



Mexican Bagels & Community Values

By Peter Jermyn

Making small business responsive to the community where its customers live and work has been a theme for Los Bagels since 1984.

From our first I Street Block party in Arcata in 1985, which was a benefit to raise money for the multicultural mural, to current plans for a conference focused on race and equity, Los Bagels has engaged with its neighbors.

In 1984, three of us — Dennis Rael, Paul Hebb and I — opened Los Bagels in an old butcher shop in Arcata. We built a strong following of customers who not only love fresh baked goods, but who also identify with our community-based ethics and value a small neighborhood business with a big heart.

We have used this success to make connections across social boundaries, focusing on finding unique solutions to problems as they arose, and using community connections to make these solutions work.

For example, when the local jam producer went out of business, we found another jam maker, and encouraged the new business with the promise of regular sales through the bagel shops. When graffiti started spreading around town, Los Bagels created a space for young artists to work on a mural that still enhances the flour storage building at the rear of the Arcata store.

When the farmers who arrived early for the Arcata Saturday market after long drives in loaded trucks wanted breakfast, we created a cart to bring them pastry and coffee before the market's opening bell. That idea grew into the Saturday

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Humboldt-Grown



IT'S A BLUE, BLUE WORLD for Dave Wilbur at his blueberry farm. Ted Pease photo.

The Blueberry Man of Fieldbrook

By Ted Pease

Even on a bright day in Fieldbrook, life is blue for Dave Wilbur. Very blue. And that's the way he likes it.

Wilbur is Humboldt County's blueberry man, owner of Noble Berry Farm. It's fair to say that

blue is his favorite color.

"I'm always having fun with blueberries," he said. "I'm doing blueberry planet. When people look at the blue sky, I want people to think of blueberries and Dave."

Since 2008, when he planted his first berry bushes, Wilbur has lived and breathed blueberries.

"I'm a Long Island boy," said Wilbur, 64, who grew up in New York and New Jersey, and retains that region's personality and ac-

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SINCE 1981

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A Doomed Rail Line

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Tedtalks: Uniquely Humboldt

By Ted Pease

Every place can (and does) boast of local specialties, signature products or institutions that are emblematic of who and what they are.

Maine lobster. Detroit automobiles. Hawaiian pineapple. San Francisco cable cars.

When we went about looking for things that are uniquely Humboldt, we had no lack of candidates — from fog and oysters and Humboldt Gold to specialty foods like chocolate cookies and fancy goat cheese.

But what's really striking about exemplary Humboldt stories is not the *what* so much as the *who* — the people and their way of pulling together that seems to define what it means to be Humboldt-grown.

This issue of Senior News includes a few of these kinds of stories, all illustrating Humboldt's spirit of caring about each other.

Strictly speaking, Dave Wilbur is not Humboldt-grown; he grew up on the East Coast. But since moving here in the 1970s, Wilbur has in many ways embodied a common Humboldt story: He's worked many different jobs — he's a contractor and a musician who once thought he'd become a rock 'n roll star — and he's become Fieldbrook's blueberry man.

Food for People, the county's food bank, is a prime example of Humboldt spirit. The agency feeds an incredible 12,000 Humboldters every month, as its executive director, Anne Holcomb, reports (see page 4). It takes a village to make that happen, a community of farmers and donors and volunteers pitching in to feed needy neighbors.

One of those partners is Locally Delicious. Over 10 years, the non-profit has morphed from a group of women who shared meals and conversation into a potent force for community, sustainable agriculture and locally grown food.

Locally Delicious also makes grants to local farmers who provide fresh produce for Food for People.

And so what goes around comes around.

A fourth example of the Humboldt-grown ethic is Los Bagels, a kind of weird idea — Mexican bagels? — that grew over 30 years into an intensely local, neighborhood-oriented business that not only tastes good, but does good in the community. It's about more than bagels, as Los Bagels co-founder Peter Jermyn writes; it's about making an impact in the world.

That's what "locally grown" means in Humboldt.

...

This issue of Senior News also features more animal stories, articles that didn't fit into last month's wildly popular issue. And in this issue we are excited to announce formation of the Senior News Community Advisory Council (see page 15), designed to connect us more with our readers.

One more thing: look on page 18 for a special new (for us) feature — the monthly Senior News Crossword.

Ted Pease is editor of Senior News.

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'Eat Your Veggies!'

The Heirloom Tomatoes of Locally Delicious Make an Impact

By Edie Jessup

Some local folks of a certain age, known collectively as the Heirloom Tomatoes, are crazy about the Humboldt local food scene.

Over the past nine years, their non-profit organization, Locally Delicious, has met regularly, produced two books and a documentary film, developed a restaurant recognition program, and created an annual guide to Humboldt food.

"I didn't really discover what real food was until I moved to Humboldt County and found Locally Delicious," said Pat Bitton, one of the Tomatoes. "I've learned so much about having fun in the vegetable garden, and making yummy healthy food with my own produce."

The group's first project was a combined cookbook and resource guide called *Locally Delicious: Recipes and Resources for Eating on the North Coast*, which was followed by *Lunchbox Envy: An Adventure in Eating for Kids and Families*.

The documentary film, "Locally Grown: America's Food Revolution," was produced in cooperation with Humboldt State University, and has been shown on KEET public television as well as in local theaters and other venues [see "Humboldt's Own 'Locally Grown' Movie," *Senior News*, March 2018, page 9].

Ann King is a "Tomato Emerita" who stepped back from Locally Delicious in 2015. "What a privilege it was to be part of this," she said.

"Working around Suzanne [Simp-

son's] kitchen table one warm afternoon, someone suggested that we should give ourselves a name," King recalls. "Someone mentioned that since we're focused on homegrown food, how about Tomatoes? We could be the Hot Tomatoes.

"Taking a look at our average age, we decided on 'Heirloom Tomatoes,' a great name for a very saucy bunch," she said.

The Tomatoes' latest project, now in its second year, is *The Local Food Guide*, a comprehensive guide to

accessing the food produced here on the North Coast. The guide includes farms and farm stands, farmers markets, nurseries, ranches, fisheries, community gardens, wineries, breweries, distilleries, restaurants, caterers, packaged foods producers, grocery stores, and more — a cornucopia of North Coast deliciousness.

Out of all this energy and activity, Locally Delicious has raised more than \$100,000 to help local farmers plant crops specifically for Food for People (FFP), so the foodbank can

distribute fresh local produce to low-income clients [see "Food for People," page 4].

When I moved here, I was over the moon to find the Tomatoes and work with them and Food for People. I'm so proud of the huge amount of locally grown food we can make available.

The Tomatoes are food-system savvy, too. They are committed to supporting the existence and expansion of a sustainable local food system that develops the economy, is environmentally sound, and assures equity for everyone.

Individually, Tomatoes are involved in the Humboldt Food Policy Council, the Permaculture Guild, and other local sustainability organizations.

"We're still kicking after 10 years, and still trying to make the world more just, and agriculture less damaging to the earth," said Ann Anderson, one of the original Tomatoes. "Eat your organic veggies!"

The Local Food Guide is available at groceries, businesses, restaurants and farmers markets all over Humboldt. To find out more about the Tomatoes and the activities of Locally Delicious, check on Facebook, or email info@locally-delicious.org.

Edie Jessup, 70, of Manila is one of the Heirloom Tomatoes of Locally Delicious, and a longtime advocate for food equity.



The Heirloom Tomatoes are (back row from left) Pat Bitton, Edie Jessup, Jeanine Cava (Tomato Emerita), Martha Haynes, Trudy Thomas and Lauren Sarabia. In front: Ann Anderson, Steven Saint Thomas and Suzanne Simpson. Harvey Raider photo.

Gathering Food for People to Keep Humboldt Healthy

By Anne Holcomb

When I think of summer, images of winter root vegetables begin to fade, replaced by a bounty of colorful peppers, plump tomatoes, corn, greens, juicy peaches, melons, and other fresh, local produce.

As summer progresses, the variety of fruits and vegetables increases, and my mind swirls with recipes to try. It is a challenge I embrace, but I'm also aware of an increasing number of local boomers who don't have that luxury.

When your food budget is limited, fresh fruits and vegetables are often the first items to go. Whenever we ask people who use the food bank what prevents them from eating more fresh produce, the response is always expense.

That's why Food for People (FFP) has made a concerted effort to increase the volume of fresh fruits and vegetables we provide. Last year, fresh produce represented 36 percent of the 2 million pounds of food we distributed. That's 720,000 pounds of fruit and veggies — 360 tons.

Every month, FFP serves 12,000 Humboldters through 18 separate programs. Access to healthy foods, and especially fresh produce, is critically important for everyone's good health, and this is especially true for those 60 and older.

According to a recent study on senior hunger, nearly one in six seniors nationwide faces the threat of hunger and not getting adequate nourishment.



THAT'S A LOTTA CABBAGE — Longtime Food for People volunteers Beverly Olson (left) and Carolyn Ayers take charge of some bins of donated produce. Carly Robbins photo.

Most of the seniors served by Food for People — about 700 people per month — live on fixed incomes such as Social Security or SSI, and many already deal with healthcare costs associated with at least one chronic ailment.

Lack of access to nutritious food can compromise health and lead to increased rates of illness, reduced efficacy of prescribed medications and increased risk of falls due to lightheadedness.

To try to fill that need for seniors and others, FFP sponsors monthly Free Produce Markets from May

through October, distributing fresh produce at four locations countywide. Our Mobile Produce Pantry also visits more remote communities with fresh, often organic, produce from local farms, and our Locally Delicious Produce Fund [see "Eat Your Veggies!" on page 3] helps us procure top-quality produce for our Senior and Homebound Programs.

One of our participants, Claire, is a Eureka senior who receives food from our Choice Pantry and gets fresh produce from our seasonal Free Produce Market.

"Affording good vegetables is a huge challenge, and the Food for People Produce Market in the summertime offers so much food — a whole watermelon or corn, strawberries, plus onions, potatoes, carrots," Claire said.

"Something inside me relaxes and opens when there's lots of good food in the house. It's wonderful to have plenty of choices when making a salad," she said. "Having Food for People in my life really makes a difference."

—
Anne Holcomb of Eureka is executive director of Food for People, the Food Bank for Humboldt County, at 307 W. 14th St., Eureka. For information about FFP programs, or to volunteer, call (707) 445-3166 or visit foodforpeople.org.



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ASK THE DOCTOR

Tips for Summer

By Jennifer Heidmann, M.D.



Summer draws many of us outdoors for walks, to work in the garden, and to enjoy the sun. Being outside is healthy — sun exposure improves vitamin D levels — and exercise and nature can positively impact physical health and mood.

There may be some risks as well, so here are some thoughts on staying healthy while enjoying the warmer months in Humboldt County.

1. Don't fall. When gardening, wear shoes that are sturdy and fit well. Use a stool to sit on while working, instead of bending over.

Be mindful of where the tools are so you don't trip over them. Ask for help for tasks that might throw you off balance.

On your deck, realize that fog, mist or dew can make it wet, and wet decks are slippery. I have seen too many broken bones as a result of pedestrian-versus-deck accidents.

2. Protect your skin. Wear gloves and sleeves when gardening to protect against scratches and skin tears. Skin becomes more fragile as we age, and can tear easily. If you have a scratch or cut, wash it thoroughly with soap and water, and keep it covered. If the wound develops redness or pus, see your doctor immediately.

When traveling, bring along wound-care supplies just in case — sterile gauze pads, tape, self-adherent wraps, nonstick bandages, and

some triple-antibiotic ointment.

3. Keep bugs at bay. When hiking or walking through areas with brush, tall grass and plants, keep your ankles covered (pants tucked into boots, for instance) and wear light-colored clothes that make it easier to see ticks. When you get home, do a full body check. Remove ticks (including head) with a tweezers. If you develop a rash, show your doctor.

Sometimes pets can bring in ticks, so check pets regularly, too.

"Get outside, but stay safe."

Mosquitoes can carry disease, especially in southern

climates. DEET works best; Picardin (20%), too, and it's less unpleasant than DEET. If you plan to travel, ask your doctor, or look at the Centers for Disease Control travel website cdc.gov/travel/ for tips on avoiding diseases.

4. Travel safely. Road trips are a summer mainstay. Make sure you get out and walk during long trips to help avoid blood clots. Rest when needed — never drive while sleepy — and always wear a seatbelt.

When traveling overseas to certain countries, the biggest health threat is car accidents (wear seatbelts!) and diarrhea. To avoid diarrhea, drink only purified water. You can bring along a water bottle and some iodine tablets for this. Throw in some Vitamin C tablets 30 minutes after the iodine to improve the taste. Peel fruit before eating,

Continued on Page 19

Avoiding Risks of Falling

Humboldt State University kinesiology professor Justus Ortega knows all about falling down.

As director of HSU's Biomechanics Lab, Ortega's specialty is older people and their balance and mobility. This is necessary work, according to the National Institute on Aging, which reports that, "Each year, more than 2 million older Americans go to the emergency room because of fall-related injuries."

National research shows that one in four older adults fall every year, and 14.5 percent of Californians fell more than once in 2007, a study found.

Rural Humboldt County is a good place to study this, because seniors who live in the country "fall more often than urban older adults," and the fall risk seems to be rising, Ortega and his colleagues found.

The HSU team looked at 107 older

Humboldters, age 65 to 95, half living rurally and half living in towns. They also compared people who participated in structured exercise classes like S.A.I.L. (Staying Active & Independent for Life) twice a week, those who exercised on their own at least twice a week, and those who were "non-exercisers."

Then the team assessed participants with balance and mobility tests used in the regular HSU fall-prevention clinics to measure the difference that exercise can make.

Not surprisingly, people who don't exercise run a greater risk of falling and injuring themselves than people who do exercise regularly, who also show better mobility and balance. The study also found that rural seniors "fall twice as often as their urban counterparts."

—Ted Pease

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Tales of Running, Horses, Bulls and Bears, Oh My!

By Janet Ruprecht

My father, Ted Ruprecht, was a world-ranked sprinter who tried out for the 1952 Olympics and would have qualified for any team except the U.S. and German squads. He was sidelined by injuries, but in 1975, during a lonely summer in Korea, he started running again in a local park.

Back at home, my mother, Joan, also had taken up running. When my dad returned, they went for a run on Clam Beach, and she ran right away from him. Furious with himself, he resolved to get in shape.

My mother had her own goals: she wanted to complete the Clam Beach Run, even at a walk, and eventually run a marathon. Then she heard of a sport called Ride & Tie, in which teams of two runners and a horse compete over a long-distance, cross-country course.

My skinflint father (a child of the Depression) wanted nothing to do with horses. He resented having to support them: they produced nothing and consumed too much.

Two years later, he completed his first World Championship Ride & Tie



STILL RUNNING — Ted and Joan Ruprecht have logged a lot of miles with their horse, Breeze, says their daughter, Janet (right). Ted Pease photo.

with my mother and my horse. They qualified for a “Century in the Saddle” award for teams whose combined age is 100 years or more.

After that, they ran 22 Championship races together, and teamed with kids, grandkids and friends — anyone who was willing — for more. They began to compete in 50-mile endur-

ance rides, and then 250-mile rides over five days.

My dad bought a horse. And another.

“It is a sport where an old man can be competitive, if you are willing to run up all the hills to rest the horse,” he said.

When my parents retired — he from teaching economics at Hum-

boldt State University, and she from directing the county’s public health laboratory — they competed all over the Western states.

Sometimes, while riding cross-country, my parents would run into unexpected company. There was the angry bull that charged my parents one day while riding across ranch land, and an aggressive wild stallion that followed them across the desert, wanting to add my mother’s mare to his herd.

And just last year, on Mother’s Day, my mom was riding with a friend along a narrow trail when they met a bear. Her horse panicked, whirled and ran, dumping my mom, 82, and shattering her dignity and several bones. She broke a collarbone and seven ribs. But six weeks later, she was back in the saddle.

My mother and I look just alike. I always explain that she is my stunt double.

—

Janet Ruprecht, 60, of Dow’s Prairie is a longtime horsewoman and development coordinator for Humboldt Senior Resource Center.

Blueberry Man . . . From Page 1

cent. “That’s where I got the taste for blueberries as a little boy. Every year, my first taste of blueberry takes me right back to my childhood.”

Wilbur shares that childhood taste with kids and families who flock to pick the high-bush fruit at his you-pick-’em farm at 3563 Fieldbrook Road. For some customers, he said, “It has become a family tradition — four generations at a time, picking together. They become part of my family.”

Wilbur is also a classic rock and R&B guitarist — he moved to the Bay Area in the 1970s with dreams of becoming a rock star, and came to Humboldt in 1978.

As we talk in the shade next to his berry patch, a

friend plays guitar and croons a Beatles song on the porch — I’ve interrupted a jam session. Wilbur still plays with a band, mostly fellow contractors, in the Ole Buckhorn Store Blues Revue. Which explains the slogan on the tee shirts: “I do my pickin’ and grinnin’ at Noble Berry Farm.”

Owner of DW Construction, Wilbur has been a contractor for more than 20 years. “That’s my day job,” he said, standing amidst his heavy-laden berry bushes. “But these are my girls.”

And Wilbur’s affection for the “girls” — all 800 of them in 11 varieties — is evident. It’s hard work being a farmer, let alone also working construction.

“I have to work hard to keep this life out here,”

he said. It’s both a labor of love and an increasingly fruitful retirement plan as Wilbur’s bushes, now almost 10 years old, bear fruit — more than 2,000 pounds of berries last season, and perhaps twice that yield this year.

“I wound up growing the world’s healthiest food,” Wilbur said. “There’s so much good in blueberries. How can anyone not like blueberries?”

Want to pick some blueberries? Find Noble Berry Farm on Facebook, or call 834-6299.

—

Ted Pease, editor of Senior News, grew up picking wild blueberries in Maine.



PAINTING THE OCEAN

BY MARGARET KELLERMANN

Feeling Free to Explore

In 2015, longtime Westhaven residents Carol and John Wiebe invited a few of us to a magical spot at Sinkyone Wilderness State Park in Mendocino County. Needle Rock Visitor Center perches on the cliffs overlooking the Pacific. Back in the 1960s, it was private property, a home where Carol and John stayed for a year with their four eager young children.

Views from the century-old building's windows stretch as far as the sea's curved horizon. The building is a quiet treasure, made simply of wood, inside and

out. Walking in, I felt I was standing in a redwood glade, free to climb the stairway that seemed like a tree, free to explore higher.

On that day in 2015, the Wiebes' 50-something daughter, Rebecca, was there with a handful of others, a laughing, teasing sprite who produced a cake out of nowhere for someone's birthday.

Two years later, all who had been there that day at Needle Rock, plus dozens more, gathered in the Wiebes' garden in Westhaven to celebrate Rebecca's life. She had just died of ALS, or amyotrophic lateral sclerosis.

Almost one year after Rebecca's memorial, Carol and I sat in her living room sipping ginger tea, as we've done many times since I was semi-adopted into the family when we first met. It was a sunlit afternoon in May, after a gray winter that had overstayed its welcome. Just outside, azaleas, rhododendrons and wisteria clamored

for attention. Hummingbirds and butterflies had a field day. A white cat, found haunting the backyard last year, now luxuriously claimed the window seat.

"Each season here has its own nourishing gifts," Carol said. "In the fall, we have apples for apple-sauce and plums and blackberries for jam. And beans get canned, to go through the winter."

I wanted to know more about their house at Needle Rock. "We put in a garden next to that house, too," Carol said. "It was our 'survival

garden,' with cabbages, kale, carrots and onions. We gathered wild mushrooms. And mussels from the beach. The kids were free to explore everywhere."

She looked out over her yard. "Right where Rebecca and Michael were married, in the redwood grove we call the wedding chapel, we all decided to have her memorial," Carol recalled.

"Those redwoods are sentinels over our garden. We've seen them soar in size during our decades here. When I look out at them, I have a feeling of being watched over. Rebecca's playful spirit is alive and present."

—

Margaret Kellermann wants to go back to that visitor center sometime and set up an easel for a day. See her work at www.bluelakestudio.net.



Carol Wiebe in her Westhaven garden. Ted Pease photo.

State Falls Short In Aid to Seniors

California lawmakers recently approved a \$200 billion state budget and sent it to Gov. Jerry Brown, but some observers think aid to the state's fast-growing senior population comes up short.

Assemblymember Jim Wood, who represents the North Coast from coastal Sonoma to Del Norte County, called the 2018-2019 budget "a good news, bad news story."

There is good news for those recovering from last year's wild fires, for low-income housing, veterans and the state university system.

But, Wood said, "I'm disappointed in some other things," such as "totally inadequate" funding for affordable universal health care.

"And what about money for seniors, our most vulnerable population?" Wood said. "There was not enough funding for MSSP programs, which help seniors stay in their homes instead of nursing homes."

MSSP — the statewide Multipurpose Senior Services Program — offers a wide range of assistance to qualified Medi-Cal-eligible seniors, from personal care service and home delivered meals to transportation, adult day programs and healthcare support, all aimed at helping people remain independent in their homes.

"Where's the money for the ombudsmen who help protect patients once they are in a nursing home?" Wood asked. "These two programs alone preserve dignity for these folks and can save the state millions in Medi-Cal payments to nursing homes when they can get the help they need to stay in their homes."

California's over-60 population is projected to top 11.1 million people by the end of the next decade. Not all seniors need full-blown nursing home care, but the state doesn't offer enough mid-range services, such as assisted living, to meet demand.

"The lower price tag for assisted living saves the state money, while also providing a more home-like setting and the right level of care," says a KQED report on elder-care options in California.

"We clearly have more work to do," Wood said.

—Ted Pease



Pelé the cat. Photo by Penny Whitehead.

A Furball of Energy

By Penny Whitehead

It's still dark, and I can't do anything but smile at the sweet little soccer ball who is kneading biscuits on top of me. His mantra is a steady purr of contentment and love — how can the morning get any better?

“What can I do for you, my Prince?” I think.

Being owned by an animal is filled with benefits. My year-old kitten has set his life goal on being my personal trainer, making sure that I get my daily workouts.

His name is Pelé, after the great Brazilian soccer player. I look into the beautiful lime-green eyes of this sweet little black and white furball, a soccer ball with really long legs, and get a warm, fuzzy feeling.

He leaps on top of the dryer, his dining room table, while I can't find the can opener. His look is like he's looking at his wristwatch, tapping his kitty paw.

Duties performed, I head to my computer in hopes of finishing up a letter. But no. Pelé bounces up onto the keyboard. He purrs, and so do I as we butt heads and nuzzle.

But then he's off again, patrolling all the windows in the house. *Whoosh* — check the chickens from the living room. *Whoosh* — from our bedroom, he watches the feral cats, admiring the big boys.

There is never a dull moment with a kitten or a puppy. I have been owned by animals from horses to ants and nearly everything in between. I remember all my critter friends with respect and love. Animals teach us humans about compassion.

—

Penny Whitehead, 75, is being trained by her kitten, Pelé, at their home in Rio Dell.



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HUMBOLDT FACTOID: On June 16, 1913, California Gov. Hiram Johnson signed the law creating the "Humboldt State Normal School" to prepare teachers for the state. The first 62 students started classes in a small building on the Arcata Bottom in 1914.



AGING IS AN ART — BY JOHN HECKEL

This Is Not Normal

This last month, two celebrities — first designer Kate Spade and then chef, writer and television host Anthony Bourdain — took their own lives.

Let them be a reminder of all those that do not make the news.

My cousin, who at the age of 74 hanged himself on Christmas Eve, did not make the news. My best friend's son, who at the age of 28 decided to end his life, did not make the news. We all know of elderly people who ended their lives in secluded anonymity.

Let them also remind us that suicide rates in the United States have increased by nearly 30 percent since 1999, and of the unquestionable relationship between depression and suicide, an equation profoundly significant to the elderly.

Many of us associate suicide with young people, troubled teens or 20-somethings who never quite got their lives off the ground. The fact, however, is that suicide is much more common among older adults.

The grotesque tragedy of the elderly suffering from depression, and our high national susceptibility to suicide, is that many of us believe that depression is a natural part of aging. Ill-informed members of the medical community contribute to this tragedy: All too often, seniors are told that our struggle with depression is “just part of getting old.”

It is not!

Well-informed specialists in gerontology are extremely rare. Search through the link “Find a Provider”

on St. Joseph Health's website; you will find no gerontologists, and only one lonely gerontology nurse practitioner.

An ever-increasing number of us take prescription medications that carry the risk of depression and suicide. The number of us taking at least five prescription drugs simultaneously increased dramatically between 1999 and 2012, and we — the elderly — are particularly at risk for the results of the dangerous interactions of those drugs: suicide and depression.

There should be support and treatment for those of us who suffer from the side effects of too many subscription meds. I believe, however, that most of us are depressed or suicidal because something is wrong with the way our culture treats the elderly, not because there is something inherently wrong within us, or that it is somehow a natural part of aging.

It is not!

Altering our perceptions about what it means to age, and changing how our culture facilitates and responds to our aging, can be a start. Otherwise, we will, according to psychoanalyst Harry Stack Sullivan, “continue the myth of an individualized psychology and cure in the midst of a diseased society.”

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



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

Plan Meals with Farm-Fresh Produce This Summer

By Tasha Romo

With summer upon us, local farmers markets are selling the delicious beginnings of the wonderful local produce season. Many people living on a fixed income may shy away from purchasing high-quality fresh produce because they think it is financially out of reach.

Luckily, that is not the case in Humboldt County, thanks to many programs that can help make a visit to your local farmers market a more affordable shopping experience.

The Senior Farmers' Market Nutrition Program (SFMNP) awards grants to provide low-income seniors with coupons to exchange for foods such as fruit, vegetables, honey and fresh-cut herbs at farmers' markets, roadside stands and community-supported agriculture programs. SFMNP recipients may receive bonus incentive vouchers with their SFMNP vouchers at the time of distribution this year.

Market Match is an incentive program that offers market dollars to CalFresh and SSI participants at the farmers' market.

Customers who receive CalFresh benefits can visit the market manager's booth and exchange their benefits for tokens using their EBT cards, and can receive bonus Market Match tokens matching EBT spending dollar for dollar up to \$10 per market per day. Tokens can be used for fresh produce.

Community members who receive Supplemental



FARMERS MARKET BENEFITS — Visit the manager's booth at any Farmers' Market to enroll in market nutrition programs, or to obtain a market check booklet worth \$20 in fresh produce. Call the Area 1 Agency on Aging at 707-442-3763 for information. Ted Pease photo.

tal Security Income (SSI) benefits are eligible to receive SSI vouchers. This year, SSI program participants can receive \$20 in SSI Market Match vouchers once per month at any farmers' market manager's booth. An ID and proof of SSI benefits are required to sign up for SSI vouchers.

Market Match can be used at all North Coast Growers' Association Farmers' Markets in Eureka,

Arcata, McKinleyville, Willow Creek and Fortuna.

More information on these programs can be found online at fns.usda.gov/sfmnp/overview and humfarm.org/.

For those who qualify, CalFresh is designed to provide funds for fresh fruits, vegetables, whole grains, lean meats, as well as many other food items. CalFresh benefits are issued every month on an electronic benefit transfer (EBT) card that can be used at most grocery stores, discount chains, farmers' markets and neighborhood stores.

Applying can be as easy as a phone interview rather than having to show up in person. Most applicants can have savings, a house and cars, and still qualify. In assessing eligibility, housing costs may lower household income. Seniors and people with permanent disabilities can also deduct medical expenses.

You are not eligible if you receive the State Supplementary Payment with your Supplemental Security Income, but Social Security Retirement or Disability benefits are OK. For CalFresh assistance, call 877-410-8809.

Tasha Romo is HSRC nutrition & activities manager. Contact her at tromo@humsenior.org or 443-9747, x1228.

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



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Lunch: Tuesday-Friday at 11:30 a.m.-12:15 p.m.

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

Every Weekday

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

Mondays

9:30-10:30 Karate with Jerry Bunch
10-12:30 Mah Jongg
1:15-2 S.A.I.L. w/Muriel
2:10-3:10 FABS/S.A.I.L with Beth & Lois
2:30-4 Memoir Writing Class

Tuesdays

10-11 Harry's Bingo (not July 3)
11:30-12:15 Lunch – **Menu page 15**
12:30-1:30 Bunco (not July 3)
12:15-2:15 Pinochle
2:10-3:10 FABS/S.A.I.L with Beth & Lois
July 3 & 17 1:30-3:30 HumStrum-Ukulele Play'n Sing
July 3 10:30-11:30 Dine & Dance w/Ray, Dave & Lois
July 3 11:30-12:15 Independence Day Celebration
July 17 9:30-11:30 Foster Grandparents Program
July 24 11:30-1:00 CalFresh information & sign up with Food for People
July 24 6-9 Stamp Club

Wednesdays

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 & Loi
July 4 CLOSED Closed for the holiday.
July 11 11:30-12:15 Emblem Club serves lunch
July 18 10-11:30 Commodities distribution
July 18 1-2 Caregiver Support Group
Alzheimer's Library,
1901 California St., Bldg. B,
2nd Floor, Eureka
July 25 8:30-11:30 Medication Interaction & Consultation

Thursdays

10-11 Grocery Bingo:
Bring 1 grocery item
10-11:30 Intermediate French class
(not July 5)
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
(not July 5)
July 5 & 19 10-12 Genealogy group
July 16 8:30-11:30 Medication Interaction & Consultation

Fridays

9-10 Falun Dafa
10-11 Beginning Tai Chi Movements
11-12 Beginning Yoga
11:30-12:15 Lunch – **Menu page 15**
12:30-2 Jokers & Pegs
1-4 Bridge Games
July 6 & 20 1:30-2:30 Conscious Living Book Club
July 20 11:30-12:15 Rodeo Days Celebration
July 27 11:30-12:15 Birthday Celebration

Saturdays

July 7 Noon Sassy Seniors
Adel's, Eureka
July 21 Noon Nooners:
Marina



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

July 3 12 4th of July Lunch

Wednesdays

July 4 Dining Center closed-Holiday
12 Lunch
5-8 BINGO

Thursdays

July 5 & 12 12-1:30 Lunch
Caregiver Support Group
United Methodist Church
Fireplace Room
922 N Street, Fortuna

For info call 443-9747

Fridays

July 20 12 Lunch
July 27 12 Rodeo Days
12 Birthday Lunch

JULY SENIOR CENTER ACTIVITIES

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Mondays

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

Tuesdays

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

Wednesdays

8:30-9:30 Tai Chi
9-12 Computers*
(*call for availability)
10-12 Needlework
10:30 Walking Group at Hiller Park
1-4 Pinochle
July 4 CLOSED Closed for the holiday
July 18 10:30-11:30 Executive Board Meeting
July 25 12-1 Monthly Luncheon: Spaghetti
w/Meat Sauce, Salad, Bread
& Dessert (Sign up by 7/20) \$5
Heart Healthy Club

Thursdays

9:30-10:30 S.A.I.L. Class
10:30-12 Pinochle Lessons
10:40-11:40 Stretching
12:30-3:30 BINGO
July 5 11-11:30 Lentil Soup & 1/2 Sand, \$3
July 12 11-11:30 Baked Potato & Chili, \$3
July 19 11-11:30 Chicken Enchilada Soup & Chips, \$3
July 26 11-11:30 Pea Soup & 1/2 Sand. \$3

Fridays

8:30-9:30 Tai Chi
10:30 Walking Group at Hiller Park
1-4 Pinochle
July 27 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 11:30 a.m.

Call Vanessa at 825-2027

Mondays

July 9 & 23 11-12 Silver Quills Writing Group

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
July 3 10-11 Blood pressure check
July 3 & 17 10-11 Caregiver Support Group
Mad River Community Hosp.
Minkler Education Room
3800 Janes Road, Arcata
For info call 443-9747
July 10 & 24 10 Walking Group w/Chris
July 31 2 Arcata Marsh Slow Walk

Every Wednesday

10-11 Chi Gong-RSVP 443-8347
11 Bread distribution
11:15-12:15 Tai Chi with Kathy-Advanced
12:30-1:30 Tai Chi with Kathy-Beginning
July 4 CLOSED Closed for the holiday
July 11 10:30-11:30 Chuck Clarke & the Old Gold Band
July 25 10-11:15 Karaoke

Every Thursday

9-10 Tai Chi w/Tim (\$3 donation)
9-11 Katie's Krafters
10-11 Senior Pool Hour-HealthSport
\$5 fee (prior registration required)
12:15-1:15 Learn Tech with Brett
July 5 10:30-11:30 PJ's Musical Group
July 12 11-12:15 Cal Fresh Sign-up assistance
July 19 10:15-11:15 Swing 'n' Sway Trio
July 19 10:30-11 Commodities Distribution

Every Friday

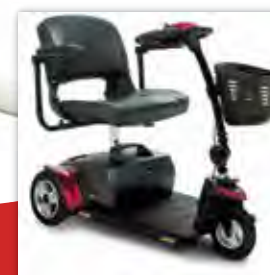
10-11:30 Ping Pong with Pete
July 13 10-11:30 Site Advisory Council Meeting
July 20 10-11 Sing along with the Half Notes
July 27 11:30-12:15 Birthday Celebration Lunch

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The Elders of Humboldt

By Janae Teal & Meredith Williams

Humans of Humboldt is a social media storytelling project on Facebook and Instagram aimed at increasing visibility and decreasing stigma and misconceptions about members of some of our less visible communities.

So far, we have released three series: Houseless of Humboldt, Bodies of Humboldt, and now our newest project — Elders of Humboldt.

The Elders Series was created for Elder Abuse Awareness Month in June. We saw this as an opportunity to shine a light on Humboldt's wonderful aging adults, giving them a chance to reflect on

aging and their lives in their own words.

This has been one of our most rewarding experiences. It's been so humbling to hear the stories of the elders in our community, and we are delighted to share their thoughts and experiences with our community.

Humboldt State University sociology graduate student Kaitlyn Boyes, a longtime advocate of elder justice, has done many of our in-person interviews, and is eager for more.

We interview folks by email, phone or in person, and ask them for a photo of their lives — alone, with

family members, pets or hobbies. We select a quote that resonates and create an image combining the quote and photo.

These images are shared to the Humans of Humboldt Facebook and Instagram (@humansofhumboldt) accounts, along with a transcript of the full interview, if the participant approves.

If you or someone you know is interested in participating, contact us at humansofhumboldt707@gmail.com.

—

Janae Teal and Meredith Williams are managers of the *Humans of Humboldt Project*.



ELDER FREEDOM
Jessie Wheeler of Cutten is among the Humboldters whose stories are told on the Humans of Humboldt Facebook page. Jessie is a longtime Senior News contributor and member of the Community Advisory Council (see page 15). Jessie is descended from Humboldt County pioneer families. Her great-grandfather and grandfather owned the town of Bridgeville, where Jessie grew up. For Jessie, aging is about personal freedom: "A very large number of rules no longer really apply," she says. "I have been putting purple streaks in my hair for years."

Senior News Forms Advisory Council

Senior News has formally created a volunteer Community Advisory Council (SNCAC) and is looking for new members.

The Council is designed to provide feedback, interaction and involvement between Senior News and the community members it serves, said editor Ted Pease.

“This group gives us an important reality check,” Pease said. “We value that.”

The CAC expands an informal advisory group that has existed for years. The new group will meet monthly, and expand to nine members serving two-year terms.

CAC chairman John Heckel, a Senior News columnist who served on the old advisory board, invites those interested to contact him about joining the Council.

The basic requirements are an interest in community journalism, issues surrounding aging, or both.

To learn more, contact Heckel at jh2@humboldt.edu, or call Senior News at 443-9747, x1226.

July 2018

Dining Menu

 Humboldt Senior Resource Center
Nutrition & Activities Program

FIRST WEEK	THIRD WEEK
July 2 Dining Centers closed	July 16 Dining Centers closed
July 3 BBQ Chicken Sandwich	July 17 Meat Loaf w/Gravy
July 4 All Sites closed - Happy 4th of July	July 18 Beef Burgundy
July 5 Chef Salad	July 19 Lemon & Dill Fish
July 6 Beef Ravioli	July 20 BBQ Pork Rib
SECOND WEEK	FOURTH WEEK
July 9 Dining Centers closed	July 23 Dining Centers closed
July 10 Summer Berry Salad	July 24 Taco Salad
July 11 Coconut Chicken over Rice	July 25 Mediterranean Chicken
July 12 Green Chili Egg Bake	July 26 Butternut Ravioli
July 13 John Wayne Casserole	July 27 Hamburger & Coleslaw - Birthday Cake
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	FIFTH WEEK
	July 30 Dining Centers closed
	July 31 1/2 Turkey Sand. & Cream of Mushroom Soup

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LIVE VIGOROUSLY

BY JOAN RAINWATER-GISH

Nonagenarians – Part II: ‘Nobody told me’

Lillian “Lil” Stodder, 93, of Arcata, is a retired nurse, teacher, counselor, mountain climber, founder of Teen Court, and Arcata Police volunteer.

I met Lil more than 12 years ago at our grandkids’ baseball game. I overheard her talking about climbing the 10,500-foot Annapurna Range in the Himalayas. I sat there in awe that someone at (then) 81 could accomplish such a feat.

Now, in my interview with Lil this month, I’m still in awe of this nonagenarian who Lives Vigorously.

Q: Why and how?

Lil: I went because I thought it

would be interesting to meet these mountain people who were isolated and needed the help of outsiders to bring in supplies. I was raised in an isolated mining town in the mountains of Arizona, so I identified with these people. Nobody told me how physically difficult it would be, so I just trained myself by hiking up and down our local forests.

Q: How did you come to be here in Humboldt County?

Lil: My teacher helped me get a grant to become a nurse during WWII. That took me to San Diego, and the whole world opened up to me. I met my husband, who was my patient. Nobody told me that it was not OK for an officer (me) to date an enlisted man. So we had to leave the

service when our tour ended.

My husband got a job in Humboldt County, and I got a job teaching health education at Arcata High School. I had to develop my own textbook, and I included a chapter on sex education. Nobody told me that was a controversial subject. I just approached it as part of life.

This, then, became my pattern — having to learn as I go, and having the freedom to find out what worked and what didn’t.

Q: Was it intimidating to learn the hard way, i.e., nobody telling you how it’s done?

Lil: No. If I didn’t do it right, it didn’t hurt my feelings. I just approached it as something I needed to

learn. Because I grew up so isolated in the small mining town, it made me very curious about everything and developed my love for learning.

Q: How do you keep active?

Lil: I take Pilates and lift weights and walk a lot, as I don’t drive anymore. I figure as long as I’m moving, I’m OK. Also, I play cards, go out for lunch with friends and try to keep doing new things. It keeps my brain healthy.

—
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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July Community Calendar

Independence Day Events

• **Fortuna:** 10th annual Fortuna Fireworks Festival, Tuesday, *July 3*, 5:30 p.m. to dark. Baby animal petting zoo, firefighter games, pie-eating contest, music & light show, clowns, potato sack races, food, music and more. Newburg Park. Parking in McLean Park, \$5.

• **Eureka** Main Street 4th of July Festival, 10 a.m.-5 p.m. along five blocks of Second Street in Old Town. Vendors, arts & crafts, live music, food, classic cars, electric vehicle car show, kids activities, fire trucks, speeder card rides (1st & E Street), Madaket Bay Cruises and much more.

• **Fireworks** off the Eureka waterfront over Humboldt Bay, 10 p.m.

• **Arcata's** 4th of July Jubilee on the Plaza, 10 a.m.-5 p.m. Bands, booths, entertainment, Crabs autographs, breakdancers, kids zone and more.

• **Ferndale** Independence Day Parade & Fire Engine Rides. Ferndale volunteer firefighters celebrate independence with an old-fashioned treat for the kids: a free ride on a gleaming fire engine, from 10 a.m. to 1 p.m.

• **Fireworks** at Benbow Lake State Recreation Area in **Benbow**, 9:30 p.m. Carpooling recommended.



97th Fortuna Rodeo

July 15-22 is Rodeo Week in Fortuna, including national touring show, "Bullfighters Only," motorsports, parade and carnival, broncos, bulls, brews and more. Visit fortunarodea.com for schedule, details and tickets.

28th AutoXpo

The 28th annual Redwood AutoXpo blasts off Friday, July 27, through Sunday, July 29 in Fortuna. Three days of hot cars on Main Street — Cruise-in, Swap Meet, Artisans Faire, Car Show, vintage and exotic cars, antique show and antique farm equipment. The Poker Run, tractor pulls and Sock Hop. Visit redwoodautoxpo.com or call 572-7855 for information.

Sand Sculptures

Friends of the Dunes hosts the annual Sand Sculpture Festival on Saturday, July 28, 8 a.m. to 2 p.m. at Samoa drag strip. Free for spectators, with a \$1-\$5 sliding scale donation encouraged to support Friends of the Dunes education and conservation programs. The best time to view sculptures is from noon to 2 p.m. Call 444-1397 or visit friendsofthedunes.org for information.

Summer Concert Series

The Eureka Summer Concerts Series celebrates its 21st season with free concerts Thursdays from 6 to 8 p.m. at Madaket Plaza (foot of C Street), Eureka. June 28: Merv George, classic rock; July 5: Twice As Good, blues; July 12: Nate Bosworth, hot country; July 19: Rising Signs, reggae; July 26: Decades, variety.

Lost Coast Kennel Club

The Lost Coast Kennel Club all-breed obedience rally and dog show featuring more than 500 entrants. Friday, July 6 8 a.m. to Sunday, July 8, 3 p.m. (or whenever Best in Show judging is completed). Free; \$3 parking. Humboldt County Fairgrounds, 1250 5th St., Ferndale. Call 786-9511 for info.

Have you thought about your financial future?



Leave a Legacy Humboldt is pleased to host this FREE series designed to help you understand estate planning and how to evaluate your own estate.

Wed., July 18, 4:30 to 6:30 p.m., Sequoia Conference Center.

Establishing Your Estate Plan: an overview of wills, trusts and bequests.

Wed. July 25, 4:30 to 6:30 p.m., Sequoia Conference Center.

Advance Health Care Directives: Conservatorships and Powers of Attorney over Assets, plus Tax Strategies with Appreciated Assets.

RSVP today! Call (707) 269-4205



For more info. about Leave a Legacy, visit: www.LeaveALegacyHumboldt.org

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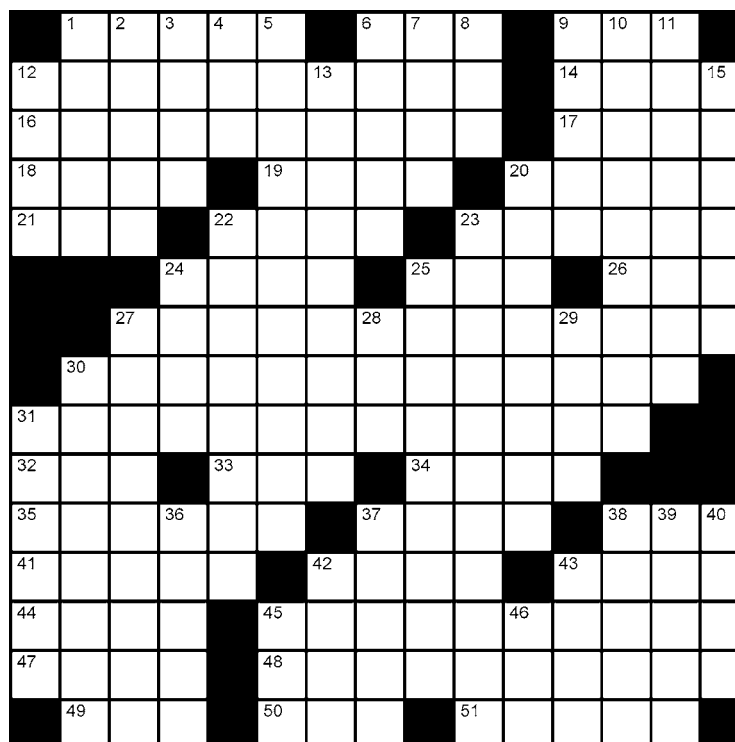
By John Guzzetta, edited by David Steinberg

ACROSS

- 1 They're usually required for service
6 You might wear one backward
9 Zebra on a field?
12 Library on wheels
14 Hertz rival
16 Without a reason
17 Terrible
18 Sommelier's valley
19 Former partners
20 Puts in a cabinet
21 "Do. Or do not. There is no ____." (Yoda)
22 Cuatro preceder
23 Snub
24 Like Swarthmore but not Bryn Mawr
25 Cunning
26 Sea urchin eggs
27 North Pole mailing
30 What takes care of your bills?
31 Superfans' purchases
32 NPR host Shapiro
33 Scoreboard figs.
- 34 Surrealist painter Paul
35 Singer of the 2017 hit "Bad at Love"
37 Quarreling
38 Combine addends
41 Full speed ahead, nautically
42 Cheaper-dirt filler
43 California's ____ Lake
44 Observance
45 Dessert from Florida
47 Shakespeare play finale
48 Occasions for going to bed on time
49 Observe
50 ____ Pinafore
51 Word with jaw or eye

DOWN

- 1 Submarine tool
2 Like some beers
3 Gumbo ingredient
4 Angsty fashion
5 It's signified by a crown
6 National Park excursions
7 Contents of tankards



- 8 ____ Talks
9 Circle lines
10 Mischievous smiles
11 It directs water onto a blaze
12 Short softball hit
13 Collectible CD collections
15 Sonnet finale
20 Tent protector
22 Ripped, as gift wrap
23 Activity with a rope tied to trees

- 24 Cartoonist Addams, familiarly
25 Taunt the other team
27 Spiced Starbucks order
28 "Stop texting me what happened in Vegas!"
29 Low-cal
30 Art class that uses an oven
31 Desert by the Atlas Mountains
36 Utensil with holes
37 "Now I remember ..."
38 10th-graders, for short
39 Parts of many physics problems' answers
40 "The Simpsons" watering hole
42 Be swarming (with)
43 Prefix smaller than giga-
45 Electric bill no.
46 "Cool" amount of \$\$\$

Answers on page 23.

This month's crossword puzzle is sponsored by St. Mumbles Home for the Terminally Verbose.

If you would like to sponsor the monthly crossword, call Liz at 443-9747 x1227 for details.

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ASK THE DOCTOR . . . From Page 5

and wash all vegetables and fruit with purified water.

Bring along azithromycin to treat diarrhea if it occurs; ask your doctor about this. And carry over-the-counter antidiarrheal pills as well.

5. Don't burn up. Wear broad-brimmed hats and sun-protective clothing. Use broad-spectrum sunscreen (SPF 30 is adequate), applied 15 minutes before going out and reapplied every few hours and after swimming.

Avoid smoky air, which is especially dangerous for people with lung diseases like asthma or COPD.

If you get into hot weather (which for us Humboldt people is anything over 72 degrees), stay well hydrated, go indoors if feeling dizzy or nauseous, and avoid vigorous activity in the heat. Older adults

and people with obesity and chronic medical problems are at higher risk of heat-related illness.

Protect your pets, too. Never leave them in a car; if you do, do so only for short periods (minutes) with an open window and water.

6. Get out there! Warm summer/early fall days in Humboldt County are wonderful and should be enjoyed. Have fun out there, and stay healthy and safe.

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 and jokes to seniornewseditor@humsenior.org.

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HUMBOLDT FACTOID: *Alexander von Humboldt (1769-1859) was a Prussian naturalist whose work in botanical geography laid the groundwork for what is now known as the field of biogeography. Three U.S. counties are named after him — in California, Nevada and Iowa.*



Off Track: The Doomed Rails Along Scotia Bluffs

By Josh Buck



CRUMBLING CLIFFS — Railroads tried to run their trains for decades along the base of the Scotia Bluffs on the Eel River, but the efforts were doomed. The trestle was finally abandoned in 1998, but only after dozens of catastrophic mudslides and closures over the years. The old rail line is still there, accessible from the southwest part of the town of Scotia, and the bluffs look much the same now as they did in the late 1800s. Photo at left from the late 1800s, courtesy of Humboldt State University's Special Collections. At right: Scotia Bluffs today by Josh Buck.

Humboldt County's booming redwood industry prompted many companies to construct railroads in the 1800s and early 1900s.

In 1863, when The Pacific Lumber Company (TPLC) purchased 6,000 acres of timberland along the Eel River, its first challenge was to transport timber to Fields Landing, and the lumber schooners that would ship the redwood south.

Pacific Lumber identified an ideal right-of-way along the Eel River on a geologic anomaly known as the Scotia Bluffs, and in 1885 built a small logging road along the bluffs. It was a fateful and doomed decision.

The Bluffs are composed of blue sandstone and layers upon layers of clams, which reveals that sandy beaches and mudflats were once

prominent where the Eel River's water now flows to the Pacific. Today, hikers on the crumbling railroad right-of-way can still find seashells embedded in the cliffs.

The bluffs were so unstable that slides often covered Pacific Lumber's old logging road.

As the Humboldt Times reported in December 1886, "[T]here is an ugly-looking bluff across the river from Rio Dell, and every winter more or less sliding occurs. Since the rains of the last week began, another slide is there. It is predicted that the TPLC will have considerable trouble in the future with that locality."

Landslides have been a regular nuisance ever since Pacific Lumber chose to build below the Bluffs, but high maintenance costs were deemed

a reasonable price of doing business so long as everyone made money hand over fist shipping timber.

When rains start trickling under the "itchy old crust" of the Scotia Bluffs, the earth can suddenly take the notion that it intends to move, sometimes in rather unbelievable proportions.

On the morning of Nov. 24, 1945, Scotia residents felt the earth shake, and heard a thunderous roar as a massive landslide crashed onto the tracks. It buried 550 feet of the railroad up to 48 feet deep in dirt, trees and massive stumps, and nearly dammed the Eel.

Landslides occurred like clockwork, and put railroad employees and passengers at great risk. In January 1953, a massive landslide knocked an 80-ton locomotive off of the rails into the Eel River below, killing three

railroad men in the cab. A monument honoring them stands in Fortuna as a tribute to the courage of railroad crews.

That mudslide was minuscule compared to slides in early 1983, when torrential rains prompted the cliffside to collapse multiple times, closing the railroad for months and inflicting hundreds of thousands of dollars in damage. Until trains stopped running on that track in 1998, the Scotia Bluffs continued to be one of railroad-ing's most notorious trouble spots.

—
Josh Buck is a 2018 Humboldt State University history graduate. This is excerpted from his thesis, a history of the Northwestern Pacific Railroad and its predecessors. For more, visit [North Coast Railroad History on Facebook](#).

Letter to the Editor

Senior Citizens vs. Corporations

To the Editor:

The Lazy J Ranch mobile home park in Arcata has a serious problem. At least 10 percent of the residents have lower-than-low income, as low as \$800 a month. These residents pay over 60 percent of their income for rent and utilities, double the amount advisable by HUD, which leaves little for necessities like food and medication.

Some residents' income is too low to qualify for low-income housing outside the park, so they are forced to stay. Many have lived in the park for 20 years or more; some raised their children here.

In 2013, after an out-of-area investment group purchased the property, the rent increases were too high for our low-income seniors. In December, Arcata adopted a Rent Stabilization Ordinance, and now our yearly rent increases are in line with the Consumer Price Index. But low-income residents continue to struggle. They can't afford improvements to their homes, to have pets, to have a car or to go anywhere. If they don't have family to move in with, they have no place to go except the street. They are holding on for dear life.

These seniors are stuck. Some are in their

90s, sick, confused, on oxygen and bedridden.

In December, the Lazy J Ranch was sold again. This company owns over 220 parks and is in pursuit of many more. They come in to gentrify, which pushes poorer residents out, and then count their money. This must be stopped.

Arcata obtained funding to subsidize low-income residents' space rents, but the new park owners won't sign a contract to get the money re-

leased. The City has tried for months to design a Space Rent Subsidy contract for the owners to sign.

We know there is no financial benefit to the owners, and the subsidy would require extra paperwork, but what about the anxiety of these elderly people? Don't they deserve a peaceful existence in their final years? The money is there. All that's needed is the owners' signature.

Trailer parks used to be a place where lower income people could live in peace. Here at the Lazy J Ranch we live in fear.

Nancy Mohny, *Lazy J Ranch, Arcata*

"Here at Lazy J Ranch
we live in fear."

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

Writing Group Wants You

Do you enjoy writing stories, poems or about life experiences? Or do you just love to listen to stories and poems? Then Silver Quills wants you. We meet at the Arcata Community Center the second and fourth Mondays of

the month from 11 a.m. to noon. It costs zero to be with this group of stimulating, brilliant seniors with a sense of humor.

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Take Wheels to the Beach

Take grampa or anyone else with mobility issues to the beach this summer with one of the California Coastal Commission's (CCC) balloon-tire beach wheelchairs.

The wheelchairs have large, wide wheels that can roll across the sand without sinking in (although you'll need someone to push).

The chairs are available free at five locations in Humboldt County from Manila Dunes and the Arcata Marsh to Gold Bluffs north of Orick.

The beach wheelchair program is "part of a commitment to helping all residents of the state experience the beach firsthand," the CCC says on its website.

To find out more at a beach or park near

you, contact:

- Manila Dunes, at the Humboldt Coastal Nature Center, 707-444-1397.
- Arcata Marsh & Wildlife Sanctuary at the Interpretive Center, 707-826-2359.
- Patrick's Point (there's no beach access, but borrow the chair there and drive to Trinidad State Beach or Moonstone or wherever), 707-677-3570.
- Freshwater Lagoon Beach: check out chair at Kuchel Visitor Center, Redwood National & State Parks, Orick, 707-465-7765.
- Gold Bluffs Beach: inquire at Kuchel Visitor Center or check out chair at the campground, 707-465-7335.

Land Trust Volunteers

The Simmons Gallery at the Trinidad Coastal Land Trust is looking for volunteer docents to welcome visitors during its open hours, 1 to 4 p.m. on Saturdays and Sundays. The Simmons Gallery, located in the Trinidad Library building in Saunders Park, shows local artwork of Humboldt's coast.

Call Tami Trump at (401) 741-4334 or email info@trinidadcoastallandtrust.org to volunteer.

Tasty Willow Creek

Come have river fun in the mountain sun at the annual Taste of Willow Creek Summer Festival, Saturday, July 14, 1-5 p.m. Wine-tasting, food, merchandise, live music, and children's activities and storytelling.

The event will be held at the Veterans Park on Kimtu Road. Call for information: (530) 629-2693; tasteofwillowcreek.com.

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ANSWERS to the Senior News Crossword Puzzle on page 18. If you have comments about the addition of this puzzle, please contact editor Ted Pease at seniornewseditor@humssenior.org.

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Coming in Senior News

- **August:** The Art & Music issue, focusing on some of the great talent that infuses Humboldt County. *Deadline: July 13.*
- **September** is our Back to School issue. Can old dogs learn new tricks? *Deadline: August 13.*

Senior News

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