



The Loves of Our Lives

Life Lessons From a Bird

By Pat Bitton

“Wisdom” the Laysan albatross is aptly named. The 66-year-old albatross from the northwestern Hawaiian Islands is the world’s oldest known wild bird, and she clearly knows what’s what when it comes to love and parenting.

For more than 60 years, she’s successfully hatched dozens of chicks, and she’s still going strong. In fact, she’s been getting stronger in her golden years. Albatrosses normally breed only every other year, but the pull of maternal love has led Wisdom to hatch a chick almost every year since 2006.

Wisdom may give us humans some clues to leading a long and happy life.

Being an albatross means being on the move (or on the wing) most of the time, and it’s estimated that Wisdom has logged more than 3 million miles.

For the first five years or so of their lives, Laysan albatrosses don’t land on solid ground at all. Albatrosses are built for long-distance flying, with long, narrow wings, and the birds essentially return to land only for love and parenting.

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Deanna and Elwood Bartlett may have been “late bloomers” when they married 46 years ago, but the Arcata couple obviously found a formula that has worked. Ted Pease photo.



After 50 Years, What’s the Secret?

By Ted Pease

Nationally, the divorce rate is reported at 40 percent, so as Valentine’s Day approaches, we thought we’d ask some local couples for tips on their long-lasting marriages.

Deanna and Elwood Bartlett of Ar-

cata have been married for 46 years, and know the secret to a long, happy marriage: Toothpaste.

The Bartletts say they were “late bloomers,” marrying in their 30s in 1971. “People said we’d never make

it, because we were too old and set in our ways,” Deanna said. “And they said newlyweds who used different toiletries couldn’t change.”

“But we’ve always used the same

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Sr. News

Published monthly since 1981 by



Humboldt Senior
Resource Center

Circulation 13,000

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Advertising: Call Elizabeth Whitley at 443-9747, ext. 1227, or visit www.humsenior.org.

Submissions: Senior News may accept unsolicited readers' stories, up to 400 words. Contact the editor, Ted Pease, at 443-9747, ext. 1226, or tpease@humsenior.org at least one month prior to the desired publication issue for details.

Subscriptions: Subscriptions are \$20 a year. Credit cards and personal checks are accepted. Call 443-9747 or mail to 1910 California St., Eureka, CA 95501.

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Tedtalks: It's About More Than Candy Hearts

By Ted Pease

Growing up in New England, the best thing I could ever think to say about the month of February was that it's only 28 days. The weather is always awful — cold, snowy, wet — the days are short and dark, and summer seems a very long way away.

Maybe that's why Valentine's Day was invented — a way to lighten up mid-February.

That's almost true. The ancient Romans celebrated the ides of February with a fertility festival called Lupercalia, dedicated to their god of agriculture. As part of the proceedings, bachelors would pick the name of an unmarried young woman from an urn in a Roman-era dating game that often ended in marriage and children.

The early Christian church outlawed the festival but adopted the date for its own St. Valentine in the fifth century. The first known written valentine was a poem by Charles, the Duke of Orleans to his wife from a Tower of London cell in 1415. It wasn't until much later that greeting card manufacturers made a fortune on the idea.

It's a little gross, really, what Americans spend on Valentine's Day — an estimated \$18.2 billion last year, or \$136 per person, on jewelry, cards, roses and chocolate, according to the National Retail Federation.

Senior News declines to get all commercial, syrupy and candy hearts about February, but love is always worth celebrating. So in

this issue we talk to some experts in the field — no love doctors, but couples who, after 50 years of marriage, know how to do it right.

What's the secret to a strong and lasting relationship? Marriage counselors list some building blocks — compassion, respect, compatibility, patience — although one local therapist declined to offer an opinion, saying there's no secret formula.

Fair enough, but the couples we talked to for this issue reveal what worked for them: shared values, trust, openness, laughter . . . and toothpaste.

You don't have to be part of a couple — or even human — to appreciate love, an important point our contributors make about albatrosses, hummingbirds and those contentedly single.

Others in this issue of Senior News celebrate the importance of love in theater, literature, health and music. It's a joyful and varied subject.

Next month, while Humboldt is still in the grips of wet winter, Senior News will take you to the movies. If you or someone you know has a connection to the movie business, if you have a story to tell about playing an extra, or if you have "Star Wars" props stored in your barn, we want to hear from you.

—
Ted Pease is Senior News editor.

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Wooden Hearts to the Real Thing

By Jan Ostrom

Valentine's Day at school was always a bit edgy for me. Girls were expected to wear red or pink dresses with bows and hearts on them, which I thought was stupid.

In 1955, when I was in the 6th grade, our homeroom teacher let us give each other valentines in class. A chubby boy at the next desk hit me in the head with a fist-sized wooden red heart he had carved with my name on it. A sweet gesture, if not too articulate.

The problem was, the smiling kitty valentine card I had to give was not intended for him, but for his sister in the 5th grade. I kept it in my desk under my books, knowing never to take the risk of giving it to her.

Such was the life of a gay or lesbian kid.

I've had many valentines come and go in my life, but never found That Special Someone. As with many gay people, I assumed I would be alone in aging.

But in 1986, I met the most wonderful woman in the world, and fell hopelessly in love. With flowers, candy and music, I convinced Alex to be mine in a simple, private, non-legal ceremony.

In public, we bravely introduced each other as lovers, or partners, sometimes confusing people as to what business we shared. But we were "out." Alex's grown daughters and our grandchildren (and one great-grandchild) have loved and accepted me as "GrandJan."

Last month, at 73 and 74, we celebrated 32 years together, long enough that we are known as "AlexnJan."



VALENTINE'S DAY is a happy holiday for Jan Ostrom, left, and her wife of 32 years, Alexandra Wineland. Stilson Snow photo.

We moved from Los Angeles to Eureka in 1989, and were married legally in 2008 in the Humboldt County Courthouse, amidst tears, laughter and gay and straight applause.

Wonder of wonders, we were feted, congratulated and gifted — something gay persons never believed would happen.

Social acceptance was, as the grandchildren say, awesome. I still have trouble saying the words "my wife," but being free to say "my love" right out in the open remains an extraordinary feeling.

Alex and I share a worldview and personal values that keep us together. Compassion, integrity, kindness, respect — for ourselves and others; a desire to be able to trust, connect and support family and community; and, most of all, we like to laugh and watch old movies.

After all these years, Marilyn Monroe and the boys in "Some Like It Hot" (1959) can still restore our faith in humankind. All in all, it's a wonderful life.

Jan Ostrom, 73, of Eureka is a retired professor of film and television and media consultant. Her wife, Alexandra Wineland, 74, is retired from the Humboldt County Public Health Department, where she was director.

A Hummingbird's View of Love

By Betsy Goodspeed

"Love Is Lovelier the Second Time Around" was #1 on the Hit Parade when I met my children's father. The last thing either of us wanted was to try again after disastrous marriages that were casualties of the Second World War.

Rupert Goodspeed was a television cameraman at Channel 13 when black and white screens measured 5 inches. I was in front of the camera with a concert harp, singing love songs.

My father's story at their 65th wedding anniversary convinced us that we were on the right track with our rather unique approach to marriage.

"Thelma and I were sitting at the dining table after returning from a trip," he said, "when a hummingbird hovered in the window as if he were curious about how humans lived. Then he flew to a living room window.

"We followed, watching him peer into several windows like he was searching for something. When Thelma opened the solarium door to the outside, the hummingbird quickly flew in to search the house, calling out his presence.

"Then the curtains in the music room barely moved, and a second frightened hummingbird emerged. She followed him back to the open door so they could escape."

My father shook his head. "We've never forgotten our wonder about what made the female dare to venture inside, or how much courage it took for her mate to search for her."

For my father, it was a lesson in life and in love. "Now, after 65 years of marriage, those hummingbirds have given us more joy than a lot of people ever know," he said. "We find it easy to understand a devoted hummingbird determined to make his partnership last as long as possible."

Betsy Mills Goodspeed, 91, is a former TV and Hollywood musician and singer, who was married to "Rupe" for 56 years. She continues to write her memoirs in Cutten, because she ain't done yet.

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‘King Lear’ Confronts Lore, Old Age and Ageism

By Diana Lynn

To encounter ageism, get thee to thy nearest drugstore, where racks of birthday cards, filled with ugly stereotypes, might convince us there’s nothing to look forward to after 50.



LOVING DAUGHTERS — Scott Osborn as King Lear is beset by his daughters: Jenna Donahue as Goneril (left), Nicole Halverson as Cordelia, and Kim Haile as Regan. Photo courtesy of North Coast Repertory Theater.

Or you might head over to the North Coast Repertory Theater (NCRT) in Eureka, where Shakespeare’s old “King Lear” confronts both aging and ageism of a higher order. The difference is that the Bard holds out hope even as his Lear manages to grow old unwisely.

There’s no shortage of good lessons on aging in this play’s bad behavior. It’s a great metaphor for how society still condemns old age, and, moreover, for how we seniors hurt ourselves by accepting the messages of ageism.

Shakespeare wrote “King Lear,” the last of his great tragedies, as he faced his own mature years. In the play, Lear realizes it’s time to turn over his kingdom to his offspring. That’s a wise idea, except that Lear applies a love-test to divide his realm according to which of his three daughters says she loves him most.

That plan heads south fast. After the old king banishes the honest daughter, who truly loves him, the remaining two smooth-talkers take power and drive him away. Brokenhearted by their treachery, he soon doubts his sanity. It’s not long until he’s calling himself “wretched,” nothing more than a “poor, infirm, weak, and despis’d old man.”

The play is indeed brutal and intense, but not without hope. Near the end, Lear’s friend, another

old man betrayed by a bad son, breaks down and wants to die. His good son reminds him, and us, to shape up, because no matter what old age imposes, “Thy life is a miracle.”

Shakespeare’s views on aging are varied and nuanced, but in the case of Lear, we stand warned. As Hamlet said, “There is nothing either good or bad, but thinking makes it so.” Accept the message of ageism at your own peril.

“I can identify a lot as a father looking ahead to retirement,” says Scott Osborn, a local actor and wildlife biologist who plays Lear in the NCRT production. “Lear is fundamentally flawed and didn’t bother to work on himself, but he eventually finds redemption through the unconditional love he gets from his good daughter, and he sees his salvation is just to love her.”

So Shakespeare speaks to us still, asking us to consider what love is and how we best treat one another, and ourselves, as we grow old.

Join King Lear in confronting ageism at NCRT, 300 5th St. in Eureka, through Feb. 10. Tickets are \$14 for seniors at NCRT.net or 442-6278.

—
Diana Lynn, 75, of Blue Lake is a theater volunteer, artist, and retired educator.

Senior Chamber Players Cater to Classical Tastes

By Franklin Stover

With years of work behind us, we’re ready to appreciate life on a deeper, slower level that carries the potential for developing special interests. For some of us hard-working types, this may pose a dilemma; we were so busy we didn’t consider life minus the job.

But some knew long ago how they wanted to spend their free time as they aged, blessed to have discovered their passion early on. They share their love of music through the Chamber Players of the Redwoods, an organization created 10 years ago.

The nonprofit music collective of classically trained musicians was founded by retired Humboldt State University music professor Val Phillips, who

was 71 at the time.

Phillips said he “felt the need to see if I could use the experiences of a life as a professional musician, conductor and administrator to put together a series of concerts for North Coast listeners, featuring North Coast musicians.”

It’s not by design, but Chamber Players are overwhelmingly older, and have more time to fine-tune each performance.

Clarinetist Kenneth Ayoob says he finds playing chamber music in retirement satisfying. “I’m able to focus on music without outside problems dividing my attention,” the former music professor and dean said. “This allows me to use everything I’ve

learned over a lifetime to help deepen my understanding, and to collaborate with my fellow musicians.”

Tubaist Fred Tempas agrees that age enhances music comprehension. “I think being older and more experienced deepens my understanding of the music I’m playing,” he said.

The Chamber Players of the Redwoods present their first concert of 2018 on Sunday, Feb. 4, at 2 p.m. at the Lutheran Church of Arcata, 151 E. 15th St.

—
Franklin Stover of Eureka is in his 60s, and is a former news reporter, clarinetist and lifelong composer of instrumental music.

ASK THE DOCTOR

Show Your Heart Some Love

By Jennifer Heidmann, M.D.



A human heart beats about 100,000 times in a day — 36 million times a year, and more than 2.5 billion times in an average lifetime.

When it beats, it contracts. It is a muscle, and its job is to push blood through the blood vessels to feed the whole body with oxygen and nutrients. The heart muscle itself needs oxygen and nutrients, so it has its own blood vessels, called coronary arteries. A big artery feeds each side of the heart, and branches out into smaller arteries

Arteries are like pipes. If you get gunk in your pipes, the flow slows and stutters. If you completely block the pipes, nothing can flow. Blood flow to the heart can get sluggish if arteries get gunked up (atherosclerosis), and a heart attack can occur if they get clogged or if a piece of the gunk breaks off.

We also think of the heart as the seat of love in our bodies. We use heart drawings to “like” Tweets, we carve hearts around our initials and our sweetheart’s in school desks, and we give out heart-shaped candies with cute sayings on Valentine’s Day.

The connection of the heart to emotion and romance goes back to the ancient Greeks. It makes some sense, given the way our heartbeats can respond to emotions, and the way a loved one can make your heart “swell.” The Grinch even grew his heart three sizes when he discovered the true meaning of Christmas. I think this was Dr. Seuss’ meta-

phorical way of describing that full, pleasant feeling one can get in the chest when love overwhelms us.

The heart itself needs some love in order to stay well. Various things can lead to heart damage, some that we can control, and some we can’t. We cannot control our genetics, for one thing. But if heart problems run in the family, we should take extra special care of our heart.

So what can we control in terms of heart health?

1. We can exercise. Aerobic exercise (walking, running, swimming, dancing) makes the heart muscle stronger. If you have the tendency toward blocked blood vessels, exercise actually helps the body develop new pathways for the arteries to supplement blood flow to the heart.

2. We can eat heart-healthy foods. These include grains, vegetables, fruit, lean meats, fish. The gunk that can build up in arteries can be caused by eating fatty foods, sweets, too much meat, and high-fat dairy products.

3. We can control cholesterol levels. Some people have high cholesterol despite good diet and exercise, in which case doctors may recommend medications called statins. The recommendation for people over 40 and younger than 80 is to consider a statin if their calculated 10-year risk of heart disease and stroke is 7.5 percent or higher.

4. We can control blood pressure. High blood pressure can put strain on the arteries and on the

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How About a Nice Cup of Coffee?

There is no evidence that coffee -drinking can hurt you, doctors say. In fact, it seems to be good for you.

Caffeine can have negative effects, of course — increasing insomnia, anxiety and blood pressure in some cases — but “recent research has shown that coffee . . . may help prevent diseases like stroke and certain cancers, lower our risk of Parkinson’s and dementia, and boost concentration and memory,” AARP reported.

Dr. Aaron Carroll, a pediatrician at Indiana University School of Medicine, agrees. He hosts a regular program called “Healthcare Triage” on YouTube, and says research finds more potential health benefits to drinking black coffee than any other beverage — except for water.

Take heart disease. In one meta-

analysis — a review of multiple research studies — the American Heart Association looked at 36 studies involving 1.3 million participants, and found no evidence linking coffee consumption with cardiovascular disease.

Moderate coffee consumption is associated with lower risk of heart failure, Carroll said. Other studies also found no connection between drinking coffee and strokes.

Coffee may even protect against some kinds of cancer and there also are positive associations between drinking coffee and mental function, research finds.

Watch Carroll’s discussion of what research shows about coffee consumption on YouTube at youtu.be/ly1NjibK79U.

—Ted Pease

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POINT OF DEPARTURE—BY BOB MORSE

Great Writers Living with Death

The subtitle of Katie Roiphe's book, "The Violet Hour: Great writers at the end," is a bit disingenuous.

Each of her profiles covers much more of the writers' lives than the relatively brief period at death's door. But the mini-bios give context for how these thinkers have thought about death throughout their lives, according to their writings and to the people closest to them.

Roiphe explains her own encounters with death as the genesis for the book, and her choice of writers to portray was very personal. "I was drawn to each one of them by instinct, felt some heat coming off their writing, some intuition that they could answer or complicate or refine the questions I was asking myself, that their deaths, laid open, would show me what I needed to see," she writes.

The resulting collection may seem strange, but is ultimately a satisfying kaleidoscope of thought and personalities: Susan Sontag, Sigmund Freud, John Updike, Dylan Thomas and Maurice Sendak, plus notes from an interview with a still-living (at the time) writer James Salter.

Interestingly, it's this epilogue where, in spite of being able to ask direct questions of Salter, Roiphe finds the least insight. Salter, while often addressing questions of death in his writing, is carefully closed and enigmatic about the subject in person.

In case you were wondering, the author doesn't explain the title of the book until the notes in the back. The "violet hour" comes "from T.S. Eliot's 'The Waste Land,'" Roiphe writes. "To me, the phrase evokes the mood of the elusive period I am describing: melancholy, expectant, laden. It captures the beauty and intensity I was finding in these scenes, the rich excitement of dusk."

But Roiphe doesn't provide the actual passage from Eliot. So here it is. Make of it what you will:

At the violet hour, when the eyes and back

Turn upward from the desk, when the human engine
waits

Like a taxi throbbing waiting,

I Tiresias, though blind, throbbing between two lives,

Old man with wrinkled female breasts, can see

At the violet hour, the evening hour that strives

Homeward, and brings the sailor home from sea,

The typist home at teatime, clears her breakfast,
lights

Her stove, and lays out food in tins.

What ultimately emerges from Roiphe's portraits of writers "at the end" is that these thinkers, like us all, with the mystery of death, struggle to find meaning, have conflicting ideas and emotions.

As Roiphe points out, in the end, "We make our own comfort."

—
Bob Morse is owner of Morse Media, a Eureka web development company. He has had a longtime interest in cultural attitudes toward death. His articles and more information on the subject can be found at speakingofdeath.com.

On the occasion of their 50th wedding anniversary party, my mom complained to my dad — finally (they were Norwegian-American) — that he never said to her, "I love you."

He replied, "Well, on our wedding day 50 years ago, I told you, 'I love you.' And I also said, 'I'll let you know if anything changes.'"

—Mark Larson, Arcata

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Be Teleported by 'Music of Our Lives'

By Jan Ostrom

Can you be in two places at the same time? I can, with music. Music is a time-travel machine, in which a riff or phrase takes me on a journey of unbidden thoughts and emotions, and an image of myself in another place and time.

When I listen to Oldies and hear the telephone ring and The Big Bopper shout, "Aw, baby, that'sa what I like!", I am instantly 14 again, back at my best girlfriend's house, listening to our fave radio hits.

Suddenly that song, "Chantilly Lace," and our laughter are interrupted by a news bulletin that a plane carrying The Bopper and Buddy Holly and Ritchie Valens had crashed in a blizzard in Iowa. It was Feb. 3, 1959, "The Day The Music Died." I still feel the shock of that moment of recognition of mortality.

"Most people are like that," says Tracey Barnes Priestley, co-director of Humboldt Light Opera's "The Music of Our Lives," an evening of music

and theatrical performances.

"Music is one of the most powerful forces in our lives," she said. "My grandpa would call all of the grandkids into the kitchen, make us chocolate malts, and belt out in his deep, Tennessee Ernie Ford voice, 'Sixteen tons and whattaya get?' and we would shout out, 'Another day older and deeper in debt!' and laugh ourselves silly."

Music gives us magical moments when we are on a wavelength with life. This shared experience is universal, from Millennials to Boomers. That's both the reasoning and the hope behind "The Music of Our Lives," when Humboldt Light Opera Company's 50-and-older Boomer Troupe opens its show Saturday, Feb. 17, at the Eureka Woman's Club at 1531 J St.

What song transports you to your first love, or to Somewhere Else? What does music mean in your life? Join the Boomer Troupe, an ensemble of fun-loving, 50-plus performers, on a journey of

song and dance in an evening of thoughtful stories, shared remembrances and a celebration of the never-ending power and magic of music.

This is a ticketless event. Advance reservations encouraged. Reservations can be made via the OLLI website at humboldt.edu/olli/boomer.

Jan Ostrom, 73, of Eureka is a music lover, retired media consultant, and former professor of film and television.

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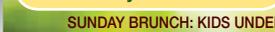


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PAINTING THE OCEAN

BY MARGARET KELLERMANN

Keeping Wet Dogs at a Distance

The highway in heavy rain, the car nearly hydroplaning, my beachdog Luke whining as we approached the state park, a still-insistent ticket booth demanding money before allowing us entrance in a February Tuesday downpour.

None of this improved my mood, which had driven me from my dry home to this weird getaway. Rain drenched the world where I found myself. Meanwhile, over the sea, far on the western horizon, the sky shone unfairly sun-gold.

"Everywhere I looked, I found a valentine."

I parked but stayed seated. Even with rain lashing the windshield, Luke howled to get out. "You won't be delighted," I warned. But I was wrong. With a lunge he cleared the blacktop, bounding through tall grass with leaps and plunges of Bambi-like proportions.

I followed halfheartedly, my sneakers squealing their distress. Negotiating a steep trail, Luke and I dropped onto the beach. Immediately Luke found a dead fish to taste.

The wet sand spread out, wiped clean of everything except an enormous ring of rocks, each one as large as a paving stone. It dawned on me: someone had taken time with each rock, to place it — thud — to make a tremendous heart, all dots and dashes, unbearably understandable.

I stood in the heart's center, wondering what would happen if I got stuck there while the tide washed

back in. Maybe I'd be rescued by helicopter. I dreaded the headlines: "Senior airlifted from giant rock 'heart' at high tide; Police conjecture she built heart herself, forgot to step out."

Not wanting that, I hiked on, following the broken-heart track of one deer that seemed hesitant. I trailed the heart prints till they disappeared. I never can remember which way a deer's hoofprint goes. Maybe I'd been following its tracks back to the start.

Glaring again at the golden weather on the world's far rim, I found myself humming an old tune but couldn't recall the source. "It Is Well With My Soul"? Hardly.

Oh: "Hard Times." I love that sad song. I crowed it, loud and proud as an Appalachian woman standing on her porch. As if "Hard Times" were a call of the wild, Luke came ripping across the stretch to greet me with his fishy breath. It's hard to keep wet dogs at a distance.

Now a strong breeze caught some hardy trees clinging to a vertical cliff. Heart-shaped leaves fluttered down, pasting themselves all over the sand. Everywhere I looked, I found a valentine.

Margaret Kellermann is a local writer and musician who also creates photography of deliriously happy dogs on local beaches. Inquire at bluelakestudio.net/ contact.

HAPPILY MARRIED . . . From Page 1

toothpaste," Elwood said. "Crest."

So if one of them had brushed with, say, Colgate, their marriage would have been doomed? Elwood and Deanna nod. "And Dial soap," Deanna added. "No problems."

For the past 15 years, the Bartletts have volunteered together four days a week at the Arcata Senior Dining Center, making coffee, keeping records and generally helping keep the weekday meal program going.

Spending time together has been the hallmark of the couple's 46-year marriage. They never had kids and always spent their spare time with each other and with common friends and

Continued on Page 9

Sarah and Jim Turner on their wedding day in England (right) in 1966, and at home in Ferndale today. It was love at first sight for the former junior high school teachers. Photo at right courtesy of the Turners; Ted Pease photo below.



...AFTER 50 YEARS... From Page 8

family. “We enjoyed the same things, knew the same people,” Deanna said.

After marrying in 1971, Deanna and Elwood had their own careers — she in a bank and he in a plywood mill — until they started working together doing housework for seniors. They also liked to travel, and their home is crammed with exotic objects from their travels and friends from other countries.

They got “a late start,” Deanna said. She was nearly 30 in 1970, convalescing at her parents’ home in Arcata when she got curious about the man in a “beautiful blue Thunderbird” who would stop in front of the house to talk to her dad.

It turned out to be Elwood. “The day I met him was my first day out of the house after surgery,” said Deanna, now 76.

Over three months, Elwood helped her recovery. “Dad asked him over at Christmastime and he kept coming,” Deanna said. “We were engaged in April, married in September.”

“The truth is that I got along with the cat,” said Elwood, now 84.

The cat didn’t like anybody, Deanna said, but when Elwood came around, “she just looked at him, and kaboom! she was in his lap. Calico fell for him before I did.”



Bob and Dottie Riffenburg on their wedding day, 1960.
Photo courtesy of the Riffenburgs.

The Turners

“There’s no secret,” says 88-year-old Jim Turner of Ferndale. “She talks. I listen.”

“She” is Turner’s wife of 51 years, Sarah Turner. “He’s never boring,” says Sarah, 78. That may be the secret to the success of long-lasting marriages: It’s never been boring.

In 1964, Jim was one of two social studies teachers in a Stockton, California, junior high school when he first met Sarah, a new teacher.

“Sure I remember,” Jim said. “The principal brought her into the classroom. I was standing behind the desk, behind the lectern. I looked up and there she was, looking at me with those blue eyes.”

The rest was history, the two former history teachers agree.

They were married two years later in a very British ceremony in the town hall in a little medieval market town called Bishop Waltham, where Jim was on a Fulbright teaching scholarship.

Since then, the Turners have shared careers in teaching, devotion to family, and a love of travel. In their life together, their sometimes opposite approaches bring them together.

“We like to travel,” Jim said. “My travel is in a straight line. Hers is all over — drags me off the straight line.”

It helps, Sarah added, that “he really doesn’t have a very good sense of direction.”

Jim nods. “She has taken me to places I’ve never been.”



IT’S ABOUT TRUST, agree Dottie and Bob Riffenburg of Fortuna, and that’s as true today as it was when they were married 57 years ago. Ted Pease photo.

“She knows everything,” he said. “I’m older, but it turns out she’s smarter. I know about sports. She knows everything else.”

Sarah laughed. “Humor is important,” she said. “Ninety-nine percent of the time I can get him to laugh.”

The Riffenburgs

Dottie and Bob Riffenburg of Fortuna were married 57 years ago in Los Angeles. The secret is trust, they say.

“Honestly, I always thought trust was there, from the beginning,” said Dottie, 81. “When times got rough, the thing that always pulled us through was trust.”

Both Depression babies, Dottie was born in Little Rock, Arkansas, in 1936, Bob in Detroit in 1938. Bob joined the Marines at 18 and was posted to Camp Pendleton in San Diego. They met when a Marine buddy — Dottie’s brother — took him home to meet his sister.

“He told me all his life that I owed him,” laughed Bob, 79. “And I do. I married up.”

The couple moved to Humboldt in 1961, and Dottie taught home eco-

nomics, history, social studies and American government at Fortuna High for 30 years.

Bob also became a school teacher, first in Loleta and then at Jacobs Junior High School in Eureka before going into real estate in 1977. Together, the Riffenburgs were property managers for the company town of Samoa for about 10 years until 2003.

Dottie says strong relationships require time together. “From day one, we ate morning breakfasts and evening dinners, almost always in our kitchen,” she said. “Time spent in the kitchen was more beneficial than time in the TV/recreational room.”

“We were getting to know each other,” she said, “building trust.”

Bob agreed. “Our daughter always called us ‘the unit,’” he said. “From the beginning, we always have agreed on most everything. Politically, philosophically, socially, on money issues, we were pretty much in synch.”

Dottie nodded.

—
Ted Pease is Senior News editor.



AGING IS AN ART — BY JOHN HECKEL

Embrace the New Dining Room

My 99-year-old mother-in-law Lois lives at Spring Lake Village, an all-inclusive, one-stop-shopping for the elderly, senior residence in Santa Rosa.

She moved into her own independent living cottage 20 years ago. Her aging journey has taken her from independent living, through assisted living, and now, with hospice attending, to the skilled nursing facility.

My wife Janet and I spent Christmas Eve with Lois. We had dinner in the “it’s-permissible-to-see-feeding” dining room, where we fed Lois her Christmas dinner.

Midway through our meal, I had to go to the bathroom. I found myself standing outside the large, beautiful, full-of-life-and-energy dining room — the one where it is not permissible to see a daughter feeding her mother, or a wife gently wiping spilled gravy from the chin of her husband of 60 years. After a few minutes, I found my way back to Janet and Lois.

It’s not that I don’t miss the Lois of that earlier dining room. I do. I miss the excitement in her voice as she read from the evening menu. I miss the pride she exhibited at being able to treat Janet and me to a fancy dinner. But I do not want that to negate my seeing and being with the woman now sitting in front of me in the it’s-permissible-to-feed-your-

aging-parent dining room.

The silence in this dining room, as opposed to the energy and conversational noise of the first, I project, is due to self-acceptance, rather than the constant chatter that evades it.

As we age, there are so many things we don’t want to see. Do those of us who need to be fed object to being in a dining room with people who can feed themselves?

“As we age, there are so many things we don’t want to see.”

Do we object to seeing what we once were as much as we resist what we might

become?

We have little, if any, control over how our lives end. Forces far greater than I can imagine determine the end. We can, however, stop avoiding — and even embrace — the visual images of old age. We can track our emotional reactions to those images.

The feelings triggered by being in the presence of an elder being fed, or another sitting, seemingly lifeless, in a wheelchair, can clue us into the perils that lie ahead. Those feelings are clues to the shame, guilt and fear that will guide our own end-of-life journey.

The acceptance of that journey, at each precious moment, can be achieved regardless of which dining room you eat or are fed in.

John Heckel, Ph.D., is a former HSU theater and film professor with a doctorate in psychology.

And While We’re Celebrating Love . . .

By Ann King

I propose a toast in recognition of yet another aspect of love.

This is the love born of a realization that friends and community are held, deeply treasured, in an individual life. Living in the small Humboldt Bay area has everything to do with this realization.

A determined I’ll-do-it-myself introvert, I became aware of this phenomenon relatively late in my life when I began to notice that I had a few men and women to whom I related at other than a surface level.

As the realization really began to sink into my soul or center or whatever you want to call it, I also noticed that I felt somehow different — warmer and deeper inside my very being — when spending time with these important friends. The more I notice this in myself, the bigger and more inclusive the circle becomes.

These are people for whom I would do chores, help in any way I could. It’s been a hard lesson for me to learn that I can also call on them for help.

I’m still wrestling with that one.

Gradually, it has become possible for me, the fiercely independent “loner,” to say, “I love you,” regardless of gender or relational overtones. Each time I hug someone or say to them, “I love you,” I feel a massive infusion of warmth and joy.

This, my friends, is Soul Juice.

So, all you starry-eyed couples, younger and older alike, when Feb. 14 comes, enjoy the nice wine, good meal, romantic getaway, artisanal chocolate. I’ll be at home in front of the fire in my sweatpants, comforted in the belief that I have an amazing community of friends, male and female, that I deeply love, and that I can tell them about that.

But if you feel like sharing some of that chocolate . . .

—
Ann King, 82, enjoys her books, fire, friends and alone time in Eureka. She is a word maven and a Senior News proofreader.

Emergency Preparedness

In the wake of devastating fires and mudslides in other parts of the state, Humboldt County has launched a new emergency alert system.

The county’s new Humboldt ALERT system provides residents with information by phone, email or text, permitting the Office of Emergency Services to contact thousands of residents in minutes in case of severe weather, fires, floods, evacuations and other emergencies.

To sign up, go to humboldt.gov/2014/Emergency-Notifications, fill out the form and select how you want to be notified.

The county Department of Health and Human Services also reminds residents to be prepared with plans and supplies in case of disasters.

Make plans for places to meet and how to get out of danger in case of an emergency, officials advise. Households also should put non-perishable food, water and other provisions aside, enough to sustain a family for two weeks.

—Ted Pease

1910 California Street • Eureka CA 95501

HSRC News 707 443-9747 • www.humsenior.org

'Are You OK?®' Service Expands to Arcata, McKinleyville

"Are You OK?®" is a telephone reassurance service to assist residents who live alone, offering regular contact and peace of mind for program subscribers.

Led by the Humboldt Senior Resource Center (HSRC), the service is now expanding beyond Eureka in collaboration with City Ambulance, Arcata Fire District, and Humboldt Bay Fire.

"This program takes some of the fear out of living alone," said Barbara Walser, HSRC Nutrition and Activities director. "It offers a sense of security both for seniors alone in their homes, and for loved ones, who may not live nearby."

Here's how it works: At a set time every morning, the computerized "Are You OK?" phone system automatically calls subscribers. If the computer

senses that the call is answered, it is logged in the system that the subscriber is OK.

If the subscriber does not answer, the system will call again a number of times. If there still is no response, the system issues an alert, and an HSRC or City Ambulance staff member either calls the subscriber's emergency contact or notifies a public safety officer to check the residence.

Now the service is expanding to residents in Arcata, Bayside, Jacoby Creek, Manila and McKinleyville. The program is already available to residents in the greater Eureka area served by Humboldt Bay Fire.

"Everyone thinks, 'It's not going to happen to me. I'm not going to have a heart attack,'" said Arcata Fire Chief Justin McDonald.

"But something like that could happen," he said. "The 'Are You OK?' program is a morning phone call to make sure you're up and about. If you don't answer, that sets other things into motion."

To subscribe to the service, participants must: a) live within the Arcata Fire or Humboldt Bay fire districts; b) be able to answer the telephone, and c) provide a house key, which is kept in a secure lock box accessible only by fire district personnel.

There is a one-time registration fee of \$12 for the program; the required key lock box is provided free of charge.

For more information, call 443-9747, x1240, or visit the HSRC website at humsenior.org.

– René Arché

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Humboldt Senior
Resource Center



Calling All Seniors for 2018 Energy Assistance!

Redwood Community Action Agency (RCAA) will be helping income-qualified seniors sign up for its Home Energy Assistance Program (HEAP) and **FREE** Weatherization services Senior and Homebound/Disabled List. The HEAP program helps qualified households on a once per year basis with a credit on their PG&E bill or assistance with firewood or propane. RCAA's weatherization program improves health and safety conditions and installs energy saving measures in the home.



To qualify for RCAA's Senior and Homebound/Disabled List for the 2018 program, you must be at least 70 years old or a homebound/disabled person and meet the federal income guidelines below.

People in your Household	Maximum, Gross Monthly Income Allowed
1	\$2,097.98
2	\$2,743.52
3	\$3,389.05

You may call beginning January 1st through April 30, 2018 to be placed on the list. Please call 707-444-3831, extension 201 or 206 to speak to an RCAA's Energy Specialist to be put on the list.

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

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FEBRUARY SENIOR CENTER ACTIVITIES

Humboldt Senior Resource Center in Eureka

1910 California Street • www.humsenior.org
Lunch: Tuesday-Friday at 11:30 a.m.-12:15 p.m.

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

Every Weekday
9-1 Library
9-3 Senior Service Office
12-3 Billiards

Every Monday
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. with Beth & Lois
2:30-4 Memoir Writing Class
Feb. 19 **Closed for Presidents' Day**

Every Tuesday
10-11 Harry's Bingo (not Feb. 6)
11:30-12:15 Lunch - **Menu page 15**
12:30-1:30 Bunco (not Feb. 6)
12:15-2:15 Pinochle
2:10-3:10 FABS/S.A.I.L. with Beth & Lois
Feb. 6 & 20 1:30-3:30 Ukulele Play 'n Sing
Feb. 6 10:30-11:30 Dine & Dance w/Ray, Dave & Lois
Feb. 27 6-9 Stamp Club

Every Wednesday
11:30-12:15 Lunch - **Menu page 15**
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. by Beth & Lois
Feb. 7 & 21 1-2 Caregiver Support Group
Alzheimer's Library, 1901 California St., Bldg. B, 2nd Floor, Eureka
Feb. 7 11-11:30 Ella & Sam perform
Feb. 14 11:30-12:15 Emblem Club serves lunch
Feb. 14 11-12 Bob Ebenstein performs
Feb. 21 11-11:30 LeAnn Morini performs
Feb. 21 9:30-11:30 Foster Grandparents Program
Feb. 21 10-11:30 Commodities distribution

Every Thursday
10-11 Grocery Bingo: Bring 1 grocery item
10-11:30 Intermediate French class
11:30-12:15 Lunch - **Menu page 15**
1:15-2 S.A.I.L. w/ Muriel
2:10-3:10 FABS/S.A.I.L. w/ Beth & Lois
Feb. 1 & 15 10-12 Genealogy group
Feb. 15 12:30-1:30 Covered CA/Medi-CAL assistance drop-in clinic
Feb. 22 8:30-11:30 Medication Interaction & Consultation

Every Friday
9-10 Falun Dafa
10-11 Beginning Tai Chi Movements
11-12 Beginning Yoga
11:30-12:15 Lunch - **Menu page 15**
Feb. 2 11:30-12:15 Super Bowl Party
1-4 Bridge Games
Feb. 2 & 16 1:30-2:30 Conscious Living Book Club
Feb. 23 11:30-12:15 Birthday Celebration

Saturday
Feb. 3 Noon **Sassy Seniors:** Village Pantry, Eureka
Feb. 17 Noon **Nooners:** Denny's, Eureka



MUSIC AT LUNCHTIME: From left, bassist Stephen Ines, saxophonist Don Baraka, drummer Doug Kamprath (behind) and guitarist Val Leone volunteer their time and talents at the HSRC Dining Center in Eureka. Ted Pease photo.

Fortuna Dining Center

HSRC at Mountain View Village • 2130 Smith Lane • Call Launa at 725-6245
Lunch: Tuesday-Friday at 12:00 p.m. - **Menu page 15**

Tuesdays
12:00 Lunch

Wednesdays
Feb. 7 10:30 Music w/Bill Corena & friends
Feb. 14 12:00 Lunch
12:00 Valentine's Day Lunch
5-8 BINGO

Thursdays
12:00 Lunch
Feb. 1 & 15 12-1:30 Caregiver Support Group
United Methodist Church
Fireplace Room
922 N Street, Fortuna
For info call 443-9747

Fridays
Feb. 2 12:00 Lunch
Feb. 23 12:00 Super Bowl Lunch
12:00 Birthday Lunch

McKinleyville Senior Center

Azalea Hall • 1620 Pickett Road
Open Monday-Friday 9 a.m.-4 p.m.
azaleahall@att.net • 839-0191

Every Monday
8:30-9:30 Tai Chi
10:30 Walking Group at Hiller Park
12-3:30 Computers*
(*call for availability)
1-4 Party Bridge
Feb. 26 11-12 Low Vision Workshop

Every Tuesday
9-11 TOPS
9:30-10:30 S.A.I.L. Class
10:40-11:40 Stretching
12:30-3:30 Bingo
1:30-2:30 Exercise
Feb. 13 5-7 **Spaghetti Dinner Fundraiser** Azalea Hall, \$10

Every Wednesday
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
Feb. 7 10-11 Genealogy
Feb. 21 10:30-11:30 Executive Board Meeting
Feb. 28 12-1 Monthly Luncheon: Spinach & Mushroom Lasagna Rolls, Bread, Salad, Dessert (Sign up by 2/23) \$5 Heart Healthy Club

Every Thursday
9:30-10:30 S.A.I.L. Class
10:30-12 Pinochle Lessons
10:40-11:40 Stretching
12:30-3:30 Bingo
Feb. 1 11-11:30 Navy Bean & 1/2 Sand, \$3
Feb. 8 11-11:30 Baked Potato w/Chili, \$3
Feb. 15 11-11:30 Chicken Vegetable Soup 1/2 Sand, \$3
Feb. 22 11-11:30 Lentil Soup & 1/2 Quesadillas, \$3

Every Friday
8:30-9:30 Tai Chi
10:30 Walking Group at Hiller Park
1-4 Pinochle
Feb. 2 10-11 Sweet Spot
Feb. 23 10-11 Full Board Meeting (Open)

Arcata Community Center

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

Mondays
Feb. 12 & 26 11-12 Silver Quills Writing Group
Feb. 19 **Closed for Presidents' Day**

Every Tuesday
9-11 Katie's Krafters
10-11 Senior Pool Hour-HealthSport
\$5 fee (prior registration required)
11 Bread distribution
12:30-2 Bead Jewelry Class
Feb. 6 10-11 Blood pressure check
Jan. 2 & 16 10-11 Caregiver Support Group
Mad River Community Hosp.
Minkler Education Room
3800 Janes Road, Arcata
For info call 443-9747
Feb. 27 2 Arcata Slow Walk-Arcata Marsh
Walking Group w/Chris

Every Wednesday
10-11 Chi Gong-RSVP 443-8347
11 Bread distribution
10-11 Tai Chi for Arthritis Advanced
10-11 Karaoke
11:30-12:30 Tai Chi for Arthritis Beginning
Feb. 14 10:15-11:30 Valentine's Day Celebration
Feb. 14 10:30-11:30 Chuck Clarke & the Old Gold Band

Every Thursday
9-10 Tai Chi w/Tim (\$3 donation)
9-11 Katie's Krafters
10-11:15 Chair massage w/Pete (donations accepted)
10-11 Senior Pool Hour-HealthSport
\$5 fee (prior registration required)
12:15-1:15 Learn Tech with Brett
Feb. 1 10:30-11:30 PJ's Live Music
Feb. 8 11-12:15 Cal Fresh Sign-up assistance
Feb. 15 10:15-11:15 Swing 'n' Sway Trio
Feb. 15 10:30-11 Commodities Distribution

Every Friday
10-11:30 Ping Pong with Pete
Feb. 2 10:30-11:30 Super Bowl Party
Feb. 9 10-11:30 Site Advisory Council
Feb. 16 10:30-11:15 Sing-a-Long with Half Notes
Feb. 23 11:30-12:15 Birthday Celebration Lunch

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—Leo Buscaglia (1924-1998), author.



Humboldt Senior Resource Center

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www.humsenior.org

Health & Care Management Programs

- Adult Day Health Center
Alzheimer's Services
Multipurpose Senior Services Program (MSSP)
Redwood Coast PACE
a Program of All-inclusive Care for the Elderly

Nutrition Programs

- Dining Centers in Arcata, Eureka, & Fortuna
Home Delivered Meals

Activities Programs

- Information and educational resources
Exercise classes and recreational groups
Dial-A-Ride tickets
Senior Firewood Program
Are You OK?® telephone reassurance service
Senior Home Repair

Senior News

Volunteer Opportunities

Help ensure the future of quality senior programs

with a bequest to Humboldt Senior Resource Center's Planned Giving Call 707-443-9747 to discuss your gift



VOLUNTEER SPOTLIGHT

Earlene Fisher, 69, of Eureka has volunteered at the Eureka Dining Center for seven years.

Q: What do you do as a volunteer?

A: I have done numerous jobs, from greeting at the front desk, data entry, selling firewood at all three sites, doing annual assessments, organizing lap quilts as gifts to Home Delivered Meals participants, organizing fundraisers to support the Eureka dining center and the Home Delivered Meals program. I've served as a Site Advisory Committee member for more than six years, and worked to improve our dining room. I am currently working at the reservation desk in the dining room. It is the job I enjoy the most.

Q: What's the highlight of your volunteer work?

A: I think in all of my work here, I was able to recognize people's faces, but working at the greeters desk has given me the opportunity to



Earlene Fisher

learn their names. I can get to know them, and they get to know me. We become like a family in the dining room. We always need and welcome new volunteers to join our family. So come see me for lunch and see if you would like to become one of us.

Cathy Denbo, the Eureka Dining Center coordinator, has only glowing things to say about Earlene. "Earlene is wonderful," Denbo said. "She is such a joy. She not only helps the participants, but she helps me. She raises money to improve the dining center, serves as a trainer for new volunteers, and uses her experience with our activities to help as needed — which is pretty much all the time.

"She has helped develop a family environment, and welcomes everyone with a smile and warm greeting," Denbo added. "She is everything I could ask for in a volunteer — kind, welcoming and flexible. She is a pleasure to work with."

ioa Institute on Aging THE FRIENDSHIP LINE An Accredited Crisis Intervention Program for the Elderly 1-(800) 971-0016 24-Hour Telephone Hotline/Warmline Call-In Service: Confidential telephone discussions for people 60+; their caregivers and/or younger disabled individuals who may be lonely, isolated, grieving, depressed, anxious and/or thinking about death or suicide.



HAPPY 101ST BIRTHDAY! Redwood Coast PACE participant Christine Fisher celebrated her 101st birthday in January at the PACE Day Center dining room. Born in Burg, Alberta, in 1918, Fisher worked as a school bus driver and in offices, and enjoyed square dancing and trout fishing. Here are a few of the things invented in Christine's lifetime: automobiles, radio and TV, the Eskimo Pie, airplanes, Band-Aids, refrigerators, washing machines, traffic lights, hair dryers and the jukebox. And cell phones? Forget it. Ted Pease photo

"For one, I don't have to worry about going to doctor appointments, they pick me up and bring me home and...schedule everything." Joyce, Redwood Coast PACE participant Redwood Coast PACE is now enrolling. Call us at 707-443-9747. Redwood Coast PACE Program of All-inclusive Care for the Elderly A program of the Humboldt Senior Resource Center TTY 711 - California Relay Service • www.humsenior.org 1910 California Street, Eureka CA 95501

February 2018 Dining Menu Nutrition & Activities Program FIRST WEEK Feb. 1 Meat Loaf with Gravy Feb. 2 Pepperoni Pizza SECOND WEEK Feb. 5 Dining Centers closed Feb. 6 Hot Turkey Sandwich Feb. 7 Greek Chicken & Orzo Feb. 8 Harvest Butternut Squash Ravioli Feb. 9 Lemon Herb Fish THIRD WEEK Feb. 12 Dining Centers closed Feb. 13 BBQ Pork Rib Sandwich Feb. 14 Roast Beef w/Gravy Feb. 15 Tamale Pie Feb. 16 Chinese Chicken Salad FOURTH WEEK Feb. 19 Dining Centers & HSRC sites closed for President's Day Feb. 20 Beef Ravioli Feb. 21 Chicken Curry Feb. 22 Soft Taco Feb. 23 Baked Citrus Salmon-Birthday Cake FIFTH WEEK Feb. 26 Dining Centers closed Feb. 27 Swedish Meatballs Feb. 28 Chicken Cacciatore People 60+ are invited \$3.50 suggested donation For those under 60 there is a fee. No one 60+ will be turned away for lack of funds. LOW-FAT OR NONFAT MILK IS SERVED WITH EACH MEAL Call for Reservations Arcata • 825-2027 Eureka • 442-1181 Fortuna • 725-6245

OLLI at HSU & Humboldt Light Opera Company's Boomer Troupe present Music of our Lives Throughout a lifetime, music touches our lives in countless ways ... a sweet melody can bring back stirring memories, a simple tune can soothe or energize, a pounding composition can unite or divide. Weaving together music, songs, and stories, The Boomer Troupe celebrates the never-ending power and magic of music! Humboldt Light Opera Company's Boomer Troupe is a talented ensemble of fun loving performers, all over the age of 50. Saturday, February 17, 2 p.m. & 7 p.m. & Sunday, February 18, 2 p.m. Eureka Woman's Club: 1531 J St., Eureka • \$18 OLLI members/\$20 general This is a ticketless event. Advance reservations encouraged. Reservations can be made at the OLLI at HSU website: humboldt.edu/olli/boomer



HAPPY 101ST BIRTHDAY! Redwood Coast PACE participant Christine Fisher celebrated her 101st birthday in January at the PACE Day Center dining room. Born in Burg, Alberta, in 1918, Fisher worked as a school bus driver and in offices, and enjoyed square dancing and trout fishing. Here are a few of the things invented in Christine's lifetime: automobiles, radio and TV, the Eskimo Pie, airplanes, Band-Aids, refrigerators, washing machines, traffic lights, hair dryers and the jukebox. And cell phones? Forget it. Ted Pease photo

"For one, I don't have to worry about going to doctor appointments, they pick me up and bring me home and,...schedule everything."

Joyce, Redwood Coast PACE participant



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February 2018

Dining Menu

 Humboldt Senior
Resource Center
Nutrition & Activities Program

FIRST WEEK

Feb. 1 Meat Loaf with Gravy
Feb. 2 Pepperoni Pizza

SECOND WEEK

Feb. 5 *Dining Centers closed*
Feb. 6 Hot Turkey Sandwich
Feb. 7 Greek Chicken & Orzo
Feb. 8 Harvest Butternut Squash Ravioli
Feb. 9 Lemon Herb Fish

THIRD WEEK

Feb. 12 *Dining Centers closed*
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Feb. 16 Chinese Chicken Salad

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\$3.50 suggested donation

For those under 60 there is a fee.

No one 60+ will be turned away
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Arcata • 825-2027 Eureka • 442-1181 Fortuna • 725-6245

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Music of our Lives



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humboldt.edu/olli/boomer



LIVE VIGOROUSLY

BY JOAN RAINWATER-GISH

John Ash: 'My Age Is Not Limiting Me'

John Ash, local retired architect, businessman and active older adult. When seeing his picture, I said, "This is a man I'd like to interview to learn how he goes about Living Vigorously at age 74."

Q: John, have you always been physically active?

Ash: No. Not until my doctor told me I needed to do aerobic activity to improve my health. I chose running because it was cheap — all I needed were shoes. I joined a running club and then set goals. My first goal was to complete a 5K race. The next goal was marathons, and finally completing the Iron Man. It was exhilarating to compete in and finish every one of these goals, especially the Iron Man.

Q: The picture is you in your kayak. How did you get into kayaking?

Ash: When I moved to Eureka in 1997, I looked for things to do. This

area has an ocean with a beautiful bay so I decided I wanted to kayak. I didn't know anything about kayaking, so I took lessons, bought gear, and went out on the water. After a few times, I began meeting other people on the water. We exchanged contact information and began arranging kayaking trips together.

Q: Listening to how you approach physical activity, it seems like you have a formula.

Ash: Yes, I do. I look for an activity I want to do, take lessons, buy gear, do it, join a group or club to get better and then help others. I use this formula with everything I undertake, whether it has to do with physical



activity such as running, hiking, kayaking, dancing, or with any mental activity such as writing.

Q: Is it your personality to try new things? Some of your choices might be intimidating, like your recent performance in "The Nutcracker."

I mean, you are 74.

Ash: I took up dancing because my personal trainer told me it was a great muscle exercise, and the North Coast Dance Studio offered ballet classes for \$10. Yes, trying new things at our age can be intimidating, as some instructors don't like to deal with older adults. They think we can't learn new things and we don't move fast enough. This kind of

thinking puts up age barriers and is called ageism.

Q: What lessons have you learned that you would pass on to other older adults?

Ash: Seek advice from professionals who know how to help you, like a good doctor and a personal trainer. Listen to your body so you don't overextend yourself, or cause pain or injury. When I was younger I often did ocean kayaking. But now, my body tells me to stay in the bay. I can still enjoy kayaking and being with my friends. So my age is not limiting me, it's just making adjustments.

Joan Rainwater-Gish, 75, of Eureka is a certified personal trainer and group fitness instructor who leads senior exercise classes.

Contact: jrainwater-gish@suddenlink.net



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pieces.”
—Rumi (1207-1273), Persian poet.

North Coast Co-op Events

February 7 • Wellness Wednesday

The first Wednesday of every month,
save 10% off our entire Wellness Department.

February 6, 13, 20, 27 • Senior Day

Seniors 60 and over receive a 5% discount on Tuesdays.
No membership needed, but we'd love for you to join!

February 1 • Board of Directors Meeting

Monthly Board Meeting. Member-owners are welcome to attend!
Located at Ten Pin Building, 793 K Street, Arcata at 6pm.



811 I St. Arcata • 25 4th St. Eureka
www.northcoast.coop

February Community Calendar

Keep Your Balance

The Biomechanics Lab at Humboldt State University is making appointments for free one-on-one fall-risk assessments for seniors weekdays through the end of March. The program evaluates seniors' mobility, balance and risk of falling, and then provides a detailed written report and recommendations. Call the lab at 826-5973 to make an appointment.

'Run, Serve, Lead!'

The North Coast People's Alliance will hold a Fortuna version of its "Run, Serve, Lead!" forum, designed to help everyday people get more involved, from 1-3:30 p.m. on Sunday, Feb. 4, at the MultiGenerational Center, 2280 Newburg Road, Fortuna. Panelists will include former Supervisor Clif Clendenen, Ferndale City Council member Patrick O'Rourke, and new College of the Redwoods Board member Danny Kelley.

Friends of Books

The Friends of the Redwood Library Winter Book Sale is set for early February at the Eureka Main Library, 1313 Third St. Members only Friday, Feb. 2, 10 a.m. to 5 p.m. (become a member at the door). Everyone welcome Saturday, Feb. 3, from 10 a.m. to 3:30 p.m. Books, vinyl, DVDs and CDs. Benefits the Humboldt Library System. Website: eurekafrl.org.

HUUF Annual Auction

The Humboldt Unitarian Universalist Fellowship, 24 Fellowship Way, Bayside, holds its Hearts Together Auction, Saturday, Feb. 10, 4-8 p.m. Silent and live auction, plus soup, homemade breads, and elegant Valentine desserts. \$10 at the door. Info: 407-0047.

Senior Music Fest Tickets

Seniors can purchase special \$25 tickets for all Saturday shows at the 28th Annual Redwood Coast Music Festival, April 5-8. Senior tickets for April 7 music events from 10 a.m. to 5 p.m. are available at the Humboldt Senior Resource Center between Feb. 1 and March 9. Contact Tasha Romo at 443-9747, x1228.

History @The Clarke

The Clarke Museum opens a new exhibit from 6-9 p.m. during Arts Alive! on Saturday, Feb. 3, tracing the history of "Fraternal Organizations of Humboldt County: Long Ago to Today." Another new exhibit tells the tale of the 1917 shipwreck of the USS Milwaukee on Samoa Beach, 240 E. St. in Old Town Eureka. Visit clarkemuseum.org.

Local Filmmakers Night

Join five local "Artists Who Animate" for an evening of short animated films at Eureka High School, 1915 J. St., Wednesday, Feb. 7, 6:30 p.m., followed by a Q&A with the filmmakers and reception. A collaboration of Access Humboldt, Humboldt-Del Norte Film Commission and Eureka High School Media Club. \$5. Info at 707-476-1798 or accesshumboldt.net.

Audubon Birding Trips

The Redwood Region Audubon Society hosts bird walks at the Arcata Marsh every Saturday morning in February, 8:30-11 a.m. Meet leaders at the end of South I Street (Klopp Lake). A three-hour birding trip is planned at the Humboldt Bay National Wildlife Refuge for Sunday, Feb. 11. Meet at the Refuge Visitor Center at 9 a.m. Call 707-822-3613 for more information.

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WRITERS WANTED

Senior News is always looking for stories and writers to tell them.

In coming months, we'll be doing issues on:

- March at the Movies;
- the April Humor Issue;
- our personal proudest Glory Days;
- the role of pets and animals in Humboldt lives;
- Art & Music . . .

And more. Every month, we also run historical stories in "Humboldt Then & Now," and we love tips on interesting local history.

If you've got a story to tell — on any other topic — get in touch with Senior News editor Ted Pease at 443-9747, x1226, or tpease@hum senior.org.

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ASK THE DOCTOR . . . From Page 5

heart muscle itself. Over time, the arteries can narrow and the heart muscle can thicken, thus not pumping as well. Controlling blood pressure can start with good exercise and diet. Some people need medications, and most who do will need more than one to get blood pressure to goal. Another way to reduce blood pressure is to lose weight. And if you have sleep apnea, treating it with a breathing mask for sleep can help control high blood pressure and reduce the risk of the heart enlarging. Because a bigger heart is good only if you are the Grinch.

5. We can avoid methamphetamines and cocaine. And all illicit drugs for that matter. Uppers can cause heart attacks, strokes and heart failure by enlarging the heart. Heroin can cause infections on the heart valves, which can be life-threatening. Alcohol is a legal drug, but too much of it can enlarge the heart and cause heart rhythm problems.

6. We can avoid tobacco use. About 20 percent of deaths from heart disease are directly related to smoking. Evidence is starting to arise that vaping also increases risk of heart attacks, likely from the nicotine itself. If you are a smoker, or if you know one, repeat this over and over: The single most effective way to reduce risk of heart attack and stroke is to stop smoking.

7. We can manage stress. I admit, this one is tough. Life is hard and unpredictable. We have no control over a lot of things. But what we can control is how we respond

to stressors. Anger, anxiety and fear can all increase cortisol and adrenaline levels, which in turn can lead to artery-narrowing, higher blood pressure and probable adverse effects on our immune system. There is even a syndrome called the “broken heart syndrome,” in which big stressors can lead to reduced pump function of the heart. There are techniques to cope with stress and reduce the body’s flight-or-fight response — deep breathing, choosing not to

become angry, getting adequate sleep, doing mindful meditation, yoga and other exercises that promote

relaxation, being mindful of our schedules and need for a break, and spending time with people who make us feel loved and cared for. Sometimes talk therapy can be helpful if stress is a big issue.

My father had a heart transplant, a miraculous thing that gave him some extra time. But most of us get just the one heart. That heart is a workhorse that needs attention. It is easy to forget about the 100,000-plus beats it gives us every day. Take some time to show your heart some love.

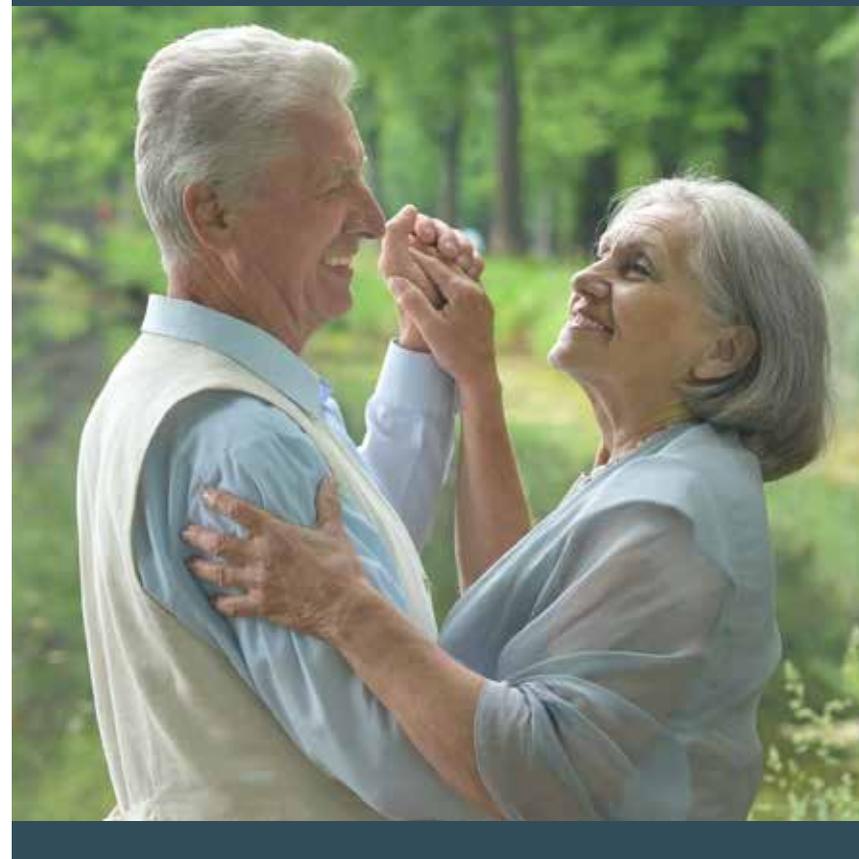
—
Dr. Jennifer Heidmann is medical director and primary care provider at Redwood Coast PACE (443-9747). This column should not be taken as medical advice. Ask your medical provider if you have health questions. Send comments to seniornewseditor@humsenior.org

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BIRD . . . From Page 1

Albatrosses begin to return to their home base at 3 or 4 years old, but don't begin looking for a mate until they reach sexual maturity at around 7 or 8. Almost all the world's Laysan albatrosses breed on Laysan and Midway islands in the mid-Pacific, which is where Wisdom was first banded in 1956.

Laysan albatrosses have elaborate courtship rituals, performing up to 25 different "dances." It's important for the birds to be sure about their prospective partner, as they typically mate for life. Each time they breed, they must dedicate 65 days to incubation, plus another 160 days until the chick fledges.

Given her advanced age, it's likely that Wisdom has outlived at least one mate; partnering with a younger male is likely also a factor in her late-in-life fertility.

While not common off our shores, Laysan albatrosses can sometimes be seen on pelagic birding trips out of Humboldt Bay. So if you ever take a deep-sea birding or fishing trip, keep an eye out for Wisdom gliding by.

—
Pat Bitton, 66, of Eureka is a writer and editor who's never hatched an egg but still believes in the power of love. Reach her at pbitton@hotmail.com.

Jerry and Gisela Rohde love lifelong learning.



Jerry and Gisela Rohde are part of OLLI at HSU's original faculty.

That's why they're including a charitable bequest for OLLI at HSU in their estate plan.

Jerry and Gisela love teaching OLLI classes every semester and have a special passion for sharing their knowledge about Humboldt's history with students. OLLI at HSU provides a unique outlet for curious minds in Humboldt's 50 and better community. They know that OLLI enhances quality of life by building friendships and by supporting students in their lifelong pursuit of knowledge. By including OLLI at HSU in their estate plan, Jerry and Gisela have the satisfaction of knowing their joy for learning will endure into the future.

To learn more call **(707) 267-9922**.

To learn how you can touch the lives of others by including your favorite charity in your will or estate plan, contact an attorney, financial advisor or **LEAVE A LEGACY HUMBOLDT** at **(707) 267-9922**.



Make a Difference in the Lives that Follow

“We have to recognise that there cannot be relationships unless there is commitment, unless there is loyalty, unless there is love, patience, persistence.”

—Cornel West, philosopher.

A New Home for a 68-year-old Lighthouse Memorial

By Ted Pease

The slow, soaking drizzle and wafting fog that accompanied the Trinidad Memorial Lighthouse on its inching journey down the hill to Trinidad harbor seemed appropriate.

It may not have been a funeral, as some observers saw it, but the relocation of the 25-foot-tall, 40,000-pound concrete lighthouse certainly was the end of an era in the seaside village.

The 68-year-old memorial lighthouse, an exact replica of the original working version perched on the southern cliffs of Trinidad Head, was erected in 1949 to commemorate fishermen and sailors lost at sea.

The original lighthouse was built in 1871 to help guide ships through the fog in and out of Trinidad, which had become an important redwood mill town.

In 1947, the Coast Guard decommissioned the light station's 2-ton fog bell and original Fresnel lens, both made obsolete by the advent of electricity. The Trinidad Ladies Civic Club volunteered to preserve the historic artifacts, and Earl and Neva Hallmark of Hallmark Fisher-

ies donated a 45x50-foot parcel of land on the bluff for a memorial park.

The Civic Club raised more than \$4,000 for its Trinidad Memorial Lighthouse, which was dedicated on June 26, 1949. Since then, the names of 23 sailors lost at sea, along with 221 others already buried at sea and 68 planning to be, have been engraved there on a marble and granite memorial wall.

Overlooking Trinidad Harbor on land that for centuries had been home to the Yurok village of Tsurai (or Cher-ae), the red-roofed memorial lighthouse became an icon not only of Trinidad, but of the entire northern Humboldt coast.

For some Yuroks, however, the tourist attraction was also a reminder of all that had been lost with the arrival of white settlers in 1850, who drove out a people who had lived in redwood slab houses on Trinidad Bay for some 1,000 years.

When the bluff started slumping in 2017, Civic Club and city officials rushed to find a way to save the memorial before another wet winter. A stopgap solution to shift the lighthouse about 20 feet east onto what was hoped was more stable ground drew protests from Yuroks and others, who saw that as yet more desecration of their ancestors' ancient gravesites.

In a compromise, a massive crane instead hoisted the fog bell and lighthouse off the compromised and contested bluff on Jan. 10 as residents, officials and protestors watched, and workers trucked the memorial gently down Edwards Street to the harbor.

For now, the Trinidad Memorial Lighthouse and fog bell dominate a sandy slope on Cher-ae Rancheria property at the foot of Trinidad Head near the harbor.

Ted Pease is a Trinidad resident.



FLYING LIGHTHOUSE — The 20-ton replica of the Trinidad Head lighthouse takes to the air in the dramatic relocation of the Memorial Lighthouse from its 68-year home atop a crumbling bluff above Trinidad Harbor to its new temporary home at the foot of Trinidad Head (below). At left, unnamed workers atop the Memorial before its 1949 dedication. Lower left photo courtesy of Patti Fleschner and the Trinidad Museum. Other photos by Ted Pease.



Letters to the Editor

Silver Sneakers

To the Editor:

The Silver Sneakers program covers gym monthly dues for seniors 65 or older. Many but not all supplemental health insurance plans include this program. Local gyms do not seem to mention the program to seniors, possibly because they make less money than from private memberships.

To see if your supplemental health insurance plan covers Silver Sneakers, you can either go to the Silver Sneakers website (silversneakers.com), or you can call your provider. If you tell your gym that you want to enroll under the Silver Sneakers plan, they should simply sign you up.

This plan can save you \$40 per month or whatever your gym membership is currently charging you. And it should be easy to sign up for it.

Barbara Copperman, King Salmon

Knowledge is Power

To the Editor:

I would like to respond to the article, "Easing the End: Suggestions for Unlearning Fear of Dying," which appeared in the January issue of Senior News.

The article said, "We cannot know what happens when we die, or where we came from before birth." But the God of the Bible explains what the future holds after death.

We are bombarded daily with advice and information. Our job is two-fold:

1. Is the advice/information correct?
2. Where can we find advice and information that are accurate and true?

I believe knowledge is power, and from my research I determined that the Bible is the inspired word of God. God, not man, provides accurate information and comfort about the subject of dying, which all mankind faces.

Nancy Chambers, Eureka

Pause to Consider Life

To the Editor:

Reading the January 2018, Senior News gave me many pauses to consider life. It seems each article was speaking to me as I am getting older, but do not wish to believe I am old.

Ted Pease's article "Suggestions for Unlearning Fear of Dying" reminded me of the time I had to go into the hospital during my junior year in high school for removal of my tonsils and adenoids. While being prepped for the surgery, the doctor entered the room and asked if I was getting sleepy.

"No" was the last word I remember saying.

When I awoke, I wondered if my feeling while under drugs is the same feeling I would have when I'm dead. If so, I thought, dying is not that bad. Everything is gone, your mind is blank, and there's nothing left

to worry about. But I prefer to live much longer.

"Remember Typewriters?" by Dave Rosso reminded me of my later-life return to college and attempts in a writing class. It took many hours to write a paper in those days.

"Get Stronger in 2018" [Joan Rainwater-Gish] is something my husband and I are both working toward. We attend the Staying Active In Life (SAIL) program at the Senior Resource Center in McKinleyville. My 95-year-old Aunt Arvis, known as "Cuc," attended a similar exercise program in Eureka for many, many years, and continues her exercise in the Redding area. Cuc will be 96 this April, and many times I've told her she is my role model.

There is so much I wish to do before I reach that ripened or withered age of "old."

Rowetta Miller, Fieldbrook



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Letters Policy: Senior News welcomes letters to the editor. To be considered for publication, letters 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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Benefit proceeds support the Symphony's ongoing music programs. At the **Eureka Woman's Club** on Sunday, February 11 at 3 p.m. Co-sponsored by the Eureka Woman's Club and Humboldt Mortgage PURCHASING TICKETS EARLY IS RECOMMENDED.

CONCERT SPONSOR:



In Like A Lion

Special Guest Flutist **Paula Thomas**

Sinfonia No. 1 in C Major, RV 116 by Antonio Vivaldi
Flute Concerto in E minor by Franz Benda
Symphony No. 3 in E-Flat Major, Op. 10 by Antonin Dvořák

Friday & Saturday, March 2 & 3, 8:00 p.m.

Carol Jacobson conducts. Free Musical Notes Lectures at 7 p.m.



Symphony ticket prices range from \$19-\$49
Buy tickets online at eurekasymphony.org or by phone (707) 845-3655
CASH ONLY "Rush" tickets available at the door (Student \$10, Adult \$15)
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