



Summertime, Summertime

THE REDWOODS

Into the Woods

By Jim Wheeler

Between Orick and the northern Humboldt County line lies the heart of Redwood National and State Parks, home to the tallest trees on Earth, 132,000 acres of prairies, woodlands, wild riverways, and nearly 40 miles of rugged Pacific coastline.

The national park was created in 1968 during the presidency of Lyndon Baines Johnson; in 1969, the Nixon Administration invited the former president's wife, Lady Bird, to dedicate the redwood grove just north of Orick that bears her name, in honor of her support for the park and for her longtime devotion to conservation.

Today, the Lady Bird Johnson Grove features a 1.5-mile self-guided interpretive trail through redwoods that are exceptionally large for the elevation of 1,100 feet. The grove is 2.5 miles up Bald Hills Road off Highway 101,

north of Orick. Rangers lead guided walks daily at 10 a.m. during the summer.

Two miles farther north on Highway 101, Davison Road heads west toward Gold Bluffs Beach and Fern Canyon. Just a quarter mile up Davison Road is the Elk Meadow day-use area, a restored Arcata Redwood Co. lumber mill site. Roosevelt elk often gather here among picnic tables.

The Trillium Falls Trail starts here, a 2.5-mile loop through a beautiful forest saved from logging by the Save the Redwoods League in the mid-1970s, and added to the park in 1978. It's a pleasant half-mile walk to the waterfall, which is shaded by huge big-leaf maples and runs year-round.

Another 2.5 miles north on 101 is the Newton B. Drury Scenic Parkway through

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Lose yourself among ferns and redwoods at Prairie Creek State Park. Mark Larson photo.

Discoveries at Low-Low Tide

By Marna Powell

I love everything about the ocean and beaches. If you love the beach, then you know that there is a lot more beach to love at low tide — especially at negative low tides.

One of my favorite things to do in the summer is go to our local beaches at negative tides. In winter, they occur in the middle of the night, but in summer we have some

minus-2-foot low tides in daylight. These are the days you see 200 cars parked at Clam Beach, where people hike out to the low-tide line to dig razor clams from sand

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THEN & NOW

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Tedtalks: Making Summer Memories

By Ted Pease

Ah, summertime, and the Alivin' is easy. Like many of us, some of my fondest and most indelible memories are of summer, a rush of sparkling days and soft, warm nights, boats and beaches, hikes and bikes and summer romances.

This issue of Senior News celebrates summertime in Humboldt County, a time that evokes sweet memories and a time to build new ones. In a place blessed with such vibrant communities and so much natural beauty, it seems an impossible question to ask — “What are some great things to do in Humboldt during the summer?” — but that's what we start to explore this month.

The fact is that, sometimes, people who live in a place don't visit the attractions that tourists travel great distances to see. We drive by them every day, or they're just up the road, but we don't go. I spoke to a woman at the Trinidad Fish Festival the other day who has lived here

nearly 40 years, but has never seen a Crabs baseball game. Somehow, we just don't get around to it.

Our writers this month suggest some great things to do, close to home and accessible even for those of us



with achy knees. Redwood National Park ranger Jim Wheeler recommends some gentle trails in the woods, sentiments echoed by OLLI instructors Jerry and Gisela Rohde, who moved here from smoggy LA to be closer to the redwoods year-round.

Marna Powell, who knows about bad knees, takes us agate-hunting on easy-walking beaches. Erik Faser catches up with a couple of longtime Crabs fans who can't imagine a better way to spend a summer evening. And ran-

dom Humboldters share some enduring summer memories.

Then, if that's not enough to keep you busy, there are parades and festivals and events from Garberville to Fortuna to Willow Creek. We also inaugurate a new regular feature this month, “Humboldt Then & Now” on page 21, which will look at local people, places and things, and what has become of them.

As news accounts breathlessly report triple-digit temperatures around the country, we can bask gratefully in the morning fogs, waiting for the wind to come up at midday and blow in sparkling afternoons and long, luxurious sunsets. Ah, summertime in Humboldt.

No place I'd rather be.

—
Ted Pease is editor of Senior News.

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COMING NEXT MONTH

Back to School

Batter Up! Crabs Swing Away for 75th Season

By Erik Fraser

“The one constant through all the years, Ray, has been baseball. America has rolled by like an army of steamrollers. It’s been erased like a blackboard, rebuilt, and erased again. But baseball has marked the time. This field, this game, is a part of our past, Ray. It reminds us of all that once was good, and that could be again. Oh, people will come, Ray. People will most definitely come.”

—“Field of Dreams,” 1989

Those are the words of Terence Mann (James Earl Jones) to Ray Kinsella (Kevin Costner) in “Field of Dreams,” the great 1989 baseball film. In at least one little corner of the country, the sentiment still rings true.

Nestled right in downtown Arcata is the Arcata Ball Park, home of the Humboldt Crabs, the oldest



Crabs players high-five some little leaguers at a recent game. Erik Fraser photo.

continuously operated summer college team in the country. On any given summer evening, 700 to 1,500 baseball lovers come out to watch the game played the same way it has been for nearly 75 years on the North Coast.

The Crabs are a unique experience, far removed both physically and figuratively from the 50,000-seat Major League Baseball stadiums in the big cities of America. Evening games start as the sun sets, to the familiar sounds of the World Famous Crab Grass Band playing its staples like “Elvira” and Ozzy Osbourne’s “Crazy Train.”

The grassy area near left field is a beautifully chaotic scene of kids playing pickle, and families with folding chairs and blankets. Crabs staff pluck a few lucky fans each night to participate in onfield games like wheelbarrow races, tug-of-war and the occasional watermelon-eating contest.

But it’s not just the youngsters who have fun, it’s kids of all ages. The crew of older fans who congregate near the first-base dugout every game night have been coming to Crabs games far longer than even the parents of the kids on the third-base side have been alive.

Bob Studdert, 86, has been watching the Crabs for around 45 years, since back when they played at the old Babe Ruth field in Eureka.

“I enjoy it, been doing it for a long time,” Studdert said before a recent game. “My kids get me a pass every year for my birthday, and this year the



Bob Studdert, in the Giants hat, and Al Masterson, in the Crabs hat at right, have been rooting for the Crabs for decades. Erik Fraser photo.

games started right on my birthday!”

Years ago, Studdert even helped build the bleachers where he and his crew sit.

Bob’s friend Al Masterson was playing at the Arcata Ball Park before those bleachers were there. “I played here when it was a swamp,” he said, before the Crabs even called the park home,

At 93, Masterson isn’t as mobile as he once was, but he’s still a ballpark regular. Fortunately, it’s an easy commute — he lives two doors down.

—

Erik Fraser is a member of the Crabs Board of Directors and a former *Times-Standard* sports editor.

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BY ELIZABETH A. WHITLEY

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Into the Woods. . . From Page 1



Members of the “Elks Club” at Prairie Creek State Park.
Gisela Rohde photo.

Prairie Creek Redwoods State Park. This is the original Redwood Highway, built by the Civilian Conservation Corps (CCC) in the early 1930s. The Prairie Creek Visitor Center at the south end of the parkway was the superintendent’s house for Camp 1903 of the CCC, which built most of the park and USDA Forest Service infrastructure in this area.

The Visitor Center is at the north end of Elk Prairie, so-named because it was the last refuge of Roosevelt elk in California when the state park was created in 1923.

The Prairie Creek State Park’s old-growth forest is the second largest stand of

old redwoods left in the state, with over 70 miles of trails, including most of the park’s longer loop trails.

Two excellent and accessible short trails start behind the Visitor Center. The Revelation Trail is a signed quarter-mile loop through immense trees bordering pristine Prairie Creek.

The 2.5-mile-long Prairie Creek/Foothill Trail loop meanders along 1.5 miles of Prairie Creek through ancient forest to a crossing over the parkway. It then becomes the Foothill Trail, heading south

again past Big Tree (23.7 feet in diameter), through more huge redwoods and back to Elk Prairie.

That is one of my favorite hikes to suggest for folks who want to see magnificent redwoods on an easy 1.5- to 2-hour walk in the heart of Redwood National and State Parks.

For more information, visit this website: www.nps.gov/redw/index.htm.

Jim Wheeler is park ranger at Redwoods National and State Parks in Orick.



Trillium Falls, a highlight of a 2.5-mile trail in Redwood National Park. Jim Wheeler photo.



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ASK THE DOCTOR

Aging in Place

By Jennifer Heidmann, M.D.



The U.S. population is aging — by 2020 there will be 55 million people 65 and older, says the Census Bureau (2010 data), and 88.5 million by 2050. About 14 percent of us are at least 85 years old, a number expected to rise to 21 percent of the population by 2050.

The good news is that a growing group of older adults will have a greater voice and likely a bigger impact in policies that benefit people as they age. The bad news is that we are not always great at planning for our own aging, and our communities are not necessarily set up to help us maintain independence into very old age.

Many people hope to stay in their homes for their entire life, commonly called “aging in place.” What barriers are there to this, and what things might people do to increase their chances of aging in place? There is no single simple formula, but we can start planning for ourselves and for our loved ones, and we can think in terms of community services and support systems.

One barrier to aging in place might be the physical space itself. While a home with multiple levels or a few steps here and there may be no big deal while we are fully mobile, traversing what was once simple terrain can become dangerous if we have pain from arthritis, the need for walkers or canes, or decreased vision or dementia, which sometimes affects visual-spatial relationships. Climbing over a barrier to get into a tub, or reaching high shelves while preparing foods increases the chance of falls and injuries.

Where you live can matter, too, because being more isolated — as many are in Humboldt County — means that stores, medical care and social interaction can be less accessible, particularly if transportation is an issue.

Help is available from specialists and websites devoted to assessing homes to improve aging-friendliness, for instance, ageinplace.com. Occupational therapists are great resources for assessing how people can best perform daily activities such as cooking, cleaning, dressing and bathing, and can recommend ways to make these activities safer and easier.

Thinking about alternatives to driving is important. Are there family members, friends or neighbors who can help?

Continued on Page 19

Stop Singing the Blues

Loneliness might make for good blues and country songs, but it's bad for your health, doctors say.

U.S. News & World Report cites studies that have found connections between loneliness and medical conditions ranging from obesity to diabetes to heart disease.

“Feelings of loneliness and isolation are often underlying factors for chronic pain, substance abuse and depression,” says Dr. Jennifer Caudle of the Rowan Univer-

sity School of Osteopathic Medicine in New Jersey.

But not everyone who is alone is lonesome, points out New York psychologist Sannam Hafeez. There's nothing wrong with enjoying alone-time, she said. “Solitude is rooted in choice and peace.”

Still, feeling isolated can be an unhappy place to be, so psychologists advise regular contact with others — go to the grocery or the gym, or volunteer with a group you like. Especially after the loss

of a loved one, it is important to stay connected with others.

Caudle also advises against spending too much time on social media.

“It's counterintuitive,” she says, “but increased use of social media can exaggerate feelings of loneliness,” especially when so many sites “over-emphasize the success of others.”

So get off Facebook and out of the house. “There's no substitute for face-to-face interaction,” Caudle says.

Whiskey, an exuberant 3-year-old Treewalking Coon Hound mix, takes volunteer Pete Pederson, 67, for a walk at the county animal shelter in McKinleyville.
Ted Pease photo.



Going to the Dogs Is Good for You

Want to reduce stress, feel better emotionally and physically, increase your physical activity and meet a nicer class of people? A dog could be your personal trainer.

Studies show that owning a pet can reduce stress, depression and anxiety, whatever your age. New research appearing in the journal *BMC Public Health* finds — not surprisingly — that “older adults who own a dog may be more likely to achieve the activity levels recommended

by the World Health Organization (WHO).”

WHO guidelines recommend at least 150 minutes of “moderate-intensive” physical activity per week for adults 65 and over. What better way to get that exercise than taking Fido for a walk?

Indeed, a study of older adults in Great Britain found dog owners walked 22 minutes more daily than people without pets.

Other benefits of pet-ownership are emotional. Dog

love is unconditional, and when you do pile up on the couch, your new best friend can join you.

If you're not able to own a dog, other options are available to gain both the physical and psychological benefits. Try volunteering as a dog walker at the Humboldt County Animal Shelter in McKinleyville (840-9132) or at Sequoia Humane Society in Eureka (442-1782).

Want to go for a walk?



POINT OF DEPARTURE— BY BOB MORSE

Exciting and Entertaining Ways to Die This Summer

Perhaps you've spent some time imagining your own death. If you are like most of us, you imagine yourself drifting off peacefully at home, surrounded by loved ones.

Unfortunately, it's more likely that you will expire in a hospital or nursing home, quite possibly alone except for institutional staff, quite possibly in some agonizingly slow decline from some disease that even the best opioids can't mask.

But let's put that somber reality aside and conjure up some more exciting — or at least more exotic — ways to die. If you're looking for some fun summer beach reading, you might want to check out "And Then You're Dead: What Really Happens If You Get Swallowed by a Whale, Are Shot from a Cannon, or Go Barreling over Niagara" by Cody Cassidy and Paul Doherty.

The book imagines and then documents 45 wild ways you might find yourself in peril and what would happen to you. Of course, many of the situations are fanciful imaginings, such as "You Were the Ant Under the Magnifying Glass," or "You Jumped into a Black Hole." But others are based on actual possibilities, like going over Niagara Falls in a barrel or being sucked out of the window of a jet airliner.

Some have actual, practical information like "You Died from Old Age," wherein you learn that after age 25 you have about 1 million half-hours left, on average. Each half-hour is called a microlife by a pair of Cambridge statisticians, who

then go on to explain how lifestyle choices can cause you to lose or gain microlives. (Don't live in Mexico City. Do eat your fruits and vegetables, etc.). Eventually, no matter how good you are, though, you run out of microlives, they conclude, "and then you die."

The chapters are short and written with good humor, and can be read in no particular order.

The death concept is really more of a hook to draw you in and frame the various scenes so that the authors can share some fascinating information about the world. Since Doherty is a senior staff scientist at San Francisco's Exploratorium, this makes sense — the book is really an entertaining way to explore some unusual science facts. Their enthusiasm for the topics shines throughout. It seems like they could have had 90 chapters and not worn out the concept.

If a book can be simultaneously funny, gruesome, informative and sometimes terrifying, what could be a better summer read?

Bob Morse is a regular Senior News columnist and owner of Morse Media, a 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.

Summer Snapshots

Drippy ice cream cones. Splashing across the harbor in the skiff. Listening to owls from inside a dark tent in the woods.

We asked readers what were some of their favorite Humboldt memories. What comes to mind when you think, "That was a perfect Humboldt summer moment"?

Eureka attorney Elan Firpo remembers a shining jewel of early summer bliss on a surfboard off Camel Rock.

"I paddled past the break and was lying on my stomach. It was early morning," she says. "Letting the waves rock me while the sun came up, I watched birds landing on the rocks and I could hear the swoosh of their wings.

"The surface of the water looked soft, like velvet, dark blue and lavender with ripples of movement. There are few places in the world where the water is clear and there is beautiful forest right up to the shore, the sun shines on velvet purple water, and there is nothing but the sound of

rustling bird feathers and crashing waves to break your reverie. I was absolutely happy."

Former HSU professor John Heckel remembers strategies for summer treats: "After a 105-degree-in-the-shade day of skinny-dipping along the Trinity, we would stop in Willow Creek for an ice-cold coconut malt. If you nursed that malt just right it would last until you got back to Arcata."

Arcata Mayor Susan Ornelas also remembers summer days on the Trinity. After a day in "the clear, clean water, the challenge of a current," Ornelas says she enjoys evenings in Willow Creek: "Warm evenings, where one can throw on a sweet little dress over a bathing suit, and be ready for dinner."

Journalist Dave Rosso says, "It came to me right away. It was toward the end of summer — Sept. 9, 2006. It was a sunny day on Moonstone Beach. Susan and I were surround-

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Marna Powell photos.

Discoveries at Low Tide . . . From Page 1

that is normally under water.

Along Humboldt Bay, fishermen are knee-deep in mudflats, digging up huge, creepy-looking worms for bait. Elsewhere, exposed tide pools are a wonder to explore if you are careful to not harm the creatures dwelling there. Many seaweeds are accessible for harvesting at low tides.

Since I don't have a fishing license, I'm not out digging clams, collecting worms or harvesting seaweeds. So what am I doing? First and foremost, I just like beaches

near my house in Orick, where one can find all kinds of beautiful agates. Everyone covets the moonstones, but there is also petrified wood, California jade, serpentine, red and green jaspers, picture stone, carnelian and a host of other beautiful tumbled stones.

Like many others, I delight in finding new treasures. Some people dig with shovels, some

have long sand-sifting tools, others just use their hands. I like to walk along with my hiking pole and stumble upon my treasures at random.

We have many good beaches for rock-hounds. Dry Lagoon Beach is probably the most popular. My knees scream too loudly in protest to get down the steep trail

to Agate Beach from Patrick's Point State Park, but I have walked down

from Big Lagoon County Park.

Big Lagoon, Dry Lagoon and Stone Lagoon are all good agate-hunting beaches with easy access and parking. One of the prettiest spots is the north end of Stone Lagoon. Driving down the narrow access road, I always stop to take a photo. It's breathtaking!

Marna Powell can see the ocean from her home in Orick.



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SONGS WE TELL EACH OTHER

BY MARGARET KELLERMANN

Bubbling with Great Hopes

Allow me to share a blast from the past from a recent warm Arcata afternoon.

My happy dog, Luke, and I wandered one of the old neighborhood streets lined with Craftsman houses. There I saw a familiar sight that took me back five decades to my first retail job. Two girls, one shy and one eager, sat bubbling with great hopes at a lemonade stand, craning their necks as they saw Luke and me approaching.

The eager girl was *sooo* eager, she ran to meet us halfway down the block. “Would you like to buy some Gatorade?” she shouted.

Ahh, so Gatorade has now trumped lemonade. “Sure!” I said.

“And cupcakes!”

“Um, yes!”

“And magazines!”

“Wow. Really?” By this time, we’d reached the TV-tray stand, with a whole family milling around. The eager girl sat down, opening the cash-box with one hand, her other hand already outstretched, waiting.

The shy girl said that they had made the cupcakes by themselves. Thick pink icing, with a candy heart atop each one, was a dead giveaway. But the treats looked too skillfully made, perfectly conical. The mom gave me a slight wink, even as she nodded at the girls.

Meanwhile, the dad drew chalk signs on the street: “LOOK!” facing one direction, and “DRINKS!” the other.

Luke, sporting a new pink chalk line down his muzzle, looked up at me long-sufferingly. I turned to see who had done this art on my dog. A toddler stood nearby, holding a scrap of pink chalk like a paintbrush. The mom and dad laughed.

I dawdled over my important purchases, commenting on the cupcakes’ candy heart messages. “SHAKE IT OFF.” “YOU ROCK.” My favorite: “I HEART YOU.” I could recall none of these messages from 50 years ago. Candy hearts taste the same as ever, but candy heart messages change with the times.

The eager girl blurted, “Cupcakes, 15 cents. Gatorade, 10 cents. Magazines, 25 cents.”

The shy girl said, “But if you don’t have any money, it’s free.”

I gulped. “Wow, that’s very nice of you. But . . .”

The eager girl jumped in: “Do you have any money on you?”

“Ha! You’ll go far,” I said, and the parents chuckled.

But nobody knew for sure which of the kids I was speaking to: the entrepreneur, the philanthropist or the very young artist.

—
Margaret Kellermann teaches fun-based creativity workshops to adults. Create your own group of four to eight, and contact her at seniornewseditor@humsenior.org.

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IN STITCHES: 200 Quilts a Year for Good Causes

By Barbara Clark

A handful of Energizer bunnies works behind the scenes of the Redwood Empire Quilters Guild, all especially busy this time of year, preparing for this month's Heart of the Redwoods Quilt Show.

None of the bunnies is more energized than Mimi Mace, 72, of Freshwater. Mace almost singlehandedly makes sure that some 20 quilt kits are cut out monthly, adopted and sewn together by volunteers, prepared with backing and batting, quilted on her Gammill long-arm sewing machine, and then farmed out to volunteers to stitch the binding.

In addition to her role preparing quilt kits for others to complete, Mace estimates that she has created some 1,000 quilts herself.

She will be honored as the guild's featured quilter at this year's show, July 15-16 at Redwood Acres.

Mace is chairwoman of the guild's Community Quilts Liaison committee. Through her, the guild makes some 200 quilts a year to donate to community organizations — Hospice of Humboldt (for Veterans), North Coast Veterans' Resource Center, North Coast Children's Services, Red Cross, and Eureka Dialysis.

She got involved with the community quilts team a few years after she retired — for the company and the stimulation it brings to her life.

"Everyone participating is enjoyable," Mace said. "I love talking to them and learning what their interests are. And then everyone is so appreciative when they get the quilts."

Mace is a Eureka native and went to Humboldt State, where she earned a bachelor's degree in theater arts and a master's in costume design.

She started sewing in junior

high — being tall, she made clothes that would fit her. A drama class at HSU dazzled her with all the fabrics in the costumes. After teaching at the University of Oregon she came home to Humboldt State in 1978, where she worked in theater arts for 28 years.

Mace and her students designed and produced costumes for almost 65 productions at HSU, College of the Redwoods, Ferndale Repertory Theater, and Dell'Arte Theater. She joined the Quilters Guild in 2008, a few years after retiring from HSU.

"We do it because it's fun," she



Ace quilter Mimi Mace of Freshwater will be honored by the Redwood Empire Quilters Guild at Redwood Acres, July 15-16. Ted Pease photo.

said. "When it's not fun, I'll stop."

Barbara Clark of Eureka is a member of the Redwood Empire Quilters Guild, and will display four of her new quilts in the show. She is a former editor of Senior News.

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AGING IS AN ART — BY JOHN HECKEL

Letter From an Expectant Grampa

While contemplating readers' various thoughtful ideas for "end of life" stories (and, yes, we are discussing your suggestions to come up with a strategy for Senior News), I got to thinking about "before birth" stories. Given that I will become a proud grandparent soon, I thought I would give it a go.

Dear darling child:

As yet, you have no name, which is one of the reasons I am writing to you now. At the moment, you exist in a world in which all is possible. I have it on good authority that at this very moment your mom and dad are flipping through various "Name That Baby" books, and that soon you will be a Jane, a Mary, or even a Theresa, with all the associated expectations.

I love you in this moment of not knowing.

Both your mother and her doctors speculate that you might decide to befriend us sometime between the 14th and the 20th of August. I personally believe that, given the current state of world affairs, you might not be so eager to join us. But it is my heartfelt wish and greatest desire that you do decide to grant us the great privilege of your presence.

I am one of your grandfathers. I tell you that with a mixture of hope and fear. My hopes include that you will be able to make of this world

that we have created a supportive environment that serves your needs and dreams. My fears include that we elders have made so many mistakes that you may soon find this world intolerable.

Your mother, on the other hand, has no such doubts. She loves you unconditionally. She will help bring you into this world with the same

love and hope that mothers have been experiencing for thousands of years.

When you get disheartened at all that we have messed up — and we have messed up plenty — visit Patrick's Point

State Park or the redwoods. Have your mother take you to Yosemite or, better yet, come visit me and I will take you to Fern Canyon, where we can both marvel at something we have preserved and did right.

I have learned to love your mother unconditionally. It wasn't always easy. When you get older, ask her. She will tell you stories long after I am gone. It is in those stories that you and I will find our connection. I hope I live long enough to help give them some context for you.

With love, your Opa

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

"When you get disheartened at all that we have messed up, visit the redwoods."

The Biggest Trees on Earth

By Jerry Rohde

In 1979, my wife Gisela and I left hot and smoggy Southern California and moved to cool and verdant Humboldt County. We wanted to be able to visit the North Coast redwood parks — not once a year on our vacation, but every week.

We've been hiking, jogging, and mountain biking in the redwoods ever since.

Along the way, we've written three guidebooks to the local parks and led dozens of tours among the tallest trees on earth.

This year is no different: On Saturday, July 8, we'll conduct an all-day field trip to Prairie Creek Redwoods State Park and Redwood National Park. It will be part of a month-long series of exciting summer courses offered by the Osher Lifelong Learning Institute (OLLI), Humboldt State's continuing education program for seniors.

Our tour will take us from Arcata to Redwood National Park's visitor center on the outskirts of Orick.

Using a relief map of the area, we'll indicate how the local forest was first sawed and then saved.

We'll continue on to Elk Meadow, the former lumber mill site that has been converted into a picnic area.

From there we'll hike a short section of the Trillium Falls Trail, where we can view acres of sturdy hillside redwoods. Then it's on to Prairie Creek Redwoods State Park for the finale of the trip — an easy walk beside the park's namesake creek past some of the most striking and statuesque trees in any North Coast forest.

All together, it adds up to an eight-hour journey that lets you experience how nature says "forever."

To register for our Redwood Park excursion (OLLI class #31270), or about other summer classes, visit www.humboldt.edu/olli or call 826-5880.

—
Jerry Rohde of Eureka is a historian and OLLI instructor.



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HSRC News

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Low-Cost Firewood Sales Planned

It took only two days for the Humboldt Senior Resource Center (HSRC) to sell out in round one of its annual low-cost firewood sale in early May.

Tasha Romo, Nutrition and Activities program manager, oversaw the sale of vouchers for 350 cords of firewood to lower-income senior households.

But there's more to come, Romo says. Two more firewood sales are planned, with timing depending on firewood availability.

Romo said details about the second sale should be available early in July — check the website at humsenior.org and local media for the announcement of when vouchers will go on sale.

Some 188 area families were able to purchase firewood during the first sale, at an average price of \$78/cord, well below market price.

A third firewood voucher sale will come in the fall.

The Art of Releasing Tension

By Tasha Romo

For four weeks in July, registered nurse Denny Dorsett of the Arcata Wellness Center will offer self-help classes in a light-touch art called Jin Shin Jyutsu at Humboldt Senior Resource Center's Eureka site.

Jin Shin Jyutsu (*pronounced* Gin Shin Jute-Sue) is an ancient Japanese movement art form used to improve health by balancing the subtle energies of the body. Various specific areas of the body are touched in sequences called "flows," through clothing, and held

for varying lengths of time.

Jin Shin Jyutsu can be translated as "Now Know Myself." All practitioners apply the art to themselves, and the self-help techniques can be easily taught to new students.

Benefits include pain reduction and increased calm. The process helps calm the sympathetic nervous system, and activates the parasympathetic nervous system to provide relief from anxiety, insomnia, indigestion, and many related complaints.

Dorsett, besides being a

registered nurse, has about 200 hours of training in Jin Shin Jyutsu, including a course in teaching self-help applications. She also has her own practice at the Arcata Wellness Center.

Jin Shin Jyutsu classes will take place on four Mondays — July 10, 17, 24 and 31 — from 3:30-4:30 p.m. in the HSRC dining room.

For more information or to sign up for relaxation, contact Tasha Romo, Nutrition and Activities program manager, at 707-443-9747, x1228.

VOLUNTEER

Help Make 17,500 Lunches

The Humboldt Senior Resource Center is looking for groups to "adopt" one day a week this summer to help make lunch for some 300-500 hungry school kids.

Each summer, HSRC contracts with Food for People to make healthy lunches each weekday for children who would normally receive meals at school. Last summer, the program made more than 17,500 free lunches available at parks and summer programs all over Humboldt County.

We're looking for three teams of four to six people from community, school, youth or civic groups to come help us prepare and package lunches on Mondays, Thursday and Fridays from noon to 2 p.m. for the 10-week program.

Thanks to Food for People, these lunches make a big difference in the lives of many local children who might otherwise go hungry this summer.

The program started June 16, and will run through Aug. 24. Groups interested in participating should contact Tina Taylor at 443-9747, x1235 or email ttaylor@humsenior.org.

July Dining Menu

 Humboldt Senior Resource Center
Nutrition & Activities Program

FIRST WEEK

- July 3 Dining Centers closed
- July 4 All Sites Closed-Happy 4th
- July 5 BBQ Chicken Sandwich
- July 6 Chef Salad
- July 7 Beef Ravioli

SECOND WEEK

- July 10 Dining Centers closed
- July 11 Chili Egg Bake
- July 12 Chicken Curry
- July 13 Summer Berry Salad
- July 14 John Wayne Casserole

THIRD WEEK

- July 17 Dining Centers closed
- July 18 Meat Loaf w/Gravy
- July 19 Lemon Dill Fish
- July 20 Beef Burgundy
- July 21 Hamburger

FOURTH WEEK

- July 24 Dining Centers closed
- July 25 Old-Fashioned Goulash
- July 26 Mediterranean Chicken
- July 27 Butternut Ravioli
- July 28 Stuffed Cabbage Roll
- Birthday Cake

FIFTH WEEK

- July 31 Dining Centers closed

People 60+ are invited
\$3.50 suggested donation

For those under 60 there is a fee.

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

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JULY 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 Tasha at 443-9747 x1228

Every Weekday	8:30-4 Library 9-3 Senior Service Office 12-2 Billiards	Every Wednesday (cont-)	July 12 11-11:30 LeeAnn Moroni performs 11:30-12:15 Emblem Club serves lunch — Menu page 11 July 19 9:15-11:15 Foster Grandparent Program 11-11:30 Sam & Ella sing-a-long 10-11:30 Commodities distribution
Every Monday	9:30-10:30 Karate w/ Jerry Bunch 10-12:30 Mah Jongg 11-12 Yoga with William Timm Bring your own mat. (advance signup required) 11-1 Back to Basics Line Dancing 1:15-2 S.A.I.L. w/Muriel 2:10-3:10 FABS/SAIL by Beth and Lois 2:30-4 Memoir Writing Class 7/10, 7/17, 7/24, 7/31 Jin Shin Jyutsu	Every Thursday	10-11 Grocery Bingo: Bring 1 grocery item Intermediate French class 10-11:30 Lunch — Menu page 11 11:30-12:15 S.A.I.L. w/ Muriel 1:15-2 FABS/S.A.I.L. by Beth & Lois 2:10-3:10 Genealogy group July 6 & 20 10-12 Covered CA/Medi-Cal assistance drop-in clinic July 20 12:30-1:30 Medication Interactions & Consultation
Every Tuesday	10-11 Harry's Bingo (not July 4th) 11:30-12:15 Lunch — Menu page 11 12:30-1:30 Bunco (not July 4th) 12:15-2:15 Pinochle 3:30-4:30 FABS/S.A.I.L. by Beth & Lois July 18 1:30-3:30 Ukulele Play'n Sing July 25 11:30-1 CalFresh Info and sign-ups w/Food for People July 25 6-9 Stamp Club	Every Friday	9-10 Falun Dafa 10-11 Beginning Tai Chi Movements 11-12 Beginning Yoga 11:30-12:15 Lunch— Menu page 11 1-4 Bridge Games July 7 5-8 pm Line Dance Potluck July 14 10-12 Rodeo Day Celebration Jim Wills Performs July 21 10:30-12 Tina & Michael Perform July 28 11-12:15 Birthday Celebration 10:30-11:30 Accordionaires perform
All HSRC locations will be closed July 4th		Saturday	July 1 Noon Sassy Seniors-Applebees in Eureka July 15 Noon Nooners-Oriental Buffet in Arcata

Fortuna Dining Center

HSRC at Mountain View Village • 2130 Smith Lane • Call Launa at 725-6245.
 Lunch: Tuesday-Friday at noon • Menu page 11

Tuesday	12:00 Lunch	Thurs (cont.)	Fireplace Room 922 N Street, Fortuna For info 443-9747
Wednesday	12:00 Lunch Weds. 5-8 BINGO	Friday	12:00 Lunch July 14 11:30 Rodeo Day July 28 12:00 Birthday Lunch
Thursday	12:00 Lunch July 6 & 20 12-1:30 Caregiver Support Group United Methodist Church	Saturday	July 15 11:30 Sock Hop

McKinleyville Senior Center

Azalea Hall • 1620 Pickett Road
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 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) Party Bridge 1-4 Low Vision Workshop July 31
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
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 July 5 10-11 Genealogy July 19 10:30-11:30 Executive Board Meeting July 26 12-1 Monthly Luncheon - Stuffed Pepper, Rice, Salad, Dessert, \$5 (Sign up by 7/21)
Every Thursday	July 26 1-2 Heart Healthy Club & Sweet Spot
Every Friday	8:30-9:30 Tai Chi 10:30 Walking Group at Hiller Park 1-4 Pinochle July 28 10-11 Full Board Meeting (Open Meeting)

Arcata Community Center

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

Mondays	July 10 & 24 11-12 Silver Quills Writing Group
Every Tuesday	9-11 Katie's Krafters 10-11 Senior Aqua Aerobics \$5 fee at HealthSport-Arcata (prior registration required) 10-11:15 Karaoke 11 Bread distribution 12:30-2 Bead Jewelry Craft Class July 4 Site Closed for Holiday July 11, 25 10 Walking Group w/Mary Ann July 18 10-11 Caregiver Support Group Mad River Community Hosp. Minkler Education Room 3800 Janes Road, Arcata For info call 443-9747 July 11 10-11 Blood Pressure Check July 25 2 Arcata Marsh Slow Walk
Every Wednesday	10-11 Chi Gong-RSVP 443-8347 11 Bread distribution 12:30-1:30 Tai Chi for Better Balance July 12 & 26 10-11:15 Dance - Old Gold Band
Every Thursday	9-10 Tai Chi (\$3 donation) 9-11 Katie's Krafters 10-11:15 Chair massage (donations accepted) 10-11 Senior Aqua Aerobics \$5 fee-HealthSport (prior registration required) 12:15-1:15 Learn Tech with Brett July 13 11-12:15 Cal Fresh Sign-up assistance July 20 10:15-11:15 Swing 'n' Sway Trio July 20 10:30-11 Commodities Distribution
Every Friday	10-11:30 Ping Pong with Pete 12:30-1:30 Tai Chi for Better Balance (no class on the 16h) Off July & Aug. Site Advisory Council July 21 10:30-11:15 Music with the Half Notes July 28 11:15-12:15 Birthday Party & Celebration

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 —Edmund Blunden, English poet



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Fireworks, Tall Trees, Parades & Puppets

By Richard Stenger

Besides the mild temperatures, clear afternoon skies, tall trees, Victorian towns and unspoiled beaches, there are many other reasons to get out and about in Humboldt this summer.

In Eureka, Independence Day revelers will sample music, crafts and foods during the day along 2nd Street in Old Town on Tuesday, July 4. At dusk, fireworks will light up the waterfront. Good spots to view are from the Boardwalk in Old Town and Halvorsen Park at the foot of L Street.

Farther south, Ferndale will host an old-fashioned parade on Main Street in the morning, and the volunteer firefighters will give free fire engine rides for the kids afterward.

In Blue Lake, the nation's most renowned school for physical comedy, Dell'Arte International, continues its month-long Mad River Festival until Saturday, July 15. The school, which among other things trains many future Cirque du Soleil clowns, will present its own players, acting troupes from other countries, and local bands in indoor and outdoor venues throughout town.

The Annie & Mary Day/Blue Lake Pageant in Perigot Park is the festival's annual highlight on Sunday, July 9, when hundreds of dancers, musicians and giant puppets take over the streets.

In Fortuna, the Friendly City hosts the Redwood Coast's biggest car show — the Fortuna Redwood AutoXpo, the weekend of July 21-23.

Before the summer ends, why not walk in the footsteps of a first lady and three presidents? Tall. Elegant. Venerable. It seems fitting that the nation honored Lady Bird Johnson with a grove of trees so much like her. A champion of conservation, the former first lady walked among the giants of Redwood National Park three times.

The first was to celebrate the park's creation in 1968, when local Indians greeted her with dance from their traditional cultures,

and polite protesters waved with signs calling for more redwood protection.

A year later, she returned to dedicate the Lady Bird Johnson Grove, an event that brought together former, current and future U.S. presidents Lyndon Johnson, Richard Nixon and Ronald Reagan, then California governor.

Two decades later, she returned with her granddaughter, simple hikers in the big trees. See for yourself why the grove is so popular. Go one-half

mile north of Orick on Highway 101, then east for about 2.5 miles on Bald Hills Road.

For more about these and other summer things to do in Humboldt, visit the Eureka-Humboldt Visitors Bureau website at Redwoods.info or call 443-5097.

—
Richard Stenger is director of communication at the Eureka-Humboldt Visitors Bureau.



BOOM! Fireworks from the Boardwalk on Eureka's waterfront. Patricia Wilson photo.

More Snapshots . . . From Page 6

ed by friends and family, all standing in the sand as we were married.”

For musician and community leader Julie Fulkerson, summertimes were simple. “My parents were teachers with no money for vacations,” she said, remembering “endless gatherings on Clam Beach with my parents’ colleagues and their children. I never felt deprived.”

“It was potluck, and there was always a huge jug of cheap Muscatel for the adults. The best part was when my second aunt came with her surf fish net, and

scooped up hundreds of tiny surf fish. She would grab one and hold it flapping between

“The surface of the water looked soft, like velvet, dark blue and lavender. . .”

Elan Firpo

her teeth. I was horrified, but fascinated.”

Tasha Romo, HSRC’s Nu-

trition and Activities program manager, recalls, “As a child my mom would take me and my sisters down to Hon-eydew and Shively to pick blackberries. We would get scratched and there were little green spiders all over, but nothing would stop us from picking gallons and gallons of blackberries.

“They were so sweet and delicious. At least a gallon would be gone by the time we made it home,” she said. Keep making those cherished Humboldt summer memories.

—Ted Pease
Senior News Editor

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—E.Y. Harburg, lyricist, The Wizard of Oz, 1939

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Future Senior News Themes

August — Back to School

September — My Old House

October — Genealogy

November — The Food Edition

December — 2017 Wrap-up

— Coming in February —

Senior News Photo Contest

To suggest story ideas, contact

Senior News editor Ted Pease

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Summer evenings in Humboldt County hold a special magic, when daylight lingers until 9 p.m., permitting golden after-dinner walks on the beach. There's really no bad place along the coast to wait for sunset, from Shelter Cove to the mouth of the Klamath. Here, summer-lovers stroll Trinidad State Beach at low tide, as sunset paints the western sky. Other great lookouts for sunset fans: Elk Head off Stagecoach Road in Trinidad, Clam Beach and Moonstone, Luffenholtz Beach, the jetty at Humboldt Bay, or the top of Table Bluff. Filmmaker George Lucas once said a boy and girl walking off into the sunset at the end adds \$10 million to a film box office. Sunset sure adds that much to a summer day. Ted Pease photo.

North Coast Co-op Events

July 5 • Wellness Wednesday

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

July 4, 11, 18, 25 • Senior Day

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

July 12 • Member Action Committee Meetings

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July Community Calendar

Quilt Extravaganza

The Redwood Empire Quilters Guild will hold its Heart of the Redwoods Quilt Show, July 15-16. More than 300 quilts by area quilters, quilted items, vendors, quilt sales, music, food court and a nine-patch party. Saturday 10 a.m.-5 p.m.; Sunday 10 a.m.-4 p.m. Admission is \$8; seniors 60 and over \$6; children under 12 free. Redwood Acres Fairgrounds, 3750 Harris St., Eureka. See www.regg.com or quiltshow@regg.com.

A Bag o' Books

How about a bag of books for a buck? Friends of the Redwood Library (FRL) holds its annual Buck-a-Bag Book sale July 28-29 at the Eureka Main Library, 1313 Third St. For just a dollar, you can fill your bag with non-fiction or fiction, vinyl, DVDs and CDs. FRL members only on Friday, July 28, from 10 a.m.-5 p.m. (but it's easy to become a member at the door). The public is welcome Saturday, July 29, from 10 a.m.-3:30 p.m. All proceeds benefit the Humboldt County Library System. Call 269-1995 for information.

Christmas in July

Humboldt Grange #501 at 5845 Humboldt Hill holds its Christmas in July event during its regular pancake breakfast, Saturday, July 22, from 7:30-11:30 a.m. Anyone with Christmas decorations in good condition is invited to donate. The breakfast includes eggs served to order, ham or sausage, biscuits and gravy or hot-cakes. Adults are \$5, kids 6-10 are \$3; younger children are free. The Grange is also accepting items for its Aug. 5 flea market. Contact Fern Miller at 268-3806 for information.

Sand Castles, Mermaids and Monsters

Grab your shovels, family and friends and spend the day on Saturday, July 15, digging in the sand at the annual Friends of the Dunes Sand Sculpture Festival in Manila. Cash prizes for best sculptures. \$10 for teams of up to six, \$15 for larger teams. The best time to view sculptures is noon-3 p.m.; awards will be announced around 2 p.m. A \$1-\$5 donation is requested to support education programs. For information: info@friendsofthedunes.org or 444-1397.

Poodle Skirts & Cool Cars

Fortuna turns into a car show, sock hop and cruise-in July 21-23 as the annual AutoXpo takes over town for a weekend extravaganza of hot cars and cool cats. The Cruise is Friday evening, followed by a sock hop from 8 p.m. to midnight. Watch for the free Xpo transit school buses to run you around town Saturday from the swap meet and car corral to the antique cars and hot roads exhibits, arts and crafts, farm equipment and more. For information, call 725-3916 or email chamber@sunnyfortuna.com.

38th Annual Folklife Festival

It's the most musical week of the year, a showcase of local musicians, as Dell'Arte and Humboldt Folklife Society host the 38th annual Humboldt Folklife Festival, running throughout the week of July 8-15. All venues are in Blue Lake — at Dell'Arte, Mad River Brewing Co., and Annie & Mary Day at Perigot Park — plus Friday night's barn dance at the Veterans Hall in Arcata. For info, call 822-5394 or visit online at www.humboldtfolklife.org.

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“A thin grey fog hung over the city, and the streets were very cold; for summer was in England.”

—Rudyard Kipling, author

ASK THE DOC . . . From Page 5

Information about Dial-A-Ride, one local option, is available from the Humboldt Senior Resource Center (HSRC) at 443-8747, x1240, or directly from Dial-A-Ride at 442-4555. Other transportation options can be explored on the Humboldt Transit Authority website (hta.org), or by calling 443-0826.

Another good resource for aging in place is the Redwood Coast Village (redwoodcoastvillage.com). This is a volunteer-driven community organization that involves

support for those wishing to remain independent, but who may need some extra help.

Many programs to support people throughout the spectrum of aging are described at the HSRC website (humsenior.org). One of these

is Are You Ok®, which provides daily phone check-ins for elders living alone in the Eureka area (call 443-9747, x1240, for information). The same number can connect you to the Senior Home Repair service, which offers minor service repairs to residents of Eureka.

For those with significant medical problems, risk for falls, or who generally need more care, there is the Redwood Coast PACE, Program of All-Inclusive Care for the Elderly. Full disclosure: I am the medical director of this program. It offers interdisciplinary team care for people 55 and older who live in our service area, and who are at risk of losing independence or who need more support for their health and well-being. This is a national model

of care, with our program open for almost three years now. For more information about PACE, you can call our enrollment representative at 443-9747.

The time to start planning for aging is now. This includes financial planning, looking at your living space and making it more “age friendly,” considering best options for transportation, and finding out what local resources are available to assist with needs as they arise. I’ve listed just a few, but the HSRC and

Redwood Coast Village are both great resources to find out more. The national Center for Disease Control and Prevention (cdc.gov) has online resources about healthy aging.

I would also like to make a plug for volunteering. If we can help each other out, our community

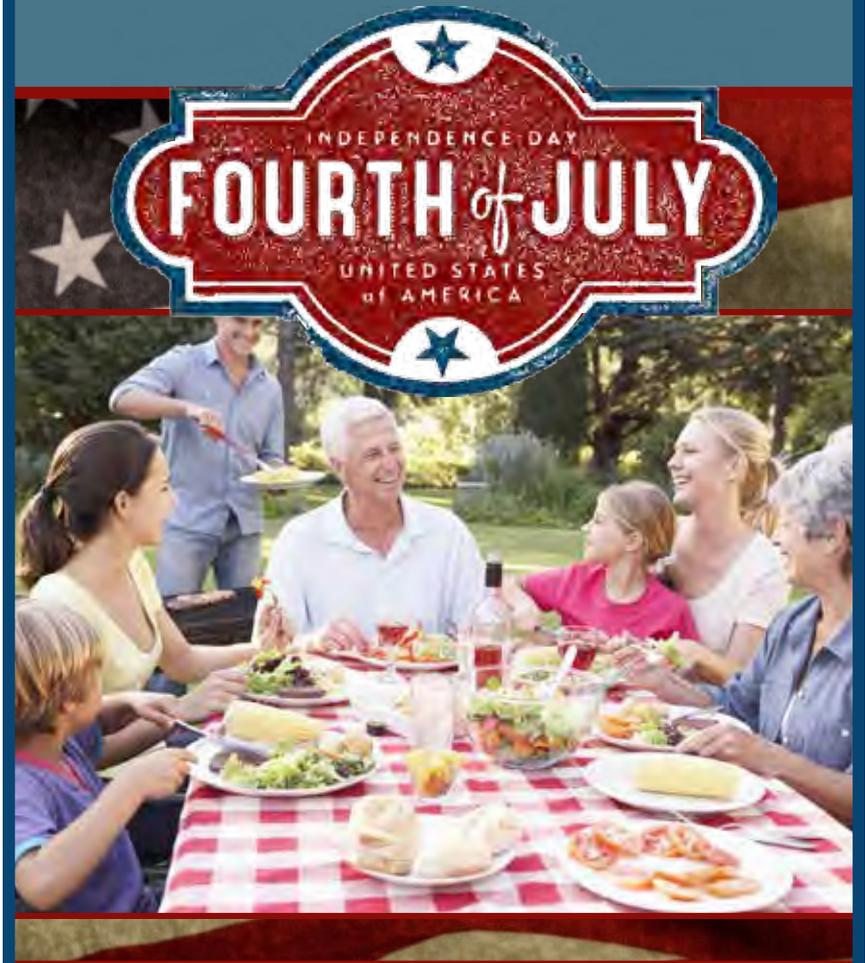
will be a better place for all. Volunteer opportunities include the senior lunch programs, home-delivered meals and hospice. Also, watch out for your neighbors who might need some extra help to stay well as they age in their own homes.

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

“I would also like to make a plug for volunteering. If we can help each other out, our community will be a better place for all.”

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Jerry Carlson has had occasion over the years to use St. Joseph Hospital, and he wanted to ensure hospital services and more would be here long after he is gone. Jerry loves this community and continues to give year after year. His estate plan commitments have supported the North East Wing, the Cancer Center, and St. Joseph Hospital named the Jerry Carlson Progressive Care Unit in his honor.

Leaving a legacy gift is a wonderful way to give back to your community.

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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.



Giant Yard Sale

The Healy Senior Center in Redway is seeking donations and volunteers for its 20th annual Giant Yard Sale, set for Aug. 12-13 at the Redway School baseball field parking lot, 344 Humboldt Ave.

Donations may include anything from furniture, linens and housewares to antiques, sporting goods and new electronics still in their boxes. Mattresses, used electronics and used clothing cannot be accepted.

To donate items, for information, or to volunteer to help, call the center at 923-2399, x2.

The center needs volunteers to help with security, admission and to serve as cashiers and “go-fers,” said Suzan Gupton, a member of the Healy Senior Center board of directors.

“This is our 20th yard sale,” Gupton said, “which explains why we need volunteers — all the original seniors who worked on it are 20 years older.”

The sale will be Saturday, Aug. 12, from 8:30 a.m. to 5 p.m., and Sunday, Aug. 13, from 9 a.m. to 2 p.m. Admission is \$1.

“The crickets felt it was their duty to warn everybody that summertime cannot last for ever.”

—E.B. White, *Charlotte’s Web*

Trinidad — the Boomtown of 1851

By John Meyers

During the spring and summer of 1851, Trinidad was a “lively little town.” In fact, during 1851 and 1852, the number of people going in and out of Trinidad at any one time is estimated to have swelled to more than 3,000.

There were tents pitched literally everywhere — on the beaches, on the bluffs, on the hills and through the dales. I’m not sure who regulated the placement of privies back then, but what a mess that would have been. Plus, everyone had to haul in water for cooking, washing and drinking, and with that many hungry people coming and going, game hunting was soon a problem.

But business boomed as 20 to 30 pack trains a day continued to come and go to the inland mining towns, and ships arrived daily with supplies and more eager settlers and miners.

Landing a boat was difficult in Trinidad, with waves crashing on the Head and on shore. It was not unusual to lose one’s goods in the surf. At any given time, you could see a couple of barges, a couple of brigs and a schooner or two anchored and bobbing in the bay. Occasionally, an anchor would break and a barge or brig would end up crashing on the rocks.

Once, a load of food that included some horse-radish washed ashore. One of the Tsurai villagers got into it and ate some of the horseradish, then stumbled home crying, “I am poisoned! I am poisoned!” I know just how he felt.

Newcomers were shocked and surprised to see the village of Indians right on the bay, with many of the women having tattooed chins, and some of the older men naked as jaybirds.

The town of Trinidad was so lively during those years that unruly troublemakers and jail prisoners would, on occasion, be left overnight on a rock in the harbor to consider their misdeeds. That rock is still named Prisoner Rock. It was our own little Devil’s Island.

—
John Meyers, 68, of Trinidad is author of the recently released book, *Trinidad: Looking Back From My Front Porch*.



Through the end of the 1800s and into the 1900s, Trinidad was a bustling whaling port, with entire carcasses hauled up a ramp where the pier now juts 500 feet into the harbor. A few Trinidad whalers remained through the 1920s — the larger boats outside the resident salmon fleet in the photo above, from the Frank Sobol and Katie Boyle collections at the Trinidad Museum. Prisoner Rock, where unruly troublemakers were sometimes chained (upper left in top photo, upper right below), today is occupied by gulls, cormorants, murrets and geese. Bob Hallmark built a 500-foot fishing pier in 1946, which was replaced in 2012 by a concrete pier, owned and operated by the Trinidad Rancheria. Today, the Trinidad commercial fishing fleet has dwindled to about 14 boats, augmented by smaller sport fishermen during the summer. In the photo below, the now-retired charter fishing boat, *Shenandoah*, awaits morning clients in July 2010 as smaller sport fishermen buzz around the floating dock. Photos courtesy of the Trinidad Museum and Ted Pease.



Letters to the Editor

Tolerance and Respect

To the Editor:

This is my first letter to the editor of a newspaper. It was R. Edson's letter, "A Very Inferior Issue," Senior News, May 2017, and the recent responses to his letter that prompted me to write. The authors of these letters accused Senior News editor Ted Pease of using the paper as a forum for his own political beliefs. I searched through the last several editions of Senior News and didn't see a single thing that indicated Mr. Pease's personal political beliefs. Ironically, the only places that I found any blatant political statements were in these letters to the editor denouncing political opinions showing up in this paper.

The authors of these letters drew a clear and hostile divide between the liberal "70%" and the conservative "30%" in our county, aligning themselves with the latter. One stated that some people in our community have suffered both "physical and vocal abuse from members of the leftist '70%' . . ." If true, this is very troubling. Another resorted to ridiculing "liberals," accusing them of "throwing incessant temper tantrums" since the presidential election in November. I have never liked the use of ridicule to make a point — all those playground bullies from my childhood leap to mind.

We all have the right, even the obligation to speak out about the type of country we want to live in. Regardless of what political side we stand on, none of us should be physically or verbally threatened or ridiculed for voicing our opinions.

I fully understand that Senior News has a softer mission than covering political, social, and civil rights issues. At the same time, we are living in a country of political and social turmoil. At the very least, we can teach tolerance and respect by how we choose to respond to these deep divides in our culture.

—*Glory Ralston*, Trinidad

Thanks for Speaking Up

To the Editor:

Thank you to all who wrote letters to editor — my favorite part of every publication I receive. For me, they represent the expression of our First Amendment rights to say our piece. We acquired this right — along with some other significant rights and these United States of America— through some pretty heavy-duty activism. Boston Tea Party? I salute those who express opinions whether or not I agree with them.

To "A Very Inferior Issue" [April 2017]: I would like to suggest that the above-mentioned activism brought us a whole country and a set of guidelines that enable participation in this very forum.

To "The 30% Speaks Out" [May 2017]: I re-read last the two issues, and apparently we have different views of how Senior News leans (or not). Was it the photo of the Women's March, the tiny house quilt raffle for affordable housing, the Golden Rule with Vets for Peace? What I see in these articles is involved

To the Editor:

There are many good people in this world, and I want to tell you about one of them, who I will not soon forget.

Recently, I went to the Walgreen store at Harris and Harrison to shop. I got the things on my list, and went to check out. When it was my turn, I got out my new debit card (one with a chip in it). It didn't work. I tried it again — no luck. The clerk and I tried it over and over — it would not work!

Here I am, with a debit card that won't work. I don't carry much cash with me, and my checkbook is at home. What to do?

I was just getting ready to tell her to put my merchandise aside so I could go home for my checkbook, when she said, "I'll use my card and you can pay it back to me tomorrow." I was almost speechless. "Are you kidding me?" I said.

She took her card out and swiped it. She knew me only as a customer who shopped at Walgreen's occasionally, and she paid my bill. I should mention that the amount was \$31.96, so not just a few dollars.

How many people would pay the bill for a stranger? Not many.

I asked for her name, and went home to get my checkbook and a thank-you card, which I gave to the manager, as the clerk's shift was over. He agreed that this was a very nice thing she had done.

I am so grateful to this woman for her act of kindness, and I want people to know that she went out her way to help me. She is a good person.

—*Arlene E. Roberg*, Eureka

elders making use of their retirement to help others. It sounds like your opinions have not been respected, which is unfortunate, as they are as valid as anyone else's.

To "Temper Tantrums" [May 2017]: I agree that there are folks from both sides who are juvenile and unproductive. But I have to say that it feels pretty unpleasant, as a senior myself, to be lumped into a group that is assumed to have no wider interests than "gardening and social activities."

To Evelyn Weibe-Anderson [May 2017]: I agree. I feel Senior News has grown and improved, and is supportive of folks who, while retired, are definitely not ready for the rocking chair (well, maybe some of the time).

Once again, thank you all for your letters. This has become my new favorite page.

—*Jessie Wheeler, Cutten*

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).

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