “I didn’t love math for math, but as a way to help people think a little bit

‘Because We Live Here. We Care.’

By Ted Pease



NAIL-BITER — Dwight Miller and his wife, Laraine Cook, shown on the steps of Trinidad Town Hall, have pitched in together over his 10 years on the Trinidad City Council. November’s election isn’t final until Dec. 6, but it looks like they’re looking forward to another term. Ted Pease photo.

deeper. That is essentially my life goal.”

When then-Mayor ChiWei Lin approached Miller about joining the City Council shortly after the couple moved to town in 2006, “he made it hard to say no,” Miller recalled.

“ChiWei really cared,” Miller said. Lin, who served from 2000-2008, was looking for progressive allies on what had been a divided and sometimes antagonistic City Council.

“We were new to town, and ChiWei — who was born in Hong Kong — said to me, ‘Look, I came to this country as an immigrant, and I feel a personal responsibility to this country. How about you?’” Miller said. “How could I say no?”

Last year, Miller decided a decade on the City Council was enough, and announced that he would step down. Enough was enough.

“It takes a toll on me,” he said. “I

get really angry about things, and at a certain point it exhausts you, wears you out.”

But his neighbors talked him into running again, and Miller became part of a six-candidate slate for three seats, the first contested City Council race in recent Trinidad history.

The outcome is still in doubt. In the first returns after the Nov. 6 election, Miller was out, losing by a single vote. “Honestly,” he said, “I can go either way.”

But as absentee and provisional votes were counted, the outcome flipped. At press time, Miller led the field and may be headed for another term. But it ain’t over ’til it’s over, which will be Dec. 6. Stay tuned.

—
Ted Pease lives outside of Trinidad, and was ineligible to vote in the City Council race.



AGING IS AN ART — BY JOHN HECKEL

A Time to Forgive

We are fast approaching the season of forgiveness, a time of year when our aging bodies are most vulnerable.

Successful aging requires developing a special relationship with the act of forgiveness. Part of that relationship depends on collaborating with a body that is becoming ever more sensitive and vulnerable. Our aging bodies, if we listen to them, can help guide us by telling us what we need to do to navigate this phase of our lives successfully.

An act of forgiveness has beneficial effects on

our physical health and emotional wellbeing. As we age, holding on to grudges, blame and vengeance — feelings often attached to an unwillingness to forgive — can lead to and cause any number of severe physical ailments and emotional stressors.

There are a number of cultural misconceptions about acts of forgiveness that prevent more of us from experiencing their healing benefits.

For one, forgiveness does not mean acceptance. We can forgive someone's behavior without having to find the behavior acceptable. Nor does forgiving mean liking; we can forgive someone without having to like them. Part of the aging process teaches how to forgive without falling into these cultural traps that prevent us from experiencing the benefits of forgiving. The aging body's increased sensitivity and

vulnerability make this possible.

My father, like many men of his generation and cultural upbringing, defined and acted out masculinity by taking care of his family. Providing for our financial security was his Number 1 priority. He did that really well. Playing with his sons was not a priority. He did not do that very well. He did not know how.

When I watch and experience how my neighbor Rich relates to his grown sons, I can feel my body react physically. That reaction is not

healthy. Why? Because what Rich and his sons can do triggers and activates the blame I still carry in my body

toward my father for what he was not able to do. I so wanted him to play with me!

My father died 19 years ago. I need to forgive my father.

Our culture projects a lot of simplistic and new-age forgiveness practices on us, none of which I am advocating. I am suggesting that as we age, as our bodies become more vulnerable and more sensitive, we listen.

During this season of forgiveness, is there someone your body needs you to forgive?

Are you listening?

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

"An act of forgiveness has beneficial effects on our physical health."

December Dining Highlights

Join your friends at one of Humboldt Senior Resource Center's three dining sites to celebrate some special events in December.

Special Holiday Lunch. Join us on Wednesday, Dec. 19, to celebrate the winter holidays with a special lunch of ham, candied yams, green beans, a dinner roll and apple pie. In addition to lunch, each site will offer music, decorations, giveaways and holiday fun.

Early New Year's. HSRC celebrates New Year's Day early on Friday, Dec. 28, with a meal of apricot-glazed pork loin, scalloped potatoes, Pacific vegetables, bread pudding and a sparkling cider toast. The dining rooms will be festively decorated and ready to ring in 2019.

A meatless alternative meal is

available Tuesday through Friday at all three dining sites. Contact your dining site to make lunch reservations: in Arcata, call Vanessa at 825-2027; in Eureka, call Cathy at 443-9747; in Fortuna, call Launa at 725-6245.

Lunch service begins at 11:30 a.m. at the Eureka dining center and at noon in Fortuna and Arcata.

Low-fat or nonfat milk is served with every meal. Menus are subject to change without notice. \$3.50 is the suggested donation, but no senior 60 or older will be denied a meal if unable to donate. For those under 60, lunches are \$6.

For more information, contact Tasha Romo, Nutrition & Activities Program manager, at 707-443-9747 x1228.



Purchase or lease a new Subaru from Nov. 15, 2018 - Jan. 2, 2019 through their annual Share the Love Event and you can support homebound seniors in McKinleyville, Arcata, Eureka & Fortuna. Choose HSRC and

Subura of America & McCrea Subaru will each donate \$250 to HSRC



Humboldt Senior
Resource Center



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Call****707-443-9747****to discuss your gift**

McCrea Subaru Shares the Love at HSRC

It was a day of numbers for the Humboldt Senior Resource Center kitchen crew. And all the numbers were delicious.

Dining manager Tony DeLaurentis and his staff prepared 893 Thanksgiving Day feasts for senior participants in Eureka, Arcata, Fortuna and all along the Home Delivered Meals routes.

That's more than 1,440 pounds — three-quarters of a ton! — of turkey and stuffing, yams, mashed potatoes, green beans and cranberry sauce for grateful diners. That's not counting 35 gallons of gravy and 110 fresh pumpkin pies.

On hand to help serve at the Eureka Dining Center were Jason Ghera, Lee Daniels and Drew Duncan of McCrea Subaru in Eureka, HSRC's partner once again this year in the 11th annual Subaru Share the Love event.

HSRC and Meals on Wheels America are two of the designated charities that benefit from the program, under which McCrea will donate \$250 to HSRC for every new Subaru sold or leased between Nov. 15 and Jan. 2. Last year, the HSRC Nutrition Program benefited in the amount of more than \$30,000.



HERE TO SERVE — Members of the Eureka chapter of the Emblem Club are good friends to HSRC program participants, helping serve meals and contributing their time and smiles. Here, from left, Kay Parris, Suzie Piazza and Dora Kaliamos, in their special turkey aprons made for the occasion by Suzie, pause for a thumbs-up during the HSRC Thanksgiving meal. Ted Pease photo.

And Subaru's generosity makes a huge difference, said Barbara Walser, HSRC's director of Nutrition & Activities. "McCrea Subaru is a great partner in promoting the program and in the mission to promote dignity and self-determination for seniors," she said.

Ghera, McCrea Subaru's general manager, clearly enjoyed himself as he helped serve the more than 130 diners who filled the Eureka dining room.

"Our community is very lucky to have the Humboldt Senior Resource Center with access to all of the valuable services that help our seniors stay healthy and independent," Ghera said while handing out plates of turkey and stuffing, and slices of pumpkin pie.

"McCrea Subaru is happy to be able to support delivering more meals to local seniors in need through the Subaru Share the Love program."



A HAPPY FEAST — Jason Ghera, general manager of McCrea Subaru in Eureka, serves a special Thanksgiving Day feast to Jane Carlin (left) and Arlene Roberg, two of more than 130 diners at the special HSRC meal at the Eureka dining site. Ted Pease photo.

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** For times see the Activities at Senior Centers calendar for Eureka, Arcata & McKinleyville.*

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Senior News

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December SENIOR CENTER ACTIVITIES

Humboldt Senior Resource Center in Eureka

An HSRC Senior Dining Center
1910 California Street • humsenior.org
Lunch: Tuesday-Friday at 11:30 a.m.

For more information call Tasha at 443-9747 x1228, tromo@humsenior.org

Closed Monday, Dec. 24 & Tuesday, Dec. 25

Every Weekday		9-1 Library
		9-3 Senior Service Office
		12-3 Billiards
Mondays		9:30-10:30 Karate with Jerry Bunch
		10-12:30 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		Dec 24 Closed for Christmas Eve
Tuesdays		10-11 Harry's Bingo (not Dec. 4)
		11:30-12:15 Lunch
		12:30-1:30 Bunco
		12:15-2:15 Pinochle
		2:10-3:10 FABS/S.A.I.L. with Beth & Lois
Dec. 4		10:30-11:30 Dine & Dance w/Ray, Dave & Lois
Dec. 4		11:30-2 Cookie Crawl (bring cookies to share)
Dec. 18		11:30-2:00 Foster Grandparents Program
CLOSED		Dec 25 Closed for Christmas
Wednesdays		11:30-12:15 Lunch
		1:15-2 S.A.I.L. w/Muriel
		1:30-3:30 Intermediate Line Dancing
		2:10-3:10 FABS/S.A.I.L. w/Beth & Lois
Dec. 5		11-11:30 Dale Winget performs
Dec. 5 & 19		1-2 Caregiver Support Group
		Adult Day Health & Alzheimer's Services Library, 2nd floor, Bldg. B
		1901 California St., Eureka
Dec. 12		11-11:30 LeAnn Morini performs
		11:30-12:15 Emblem Club serves lunch
Dec. 19		10-11:30 Commodities Distribution
		10:30-11:30 Bob Ebenstein performs
		11:30-12:15 Holiday Luncheon
Thursdays		10-11 Grocery Bingo: Bring 1 grocery item
		10-11:30 Intermediate French (Cancelled for December)
		11:30-12:15 Lunch
		1:15-2 S.A.I.L. w/ Muriel
		2:10-3:10 FABS/S.A.I.L. w/ Beth & Lois
		3:30-4:30 Laughter Yoga
Dec. 6 & 20		10-12 Genealogy group

Fridays		9-10 Falun Dafa
		10-11 Beginning Tai Chi Movements
		11-12 Beginning Yoga
		11:30-12:15 Lunch
		1-4 Bridge Games
Dec. 7 & 21		1:30-2:30 Conscious Living Book Club
Dec. 14		11-12:30 Sweater Day
		11:30-12:15 Birthday Celebration
		11-11:30 Bob Ebenstein performs
Dec. 21		11:30-12:15 Accordionaires perform & Birthday Celebration
		New Years Lunch
Dec. 28		11
Saturdays		
Dec. 1		Noon Sassy Seniors
		Marina, Woodley Island
Dec. 15		Noon Nooners
		Gills by the Bay, Fields Landing

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 Tuesday, Dec. 25

Tuesdays	12	Lunch
Wednesdays		Bingo 5-8 pm
Dec. 5	10:30	Music with Bill,Corena & John
Dec. 19	12	Holiday Meal
Thursdays		
Dec. 13 & 27	12-2	Caregiver Support Group
		United Methodist Church, Fireplace Room
		922 N Street
		For info call 443-9747
Fridays	12	Lunch
Dec. 14	12	Birthday Lunch
Dec. 28	12	New Years Lunch

Arcata Community Center

An HSRC Senior Dining Center
321 Dr. Martin Luther King Jr. Parkway
Lunch: Tuesday-Friday at 11:30 a.m.
Call Vanessa at 825-2027

Closed Monday, Dec. 24 & Tuesday, Dec. 25

Mondays		
Dec. 10	11-12	Silver Quills Writing Group
Dec. 24		Closed for Christmas Eve
Every Tuesday		
	9-11	Katie's Krafters
	10-11	Senior Pool Hour-HealthSport
		\$5 fee (prior registration required)
	11	Bread distribution
	11:30-12:15	Lunch – Menu at center
	12:30-2	Bead Jewelry Class
Dec. 4	10-11	Blood pressure check
Dec. 4 & 18	10-11	Caregiver Support Group
		Mad River Community Hosp.
		Minkler Education Room
		3800 Janes Road, Arcata
		For info call 443-9747
Dec. 25	2	Arcata Marsh Slow Walk
Dec. 25		Closed for Christmas
Every Wednesday		
	10-11	Chi Gong-RSVP 443-8347
	11	Bread distribution
	11:15-12:15	Tai Chi with Kathy-Advanced
	11:30-12:15	Lunch – Menu at center
	12:30-1:30	Tai Chi with Kathy-Beginning
Dec. 5 & 19	10:30-11:30	Brice Ogen & Guitar
Dec. 19	11:30-12:15	Holiday Meal
Every Thursday		
	9-10	Tai Chi w/Tim (\$3 donation)
	9-11	Katie's Krafters
	10-11	Senior Swim Hour-HealthSport
		\$5 fee(prior registration required)
	11:30-12:15	Lunch – Menu at center
	12:15-1:15	Learn Tech with Brett
Dec. 6	10:30-11:30	PJ's Musical Group
Dec. 13	11-12:15	Cal Fresh Sign-up assistance
Dec. 20	10:15-11:15	Swing 'n' Sway Trio
Dec. 20	10:30-11	Commodities Distribution
Every Friday		
	10-11:30	Ping Pong with Pete
Dec. 2&16	10:30-11:30	Piano with John Humphrey
	11:30-12:15	Lunch – Menu at center
Dec. 14	10:30-12:15	Birthday Celebration
Dec. 21	10:30-11:15	Music with the Half Notes
Dec. 28	11:30-12:15	New Year's Meal & Celebration

December 2018

Senior Dining Center Menu

FIRST WEEK

- Dec. 3 Dining Centers closed
- Dec. 4 Spinach Lasagna
- Dec. 5 Chicken Caesar Salad
- Dec. 6 Pot Roast
- Dec. 7 Lemon Herb Fish

SECOND WEEK

- Dec.10 Dining Centers closed
- Dec.11 Beef Stroganoff w/Egg Noodles
- Dec.12 Shrimp Linguini
- Dec.13 Chicken Cacciatore
- Dec.14 Mexican Chicken Stew
- Birthday Cake

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.

THIRD WEEK

- Dec.17 Dining Centers closed
- Dec.18 Chicken w/Fire Roasted Tomatoes
- Dec.19 **Holiday Meal-** Baked Ham, Candied Yams, Mixed Green Beans, Dinner Roll & Apple Pie

- Dec.20 Chicked Cordon Bleu
- Dec.21 Tomato Baked Fish

FOURTH WEEK

- Dec.24 All Sites Closed for the Holiday
- Dec.25 All Sites Closed for the Holiday
- Dec.26 Chicken Gumbo w/Brown Rice
- Dec.27 Taco Salad
- Dec.28 **New Year's Meal-**Apricot Glazed Pork Loin, Scalloped Potatoes, Pacific Vegetables, Bread Pudding, Sparkling Cider

FIFTH WEEK

- Dec.31 Dining Centers closed

LOW-FAT OR NONFAT MILK SERVED WITH EACH MEAL

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December Senior Center Activities

McKinleyville Senior Center

Azalea Hall • 1620 Pickett Road
Open Monday-Friday 9 a.m. - 4 p.m.

mckinleyvillecsd.com

azaleahall@att.net • 839-0191

Closed Dec. 22, 2018, to Jan. 5, 2019

Mondays

8:30-9:30	Tai Chi
9-12	Computers* (*call for availability)
10:30	Walking Group at Hiller Park
1-4	Party Bridge
1-4	Cribbage
Dec. 31	11-12 Low Vision Workshop

Tuesdays

9-11	TOPS
9:30-10:30	S.A.I.L. Class
10:30-12	Memoir Writing <i>NEW!</i>
10:40-11:40	Stretching
12:30-3:30	BINGO
1:30-2:30	Exercise

Wednesdays

8:30-9:30	Tai Chi
9-12	Computers (call for availability)
10-12	Needlework
10:30	Walking Group at Hiller Park
1-4	Pinochle
Dec. 5	10-11 Genealogy
Dec. 5 & 19	3-5 Caregiver Support Group Timber Ridge at McKinleyville Private Dining Room, 1400 Nursery Way. For info call 443-9747
Dec. 12	12-1 FREE Monthly Luncheon
Dec. 19	11:00 Executive Board Meeting

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
Dec. 6	11-11:30 French Dip w/Cole Slaw, \$3
Dec. 13	11-11:30 Mystery Soup, Salad, Roll \$3
Dec. 20	11-11:30 Tacos, Refried Beans & Cheese \$3

Fridays

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

Fortuna Senior Center

A Membership Organization
MGC at 2280 Newburg Road

fortunasenior.org

admin@fortunasenior.org • 726-9203

Closed Christmas Eve & Tuesday, Dec. 25

Every Monday

8:30	Riverwalk
At MGC	9:00 Tai Chi
11:00	Line Dancing
3:30	Ukulele Group
5:00	SAIL Class
At United Methodist Church	9:00 PE for Seniors
10:30	PE for Seniors-Beginners
Dec. 3	1:45 Book Club

Every Tuesday

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

Every Wednesday

8:30	Riverwalk
At MGC	1:00 Tai Chi
5:00	SAIL Exercise
At United Methodist Church	9:00 PE for Seniors
	10:30 PE for Seniors-Beginners
Dec. 5	Noon Senior Lunch Bunch Call Chris 725-2020 or Carol 725-2931

Every Thursday

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

Every Friday

At MGC	9:30	Cards & Games
	2:00	Scrabble Group
At United Methodist Church	7:30	Fortuna Camera Club
Dec. 28	9:00	Hiking Call 725-7953
Fortuna	9:00	Biking Call 725-1229

Every Sunday

At MGC	3:00	Qigong Class
Dec. 15	5:00	Bingo



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Senior Exercise Class

Letter to the Editor

Step Up, Youngsters

To the Editor,

I was delighted to see your latest issue focusing on public service ["Celebrating Our Public Life," November]. "Making a difference" is what matters in my life, beginning with my service in the Peace Corps just after graduating from college. It is something that has given my life purpose and meaning, and I can't imagine not being involved in worthwhile projects for our community and my country of service.

However, I have noticed that almost every organization is in desperate need of volunteers.

As seniors, we represent a large bubble in the population who have been carrying the load for many years. Now, more of us are facing infirmities or caring for spouses and family members. We are no longer

able to carry on these responsibilities as more of us retire from public service.

Though I am still active, I wonder if our young people and those in the middle-age demographic are aware of how much their communities will change unless more of them are willing to get involved. Will your community have volunteer firefighters, athletic events, long-time community events, fundraisers for non-profit organizations and schools in the near future? Without people who are willing to serve, many of these community services are threatened.

I urge seniors to talk about this threat and reach out to younger people who need to replace us. Our spirit is willing, but our bodies are not.

Jan West, *Trinidad*

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



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LIVE VIGOROUSLY

BY JOAN RAINWATER-GISH

Lessons from Year 1

Looking back over my first year of writing for Senior News, I am honored to have a regular column to highlight local active seniors who Live Vigorously.

Reviewing my notes, I find common themes in comments made by the 10 people I interviewed. These are the top five things they suggested for aging well:

Keep learning

Adjust to aging

Exercise is a priority

Group participation is key to keeping motivated

Stay socially connected

For example, the people I've talked to all thrive on learning new things. For John, it was learning ballet and then playing a role in "The Nutcracker" at age 74. Or Peggy, who is learning computers at 92. And both Evelyn and Lillian talked about their willingness to chart unfamiliar territory.

Most understand the need to make adjustments as they age — like Kay, who no longer has her tango partner but is okay with going dancing alone, and being the oldest person in the room. She's found that she never lacks for a partner at dance classes, as the less experienced dancers always seek her out to practice their dance steps.

All the people I've interviewed rank exercise as important in keeping independent and physically able to do the things they want — whether it's riding bikes with grandkids for Linda, or hiking the wilderness for Michele. I think

Ed summed it up best by saying, "There is no way to achieve physical fitness without exercising."

As for exercising, being part of a group helps keep everyone motivated. It might be hiking in a group, kayaking with friends, classes in weights/yoga/Tai Chi/Pilates, or being with a dance club. Group exercise not only keeps everyone physically fit, but it also provides social connection with others.

For Roy, the combination of exercise and social connection helped him move on after losing his partner. He also keeps his brain healthy by staying current on technology. Linda does it by taking accordion lessons, Evelyn by traveling solo to a foreign country at the age of 81, and Audrey, at 100, by playing cards twice a week.

Of these 10 individuals, eight I've known for many years and so had them on my most wanted list. The two I didn't know were suggested by readers. All are now friends and have added to my learning and appreciation for our local active seniors.

My hope is that they have inspired you, too, to stay active.

Joan Rainwater-Gish, 76, of Eureka is a certified personal trainer and group fitness instructor who leads senior exercise classes. She is also a member of the Senior News Community Advisory Council. Contact: jrainwater-gish@suddenlink.net.

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December

Community Calendar

HSU Dance Concerts

Upcoming dance concerts at Humboldt State University include Evening of Dance, Thursday, Dec. 6, at 7 p.m., and a student Choreography Showcase, Friday and Saturday, Dec. 7 and 8, at 7:30 p.m., Gist Theater on campus. Tickets \$5 adults; \$2 seniors/students/military, and free for Humboldt Arts Council members, children under 17, and families with EBT Card.

Bigfoot Daze

The annual Bigfoot Daze Auction kicks off at 11 a.m., Saturday, Dec. 8, at the VFW Hall, 20 Kimtu Road in Willowcreek, with auction action starting at 12:45 p.m. Proceeds benefit the 59th annual Bigfoot Daze Festival in September. Info at bigfoot-daze.com or bfd@willow-creekchamber.com.

20th Jacoby Award

The 20th Anniversary Victor Thomas Jacoby Awards & Art Exhibition takes place Friday, Dec. 14, from 4 to 6 p.m. at the Morris Graves Museum of Art, 639 F St., Eureka. The awards through the Humboldt Area Foundation go to Humboldt artists and craftspeople annually on Jacoby's birthday. The exhibit, featuring the work of grant winners from the past two decades, will run from Dec. 8 through Jan. 27.

TubaChristmas!

For the 31st year, the rounded tones of tubas, sousaphones, horns and other brass instruments will herald the holiday season with the annual Humboldt County TubaChristmas. Sunday, Dec. 1, 1 p.m. at Old Town Gazebo in Eureka, and at 3 p.m. at McKinleyville Shopping Center near Safeway. The band will also perform at Fortuna Christmas Festival, Sunday, Dec. 9, at 3:30 p.m. at the River Lodge.

EPIC Holiday Mixer

Come learn about EPIC — the Environmental Protection Information Center — and join other treehuggers in holiday cheer at the annual membership meeting beginning at 6 p.m. at 145 G St., Suite A, in Arcata. Did we mention there will be boozy hot chocolate? Info: 822-7711 or epic@wildcalifornia.org.

Fortuna Christmas Music Fest

Come to friendly Fortuna on Sunday, Dec. 9, noon-6 p.m. for the free annual Christmas Music Festival at the River Lodge, featuring choirs, bands and other musical groups in an afternoon of Christmas music. The All Seasons Orchestra, Scotia Band, Mariachi Real de Mexico, Eureka Brass and more.

Ferndale Festivities

• **Santa Claus** and his elves arrive on Main Street in Ferndale on Saturday, Dec. 1, at 10:30 a.m.

• **America's tallest** living Christmas tree lights up the season on Sunday, Dec. 2, from 5:30-6:30 p.m. Join the Booster Band and Chameleon Singers, and celebrate with free hot cocoa and homemade cookies. Info: (707) 786-4477.

• **Victorian Holidays** — festive holiday shopping, dining, live music and activities as Ferndale shops stay open from 5-9 p.m. Fridays until Christmas: Dec. 7 (Old-Fashioned Christmas), Dec. 14 (Cowboy/Cowgirl Christmas) and Dec. 21 (Hawaiian Christmas).

• **The Messiah:** The Eureka Symphony and Chorus offer Handel's great classical masterpiece Friday, Nov. 30 and Saturday, Dec. 1 at 8 p.m. ("Musical Notes" lecture at 7 p.m.), Arkley Center for the Arts, 412 G St., Eureka. Info at eurekasymphony.org.

Fido Fest

The 14th annual Holiday Open House/Raffle and Silent Auction at the Humboldt County Animal Shelter, 980 Lycoming Ave., McKinleyville. Saturday, Dec. 8, noon-4 p.m. Donations needed. Benefits Emergency Medical Fund. Info: 840-9132.

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Letter to the Editor

Take Back the Plaza

To the Editor:

Members of the newly constituted Arcata Plaza Improvement Task Force are requesting Arcata residents and students to submit ideas on how to improve the safety and use of the Arcata Plaza.

Seniors and students seem particularly hesitant to spend time there. I'm sending out a call to seniors to ask you to send me your suggestions.

I can be reached at janepwoodward@aol.com. Please put "Task Force" in your subject line so I will know to open it.

Any ideas on amenities we can add, or new ways to "occupy the plaza," are welcome, including suggestions on what to put in place of the McKinley statue.

Jane Woodward, Arcata

Sr. News

CROSSWORD

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Giving. Forever.

"I want other people to be able to enjoy this place long after I'm gone." ~ Stephanie McCaleb, founder of the Arcata Marsh and Wildlife Sanctuary Community Endowment Fund

Stephanie McCaleb wants to make a difference in her community and support a place she has loved for many years. That's why she's choosing to leave a legacy through the Humboldt Area Foundation, ensuring that the Arcata Marsh and Wildlife Sanctuary will continue to be a place of beauty and refuge after she has passed on.

"It was daunting to try to figure out on my own how to leave a gift in my will," she says. "But Humboldt Area Foundation is a jewel that offers so many options, and they made it easy for me. All I had to do was tell them my idea, and they made it happen."

Leave a Legacy Humboldt is a partnership of Humboldt County organizations including Humboldt State University, OLLI, Hospice of Humboldt, Humboldt Area Foundation, Humboldt Botanical Garden, and St. Joseph & Redwood Memorial Health working together to promote planned giving locally.

What will *your* legacy be? Learn more at leavealegacyhumboldt.org or call 707-267-9922.



"The trouble with having an open mind, of course, is that people will insist on coming along and trying to put things in it."

—Terry Pratchett (1948-2015), author.

IT'S OUR LANE . . . From Page 5

listen to anyone telling us to harm each other or actively promoting the harm and potential loss of our very planet. We do need to tap into our natural, biological and spiritual preference for a healthy family, a healthy community and a healthy world, for everyone.

As a physician, I will not be silenced. As a mother, I will not be silenced. As a member of the world community, I will not be silenced. Public health depends on raising our voices and demanding a safe, equitable and reasonable environment for our children to grow and thrive.

We have the power to make our planet healthier, our streets less violent and our hearts kinder. In this holiday season, consider donating to organizations that promote such

health for our world. And when making New Year's Resolutions, keep in mind what small changes can be made in 2019 to make it a better year for our world.

That's my "lane," and I'm staying in it.

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

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The Benefits of Becoming a Homesharing Ninja

By Marc Linn

Homesharing is a great deal for both parties: the home-provider gets some extra income or a little help around the house; the home-seeker will frequently wind up with a nice comfortable place to live that is less expensive than market rates.

An additional benefit for students who homeshare is the likelihood of a fairly quiet study environment.

For the truly accomplished homesharer — the “Homesharing Ninja,” if you will — there can be a terrific additional benefit to inviting someone into your home: a new friend, good company, someone you can count on.

Here are two ways to achieve this exalted status, even if you haven't already decided to try homesharing.

Practice connecting. A genuine connection with your housemate is a big and important step toward Ninja status. This does not mean you have to be thoroughly involved with each other's lives, nor does it mean you will never disagree or even become angry with each other.

A good connection can help you appreciate common interests, and it can help resolve differences without damaging the relationship.

A simple way to strengthen your interpersonal “connection muscle” is to use it. When you are out and about town, make it a point to acknowledge people you deal with. If the store clerk asks, “How are you,” respond with more than, “I'm fine.” Add,

“And how are you?”

If they're not too busy and seem receptive, extend the conversation a bit. The idea is to see each other as individual people rather than transactions.

Become a truly fantastic housemate. How? To have a great housemate, you have to be a great housemate. Most of us want the other people in our lives to get high marks in these areas:

- Consideration. Keep each other's needs and feelings in mind.
- Communication. Let each

other know about things that might affect them.

• Integrity. As the Texas Rangers used to say, do what you say you're going to do.

The trick is to take the first step, and your housemate is more likely to reciprocate.

The great thing about this kind of self-awareness is that you are completely in charge. You don't have to wait for somebody else to do something. And when you know that you truly are a great person to share a home with, either as the home-provider

or the home-seeker, you will have tremendous bargaining power — because everybody wants a great housemate.

If you think homesharing might be in your future, contact Dan Birmingham at Area One Agency on Aging in Eureka at 707-442-3763, seniorinfo@a1aa.org, or online: a1aa.org/homesharing.

Marc Linn is the host of the KZZH-FM talk show “The Roommate Coach,” and creator of theroommatecoach.com and homesharecentral.org.

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The Great Redwood Trail to Follow a Doomed Rail Line

By Josh Buck

Conservationists applauded in September when California Gov. Jerry Brown signed into law state Sen. Mike McGuire's bill creating the Great Redwood Trail master plan, which will transform hundreds of miles of decrepit railroad into a 300-mile walking trail from the North Coast to San Francisco Bay.

The action is “one of the most significant positive transformations we’ve seen in a generation here on the North Coast,” McGuire said, “taking a crumbling rail line, managed by a bankrupt public agency, and turning it into a worldwide wonder of a trail, and an economic driver for Northern California.”

Grandiose words, but not the first time for high ambitions for the unused Northwestern Pacific Railroad (NWP) right-of-way, which in recent years has been administered by the financially embattled North Coast Railroad Authority (NCRA).

Part of the NWP railbed that is intended for the Great Redwood Trail includes a stretch between Fortuna and Longvale (just north of Willits) known as the Eel River Canyon route passing along Scotia Bluffs, long known as “one of railroading’s most notorious trouble spots” [see “Off Track: The

Doomed Rails Along Scotia Bluff,” Senior News July 2018].

The single most important consideration that should be foremost in assessing the trail plan should be feasibility, as generations of railroaders have learned.

If you walk any mile of the NWP in the Eel River Canyon, the first feature you’ll notice is the terrain. It is almost impossible to follow the right-of-way without encountering some kind of earth movement — from an active slide to washouts.

The NWP rail line has been closed — not abandoned — since a 1998 El Niño storm that demolished the right-of-way throughout the canyon. But the area affected by that storm plagued the canyon route long before the rail closure. Since 1998, normal exposure to the elements and a lack of maintenance along the line has allowed minor trouble spots to become full-fledged individual disaster areas.

These kinds of trouble spots plagued the route since its construction in 1907 to 1914. Construction of the railroad was no simple task, and even once the railroad opened in 1914, the cost of maintaining the route was immense due to regular landslides

and washouts, and repairs were temporary at best.

A particularly troublesome stretch was and remains the 102 miles between milepost 166.5 in Dos Rios and milepost 268.7 in Fernbridge, where the NWP recorded 157 “trouble spots” as a result of constant sinking of the railroad’s subgrade. In 1983, the Southern Pacific, which was operating the line at the time, complained that the railroad would sink 2 to 14 inches each week, and that many locations required almost daily repair during the winter.

Railroads learned over and over again that the Eel River Canyon was simply not a route that could exist without spending millions on maintenance.

How this might translate as the route changes from heavy rail traffic into a hiking trail will remain to be seen. The proposed Great Redwood Trail will traverse some of the most beautiful landscape in California, but winter rains are always coming on the North Coast.

Josh Buck is a railroad historian and enthusiast whose 2018 Humboldt State University history thesis focused on the Northwestern Pacific Railroad and its predecessors. Visit his Facebook page at [North Coast Railroad History](#).



RUGGED TRAILS AHEAD — A pair of rail maintenance cars equipped with cranes — the “Two Sisters” — come together for a “kiss” as they work to clear a section of the Northwest Pacific Railroad line south of Dyerville in the Eel River Canyon, sometime between 1910-1913. Keeping the right-of-way clear will continue to be a challenge for the proposed 300-mile Great Redwood Trail that will follow the rail line, as landslides and washouts are nearly constant along portions of the route. Photos courtesy of Josh Buck.

New Treatment for Painful, Numb Feet *by Ed Handl*

Do you have painful, numb feet? You may be suffering from a nerve disorder called peripheral neuropathy.

An estimated 15 million people nationwide suffer from this painful disorder. The symptoms can be burning, sharp and aching pains, cold feet or hands, tingling and numbness that gradually progresses from the toes or fingers to involve the feet or hands.

Another common experience is that the severity of the symptoms increases at night. Some people eventually begin to lose their balance as nerve signals become poorer.

There are many different causes of peripheral neuropathy. Diabetes is the most commonly recognized but not the most commonly diagnosed.

Idiopathic peripheral neuropathy is the most commonly diagnosed form. Idiopathic means that it is of unknown origin.

Whatever the cause, the effects on the peripheral nerves are similar and cause insufficient blood and nutrient supply to those nerves. This can result in loss of the nerves' protective barrier (myelin sheath) and widening of synaptic gaps (junction points from one nerve to the next). This damage is what causes the symptoms of peripheral neuropathy.

Most people suffer from sensory nerve issues — burning, tingling and numbness. Fewer have motor nerve involvement, with muscle weakness, cramping and loss of balance.

TREATMENT

The treatment for peripheral neuropathy has mostly consisted of a multitude of medications, from narcotics to antidepressants and anti-seizures. Popping pills is not what most people want anymore.

But there is a revolutionary new

treatment for this painful nerve disorder. It is called the Sympathetic Therapy System (STS). At Humboldt Hand and Foot Therapy in Eureka, we have introduced a successful program designed to treat peripheral neuropathy patients with the STS (Sympathetic Therapy System) and infrared lights.

STS works by applying electrical stimulation over peripheral dermatome sites (areas of skin that are mainly supplied by single spinal nerves). This unique form of stimulation is unlike any used before and gives dramatically different results.

By stimulating bilaterally over these peripheral nerve sites and communicating along these nerve pathways across the spine, we can target the sympathetic nervous system, calming and normalizing it. Lowering sympathetic nervous activity dilates

peripheral blood vessels.

In essence, STS asks the body to calm these overactive nerves, as well as to increase blood flow out to the hands or feet. The increase in blood flow brings back the nutrients that those damaged nerves desperately need, creating a healing environment. Most neuropathy patients respond to this treatment at some level. Treatments are Medicare and FDA approved.

These comfortable, non-invasive treatments have no side effects and can potentially reverse the symptoms of this condition.

Call **Humboldt Hand and Foot** with any questions, at 441-1931.

***Ed Handl** is a Kinesiologist and the Clinic Director for Humboldt Hand and Foot Therapy at 1587 Myrtle Avenue in Eureka.*

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ACROSS

- 1 Sportscaster ____ Albert
- 5 Geological time period
- 10 Carson's predecessor on "The Tonight Show"
- 14 Prefix for "margarine"
- 15 You can't practice without it
- 17 Doesn't embellish one's story
- 19 Lives and breathes
- 20 Brooks of parodies
- 21 Like a song whose key is higher than D
- 22 Short-tempered
- 23 Human cousins
- 25 Place for a hockey pad
- 26 Bookmarked page
- 27 Hawks' home, on scoreboards
- 28 Hound's clue
- 29 Major mall tenant
- 33 Food that's a Gem State symbol
- 34 Cruise promoter, perhaps
- 35 Fanny of Broadway fame
- 36 Coke go-with
- 37 Hanging cheek
- 41 Have legs, metaphorically
- 42 This direction: -->, in Spain
- 44 A rabbi reads from it
- 45 Guesstimated hour suffix

"Thoroughly Themeless IV"

by Andrew J. Ries, edited by David Steinberg

46 Anagram (and synonym) of 6-Down

47 Per ____ (for each person)

48 Nonsensical remark?

52 Reddish-purple color that's also a shrub

53 Rick's love in "Casablanca"

54 Plot of Genesis?

55 Group of six

56 Merkel's denial

DOWN

1 Some choir performances

2 Son of Tsar Nicholas II

3 Put back on eBay, say

4 Prohibition statute passed in 1919, informally

5 Yalies

6 Anagram (and synonym) of 46-Across

7 One giving a hoot?

8 Weather, in poetry

9 Explores trails

10 Centenarian I. M.

11 Holden Caulfield, for one

12 More than silly

13 Hold a grudge against

16 Animation buff's keepsake

18 Place for keeping swine

23 "Tsotsi" novelist Fugard (anagram of LOATH)

24 Pejorative term for large, unattractive public sculptures

25 "King of Ragtime"

27 Massage therapist's target

28 Wawrinka of tennis

30 Central area in a church

31 Knave

32 Originate (from)

33 It's red and has a head

34 Ruined, as a hotel room

35 Without a care in the world

38 Baltimore bird

39 Dance related to the twist

40 Native of a Tibet city

42 Its core is more than 10,000 degrees Fahrenheit

43 Tip of a steeple

44 Greek T

46 Chinese chicken general

47 Included on the email chain, briefly

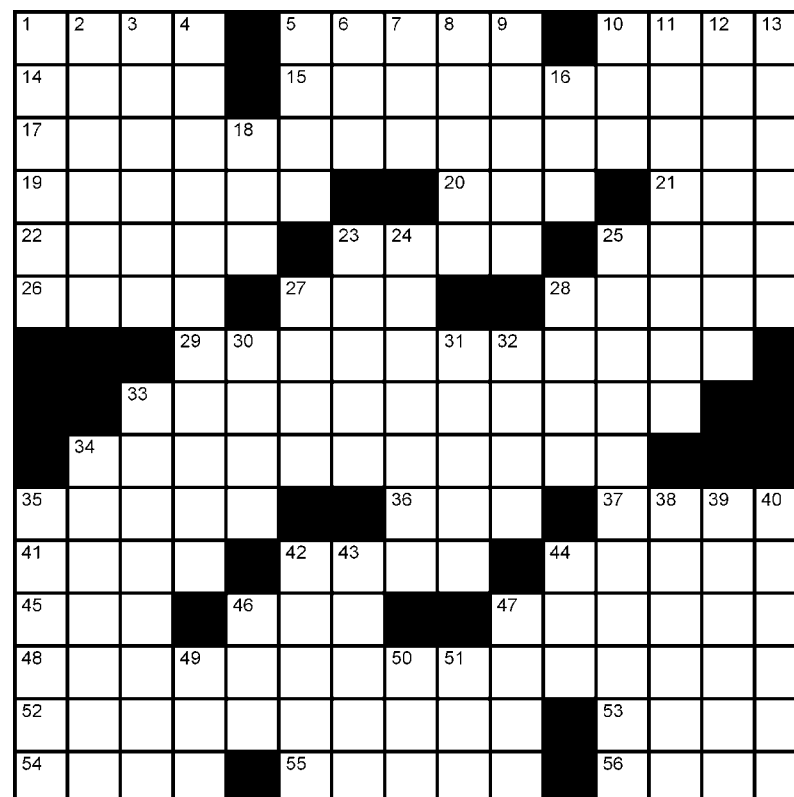
49 Solder or soldier metal

50 Publish private info online

51 Hoppy brew acronym

ANSWERS ON PAGE 18

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Neil D. Kushner MD

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**Save Those
Napkin Notes**

Albert Einstein was smart guy, and not only in the lab. The renowned German physicist with the famously fly-away hair and hound-dog look had a penchant for jotting down random thoughts on scrap paper, some of which turned out to be both smart and valuable.

Of course, one of these — $E=mc^2$ — was a pillar of modern physics. But we're talking about Einstein's more mundane, and nearly as valuable, insights into human existence.

"Imagination," he said, "is more important than knowledge." It's an argument students have tried using on their professors for years.

Perhaps as a corollary to the theory of relativity, he assessed humans place in the universe: "Two things are infinite: the universe and human stupidity," Einstein noted, "and I'm not sure about the universe."

Lacking a tip for the bellhop, the great man scrawled two nuggets on a Tokyo hotel notepad in 1922. "Where there's a will, there's a way," one said.

This and the other note — "A calm and modest life brings more happiness than the pursuit of success combined with constant restlessness." — written in German and signed by the great man, just brought a relative of the bellhop \$1.8 million at auction.

So write down those brilliant observations, and save them. You don't have to be a rocket scientist.

—Ted Pease

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- **January You're My Hero.** Who do you consider the heroes in your life? Your grandmother? Abraham Lincoln? The guy who makes you coffee? Who are unsung heroes in our community. Call Ted Pease, 443-9747.
- **February** is a month for **New Beginnings.** Senior News will tell stories about starting over, beginning anew, hope for the future, Do you have a story to tell? Call editor Ted Pease, 443-9747, x1226.

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