



# Humboldt Then & Now



**1940s SUPER MARKET** — There was always a bustle around the Henry Cox & Son General Merchandise store in Bridgeville, shown here in the late 1940s. Photo courtesy of Jessie Wheeler.

## The Heyday of Bridgeville

*By Jessie Wheeler*

Today, when I go shopping in brightly lit, sparkly supermarkets, I long for the days of my grandfather's general store on Highway 36 in Bridgeville.

Now there are too many choices — whole aisles of cereal, at least 25 brands of laundry soap, and a dizzying array of bread. The aisles, blocked by freestanding displays, are too narrow

to encourage stopping to chat, and everyone's in a hurry.

Not so, back in the heyday of Henry Cox & Son General Merchandise, which carried everything necessary for remote rural life in the late 1940s and '50s.

Large windows across the front lit up about half of the store, and ceiling fixtures cast a soft

*Continued on Page 4*

## The 1850 'Discovery' of Trinidad

*By John Meyers*

The schooner James R. Whiting landed in Trinidad Bay in April 1850, skippered by Capt. Robert Parker, who was the first to lay out lines for a town on the slopes just west of the Tsurai Indian village.

He was followed by R.V. Warner on the brig Isabel two days later. Warner laid out lines alongside Parker's for his own town, which he named Warnersville.

By the fifth day after Parker's landing, 500 people had claimed all the land by the bay in a process called "pre-emption discovery." Brush was cleared and tents and shanties sprung up like daffodils.

By the end of June, even with people leaving daily for the inland gold fields, Trinidad — the name Warnersville didn't stick — had a population of 300, with 100 houses, tents, lean-to's and other shelters for the merchants, saloon keepers, hotels and boarding houses, stables, and blacksmiths who would supply everything needed by the miners heading out to the gold fields.

Since Trinidad was at the head of all trails to the inland gold camps, 20 to 30 pack mule trains *per day* were going in and out of town, carrying two-and-a-half tons of goods each on as many as 100 mules per train. The bell mare was always up front, usually a white mare with a small boy riding it, to lead the rest of the train. The boy was actually called the "bellboy," and the mule trains could make 20 miles a day if the terrain wasn't too bad . . . which it often was.

The intrepid packers mostly just followed old Indian trails that had been used for hundreds of years, but they

*Continued on Page 7*

**SINCE 1981**

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**Rx: Exercise**  
**Page 5**

**Activities & Artwork**  
**Pages 11-14**

**'Tantrums'**  
**Page 22**

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## Tedtalks: This Place Matters

By Ted Pease

Our timing with this issue of Senior News was almost very good, as it happens. May was National Historic Preservation Month, something we learned as we put together this edition, "Humboldt Then & Now."

The National Trust for Historic Preservation ([savingplaces.org](http://savingplaces.org)) created the month-long celebration of our history — local and national — in 1973 as a way to help citizens look around and recognize their own heritage of place and culture. "This Place Matters" is the theme: "Everyone has places that are important to them," the group says. "Places they care about. Places that matter."

That is certainly true, in Humboldt, and here at the Humboldt Senior Resource Center, an organization focused on the well-being of people who have seen a bit of history themselves, where the motto might be "these people matter."

Jessie Wheeler, a member of Senior News's advisory board, came up with the idea to celebrate Humboldt County's then and now. A history maven herself, Wheeler tells a personal history of growing up working in her grandfather's general store in Bridgeville, a place that matters mightily to her. Those were simpler times, she recalls.

Many people around here pay quite a lot of attention to the "old days" of Humboldt County, and the heritage of logging, fishing, ranching and prospecting that resides everywhere from the Bay to Bridgeville and beyond.

Our examination of Humboldt Then &

Now is only just beginning with this issue. We hope to make "Then & Now" a regular Senior News feature, a chance to share personal stories of past Humboldt places and lives — what became of them, and what they look like now. From sawmills to shipwrecks, floods to forest fires, homesteads to hotels, bonanzas to busts — what came before helps form what we are now.

"If you don't know history, then you don't know anything," said author Michael Crichton. "You are a leaf that doesn't know it is part of a tree."

In that context, what a rich resource we have in the elder population that makes use of the Humboldt Senior Resource Center — people whose memories and experiences are invaluable.

If you have stories about Then & Now to tell, we want to hear them. Because this place and the people who lived here matter. As Winston Churchill said, "The farther backward you can look, the farther forward you are likely to see."

*Ted Pease is editor of Senior News.*

On the cover: The photo of a 19th century marching band at the top of page 1 comes from the A.N. Jewett Collection at the Clarke Historical Museum in Eureka. Anyone with information about this band is asked to contact Senior News, 443-1947, x1226, or Jerab Pino at the Clarke Museum.

### IN THIS ISSUE HUMBOLDT THEN & NOW

#### FEATURES

Gramp's Grocery.....	1
1850s Trinidad .....	1
Clarke Museum .....	3
Healthy Living .....	5
'Dear Grandma' .....	6
Keeper's Mission .....	8
Agent of Change .....	9
This Old House.....	15

#### COLUMNS

Tedtalks .....	2
Ask the Doc.....	5
Morse: Legacies.....	6
Kellermann: Whales .....	8
Heckel: Lessons .....	10

#### CALENDARS

Senior Centers .....	12-13
Community Events .....	17

#### HSRC NEWS

Subaru Shares.....	11
HSRC Art Show .....	11
Calfresh .....	14

#### AND ETC . . .

Food for People .....	9
Elder Abuse .....	16
'Tweener' Gardens.....	18
Vietnam Memoir .....	21
Letters to the Editor.....	22
Tick Alert! .....	24

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**LIVING HISTORY** — The Bank of Eureka building nearing completion in 1911. (Note the two photographic “ghosts” on the sidewalk.) At left, historian Susie Baker Fountain — Humboldt State University’s first graduate in 1915 — addresses Cecile Clarke and Eureka dignitaries at the dedication of the new Clarke Memorial Museum in 1960. Photos courtesy of the Clarke Historical Museum.

## Continuity and Change at the Clarke Historical Museum

*By Jerab A. Pino*

The Clarke Historical Museum in Old Town Eureka is a portal into the area’s past. Housed in the historic former Bank of Eureka building on E Street, the museum was founded in 1960 by Eureka High School teacher Cecile Clarke for her personal collection of Native American baskets and northern California historical items.

After a series of earthquakes damaged the original building, a two-story brick structure that opened for business in 1890, the neoclassical bank building was erected in 1911.

Albert Pissis, a Paris-trained architect who designed several buildings in San Francisco, was determined to construct a building that would stand up to the area’s earthquakes. Mission accomplished: it still stands 106 years later.

The bank business changed hands several times in the 1950s until the Crocker-Anglo Bank moved out in 1958. Clarke, a history teacher, was directed to remove her historical collection from Eureka High School, so she sold her family ranch land in

Mendocino County to purchase the building and create the Clarke Memorial Museum in honor of her parents.

Thanks to donations, Clarke’s original collection continued to grow, and display and storage space was quickly overwhelmed. In the late 1970s, needing more sophisticated exhibit and storage space for the sprawling collection of local Native American cultural objects, the museum started work on an annex in the former Liberty Theatre, which closed in 1954, on an adjoining lot to the north.

The property had been deeded to the city by George Mann upon his death, with the stipulation that it be used for an annex to the museum. In 1979, the same year Cecile Clarke passed away at 91, work began on the construction of Nealis Hall, the long-planned Native American annex.

Both buildings, the historic and the contemporary, remain important to the Clarke Museum’s mission: the acquisition, preservation and educational

display of objects relating to the history and heritage of Eureka and Humboldt County.

The Clarke Museum at 240 E St. in Old Town Eureka is open Wednesday-Saturday from 11 a.m.-4 p.m. For information, call 443-1947 or visit [www.clarkemuseum.org](http://www.clarkemuseum.org).

**Jerab A. Pino** is museum coordinator at the Clarke Historical Museum in Eureka.

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## At the Grocery . . . From Page 1

incandescent light in the other half.

The oiled wood floors were swept daily with a wide broom and a pile of shavings. The smell of wood and oil blended with the aromas of hanging salamis, wheels of cheese, loose tobacco for roll-your-own smokes, and the leather smell of new boots.

Two large coolers held bottled beer and soda pop (no aluminum cans then). Kids re-deemed them at a nickel apiece.

A couple of magazine racks occupied one corner, one devoted entirely to comic books and the other to detective magazines, True Confessions, Saturday Evening Post, Life, and pulp fiction. My grandmother kept an eagle eye out for those of us trying to sneak a peek before putting our dimes on the counter.

A pot-bellied woodstove, surrounded by benches and a spittoon, sat in the back. The Post Office was on one side of the store, and jeans, bib overalls, striped work shirts and Santa Rosa boots were on the other. There was fishing tackle and hardware, bins of nails, axes, splitting mauls, and hammers — all the goods needed for country living.

On a bottom shelf on the very back wall resided “Ladies’ personal needs,” individually wrapped in plain brown paper — mystery items to all but those who purchased them.

Groceries occupied shelves in the middle. Choices were very basic. I don’t remember any prepared foods — this was before TV dinners. Most of our vegetables were grown in the garden by the barn.

What I remember most is that no one was in a rush. These country stores were community centers, a welcoming place to catch up on news while buying groceries or waiting for the mail — a very central part of life.

But that is a story for another day.

*Jessie Wheeler, 73, now of Cutten, worked in her grandfather’s store from childhood through high school. She volunteers at the Humboldt County Main Library’s Humboldt Room, and is a member of Humboldt Pioneers, Humboldt Grange, and the Native Daughters of the Golden West.*

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BY ELIZABETH A. WHITLEY

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## ASK THE DOCTOR

**Rx: Exercise***By Jennifer Heidmann, M.D.*

I have written about exercise before, but feel motivated to bring it up again as we head into summery weather. The days are longer, and the chance to get outside once again is golden.

Why do doctors go on so about exercise? Because it is some of the best medicine we have to offer. People who exercise regularly live longer with less disease. They have less tendency toward dementia, and are less likely to become dependent on others for activities of daily living (like being able to push up from a chair or toilet seat).

Exercise keeps us mobile longer as we age, and less likely to get strokes, heart attacks, diabetes, certain cancers and high blood pressure. If these conditions already exist, exercise can lead to improvement, the need for less medication and an overall better sense of well-being.

Exercise helps the bowels move, and can reduce pain, anxiety and depression. It also can promote better bone strength and reduce the risk of fractures. It can lead to weight loss and lower “bad” cholesterol (LDL and triglycerides) and higher “good” (HDL) cholesterol levels.

When is it too late to start exercising? Never. A study of 70- to 88-year-olds showed continuing to exercise or starting to exercise even as late as 85 conferred better functional ability and survival (Archives of Internal Medicine, 2009). The 2014 LIFE (Lifestyle Interventions and Independence for Elders) study showed that older adults with a sedentary lifestyle and physical limitations had better mobility and less loss of function using a structured exercise program (JAMA, 2014). I never use an age limit as a contraindication to prescribing exercise.

So what, exactly, is exercise? There is the aerobic type (continuing activity that gets your heart rate up), strengthening exercise (against resistance, with weights or machines or bands), and stretching. Certain exercises promote better balance. All of these are important, but most important is that doing something every day, even a little bit, can still confer health benefits. A good goal is 30 minutes/day, which can be divided into smaller bits, like 10 minutes at a time.

Some ideas: walk, bike, swim, dance, surf, take your grandchild to the zoo or park, attend a yoga or tai chi class,

**Continued on Page 18**

## 3 Tips for a Healthier Life

Since genetics account for only about 25 percent of life expectancy, the editors at AARP Bulletin decided to consult health professionals for measures we can take ourselves for longer and healthier lives.

Here are three of them:

1. “Frozen is fine,” says writer Nick Ferrari. Sure, fresh-picked fruits and vegetables are tastiest, but British researchers found that while fresh produce starts to lose nutrients after three days of refrigeration, frozen fruit holds its nutritional value.

2. A 2014 U.S. Food and Drug Administration (FDA) review found that too much over-the-counter ibuprofen and naproxen can increase your heart attack and stroke risk by up to 10 percent; prescription-strength is

worse — 20 percent to 50 percent. So slow down on your pills for aches and pains.

3. Go to bed! European health studies found that if you sleep less than six hours a night, your risk of heart attack and stroke nearly doubles. To reduce insomnia:

- Set your bedroom thermostat to 60-67 degrees, and make the room pitch-dark.

- Exercise daily.

- Maintain a regular sleep schedule.

- Turn off the TV, cell phone and tablet at least an hour before bed.

Feel better now?

—AARP Bulletin

## Issues of Aging — Finances, Family and Support

For many seniors in an aging population, home ownership is becoming more burden than asset, according to a recent study by the Center for Retirement Research in Boston.

Why? Because of real estate fluctuations over the past decade, many homeowners refinanced or took money out of their home investment, the study reports.

“[A] growing proportion of older homeowners now carries mortgage debt,” says a recent New York Times report. “And the average amount keeps rising, according to two recent studies, which may portend lower standards of living for many retirees.”

Researchers report that more than 50 percent of homeowners over 55 are still paying off mortgages, compared to 38 percent in 1998. “For a lot of people, it’s a pretty large payment,” says economist Barbara Butrica.

These issues also affect the children and grandchildren of an aging population. Ethicist Kwame Anthony Appiah writes in The New York Times Magazine about changing relationships between children and their parents as Mom and Dad live longer than they used to.

“Am I obliged to support my elderly mother?” asks a reader, who resents the extra burdens on his life and income.

Appiah responds: “Anyone who is lucky enough to have parents who live into a ripe old age has to deal with the difficult process in which parents, who had to accept their children’s independence from them, must now accept their own increasing dependence on their children.”

But about 25 percent of Americans don’t have family to depend on, reports a University of Michigan study. Researchers call these “elder orphans.”

“The problem is there’s no family to fall back on in case of financial questions or emergencies,” says retirement planner Rodger Alan Friedman in U.S. News & World Report.

Answers to some of these difficult questions about life and aging may reside at the Humboldt Senior Resource Center (HSRC), which offers programs addressing the full continuum of care for seniors. For information, call HSRC at 443-9747 or visit [www.humsenior.org](http://www.humsenior.org).





POINT OF DEPARTURE—BY BOB MORSE

## What's Left Behind When We're Gone?

What do we leave behind when finally we “shuffle off this mortal coil?” If we're fortunate, we leave more than the detritus of unwanted items to be bagged and put out on the curb. We leave behind children, perhaps, or works of art, literature, scholarship or architecture that keeps some aspect of our existence alive in the world.

Wealthy people have a number of ways to be remembered, by imposing their wishes on the living tied to their fortunes. Foundations fund social and political organizations through trusts. The Ford and Rockefeller foundations are well known examples that shape society through how they distribute benefits, giving the dead a great deal of influence over the living.

But some trusts create structures that are so specific they outlive their practicality. The premiere show of the podcast Hi-Phi Nation ([hiphination.org](http://hiphination.org)) details the home for orphans created and funded by the Hershey (of candy bar fame) trust. The home was founded specifically to minister to white male orphans. The small school in Pennsylvania followed that directive until the '70s, when anti-discrimination laws made such practices illegal.

The strange story of the school and its funding trust goes far beyond this single directive, however. Many of the practices prescribed by the trust are antiquated by today's understanding of raising and educating children. And yet, by law, the school must continue following these dictates or lose billions of dollars.

The Chocolate Trust by Bob Fernandez, and Immortality and the Law by Ray Madoff provide many more details of the relationship between the Hershey family fortune and the school.

Madoff also expands on other ways the dead control the living through financial trusts. One is a conditional bequest, wherein money is gifted to an individual or organization as long as they fulfill certain obligations (build a statue in honor of the dead person, or leave a marriage, for example).

A dynasty trust is a relatively new practice where the fund is set up to benefit successive generations in perpetuity. Funds can continue to grow tax-free, protected from credit claims. The beneficiaries can draw off the proceeds while the principal stays locked away from general society. Apparently, trillions of dollars are being sequestered in this form of trust as a clever way for the wealthy to avoid estate taxes.

Some ways of binding your legacy to your money may be as pernicious as they are welcome. Think and plan carefully.

**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](http://speakingofdeath.com).

## Memories of a Grateful Granddaughter

By Vicky Ross Starnes

“Beep. Beep. Beep.” The sound means only one thing – it's time to come back to reality and realize how far from home I am. I reach over and hit the snooze button, wishing for a knock at my door or to hear the vacuum rumbling by my door with the full intention of waking me up. The alarm sounds again, and I know my memories had captivated me again.

I stand, stretch, gaze at my unmade bed, and can't help but look at my bedroom door, half expecting an early-rising angel to bustle in and help me pull up the covers. Once again, I realize I am here — so far from home.

I head for the kitchen, wishing again that a phantom memory would be stoking the stove and gazing out the window. But the kitchen is empty.

I'm lucky that my everyday activities bring forth so many vivid memories. I see an Avon catalog on my doorstep, loving the memory of walking through the rundown apartments at Grandma's heels as she visited her Avon clients, complaining, “You're walking too fast!”

Driving down the highway, I catch myself watching RVs lazily traveling down the road, and can't help wondering if they are filled with loving grandparents and noisy grandkids, full

of excitement and questions. Is there a pool? Are we there yet? Let me take the picture of the buffalo!

Every day, I realize the woman I am, the woman I am striving to

become, is directly linked to my grandparents and their positive influence. I have gained and continue to gain much courage from them. I would not be on this path without their help and encouragement.

I hope one day to be as understanding and non-judgmental as Grandma. I hope to be willing to help fix anything with a smile, like Grandpa, and know when someone needs to be spoiled.

With the help of all my guardian angels and “the big guy in the sky,” I will keep my memories vivid. And some day, I hope I will affect someone's life as positively as my grandparents have mine.

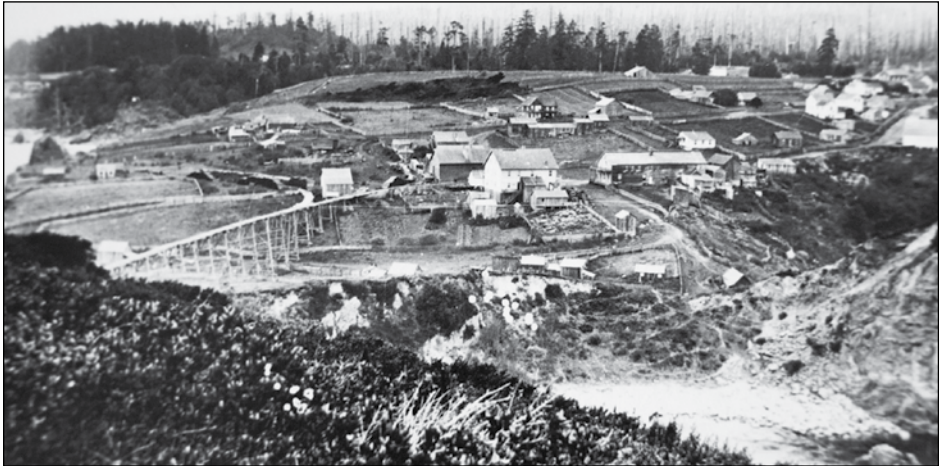
**Vicky Ross Starnes** of Vancouver, Washington, wrote this about her Grandma Iona in the early 1990s when she was in the U.S. Army, stationed in Kentucky, far from home. “Grandma” is Iona Ross of Eureka, now in her 90s, who cherishes this appreciation from her granddaughter.



*Iona Ross, the author's grandmother.*



The 1850 ‘Discovery’ . . . From Page 1



**BEFORE & AFTER** — Trinidad as it looked in 1893 — 43 years after the first White settlement — and today. At upper right in both photos is the only surviving structure, Trinity Church on Hector Street. In the 1893 photo, the pier has yet to be built (lower right). At left is the train trestle to the Ryder Wharf circling Trinidad Head; the large white building in the middle is the old Occidental Hotel. 1893 photo by Augustus Ericson, the Trinidad Museum.

also carved out new trails.  
One of the biggest hindrances to moving around was those darned, pesky redwood trees. They were so big and thick that you couldn’t just chop

them out of the way to build wagon trails — it would take two weeks or more just to chop one down, and then what would you do with it? The darned things were huge!

Plus, the tree canopies made it constantly dark in the forest, with dangerous critters, like bears and panthers, lurking about.  
Story continues next month: *The*

“lively little town” of 1851.  
  
**John Meyers, 68, of Trinidad** is auihor of the recently released book, *Trinidad: Looking Back From My Front Porch.*

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## SONGS WE TELL EACH OTHER

BY MARGARET KELLERMANN

# Whalewatchers, 30 Years Ago



Occasionally, while hiking around Humboldt County, I'll spot whales spouting out in the Pacific or basking in Trinidad Bay. But never so close to shore that I gasped at their audaciousness. Actually, there was one time....

My brother, Bob, moved to the Arcata Bottoms in the 1980s with his wife, Carolyn. Decades after they moved away, I moved here. Now I'm settled only a few miles from their century-old farmhouse. It would have been nice to be neighbors.

This reminds me of a joke:

Ask me, "What's the secret to comedy?"

Okay, what's the secret to . . .

**TIMING!**

Back when they lived here, I visited with my two young sons, Jack and Eric. While Carolyn fixed a salmon dinner, Bob drove the three of us to an overlook with a gull's-eye view of Clam Beach at sunset. The ocean was choppy, with large swells.

"Mom? Do whales have feelings?" 4-year-old Jack wondered.

"Do whales...?"

My brother and I grinned, as if to say, "How cute."

Recently, as a 34-year-old, Jack explained why he'd asked me so many unanswerables 30 years ago. "The questions had excellent follow-ups. And I liked talking with you about the natural world."

Back to the story.

"Mom?" asked Jack, the preschooler, "What's the word for the wet place on the sand, after the waves go away?"

"I don't know if there's a word for that," I said.

"I'll call it a silver foil," Jack decided. (Since then I've learned a local word for it, waveslope. As his mother, I vote for "silver foil.")

The waves near the shore were going wild.

"Mom? Do the whales make the water do that?" Jack wondered.

"Seagulls say bye," Eric interposed, pointing at two gulls flapping away. Even at 20 months old, Eric said things you couldn't disagree with.

"Look," said Bob. "Jack's right about the waves." I looked back at the ocean. Just beyond a bunch of beachcombers studying the sand — only a few yards away in the close white surf — danced a whale of some magnitude.

We four whalewatchers clambered down from the overlook to the dunes, pointing and shouting madly. Nobody paid attention, intent as they were on their study of the silver foil.

Meanwhile, the whale trolled for food. Or maybe, in her very large heart, she had big feelings. Perhaps she wanted a few more beachgoers to look around and get the happiest shock of their lives, staring into one enormous, winking eye.

—  
**Margaret Kellermann** is a regular *Senior News* columnist who teaches fun-based creativity workshops to adults. Create your own group of four to eight, and contact her at [seniornewseditor@humsenior.org](mailto:seniornewseditor@humsenior.org).

## Keeper's Secrets: Dogs' Mysterious Mission in Life

By *Glory Ralston*

When I take my car to be serviced in Eureka, I bring Keeper, my yellow Labrador, and together we walk through town to the Boardwalk.

For lack of anywhere better to live or sleep, several people have made the benches on the Boardwalk their temporary homes, especially during the warmer, drier months. Many of these men — it is mostly men camping on these benches — say hello to Keeper and me, and say what a handsome dog Keeper is. We often stop and exchange a few words before going on with our walk.

Keeper has this way of leaning against the leash when he wants to go somewhere different from what I have in mind. He doesn't yank exactly, just sets his weight. Sometimes it's easier to let him go check out whatever has caught his attention.

This time it was a particular man. Keeper picked

him out of all the men on all the benches, sat down right in front of him, looked up at him with his big, panting grin that clearly said, "Hi. Here we are," as if this man had been waiting for us for a very long time, or possibly us for him.

Without the slightest hesitation, this gentleman, "Hank," started scratching Keeper behind the ears. And he began to tell me about the dog he once had—Butch was his name. Butch was a great dog he says, some sort of terrier mix. Hank produced a tattered snapshot from a backpack and lovingly smoothed it out on his knee so that I could see it. Decades later, the memory of this dog is still so important to Hank that he carries his photo around with him.

Here's the truly amazing part of this story: Every time Keeper and I make the trip to the Boardwalk

(three times now), Keeper finds Hank out of all the men down there, pulls me to him, sits and smiles as if to say, "Hi. It's us again." Keeper once again gets his ears scratched and we see the photo pulled from the backpack and hear the story of Hank's best friend, Butch.

I'm embarrassed to say that I don't recognize Hank from one time to the next, not from a distance — months have passed since my car was last serviced — but Keeper clearly knows him. Why this man? I don't know. Only Keeper knows the answer to that, and he's not saying.

Dogs have their own missions in life.

—  
**Glory Ralston** of *Trinidad* is a retired HSU kinesiology professor, and author of *Some Things Are Obvious, and While the Music Played*.



# Standing Up. Fighting Back. Doing Good.

By Nezzie Wade

I was a teacher for 40 years. I also worked in the private sector for technology and human resources companies in the '70s, and in the public sector as a committee or board member with numerous organizations throughout my adult life.

As a social psychologist, I naturally gravitate toward participation. As a child, growing up in one of Bakersfield's working-class neighborhoods, participation was not an *option* — it was required.

Mine was a single-parent family; I lost my dad before I was old enough to ever really know him. We and our neighbors pooled our resources and stretched every dollar. All of us kids played in the streets, creating games and fun, not really knowing the hardships our folks faced.

My siblings and I attended Catholic school because my dad, on his death bed, made my mom promise she would. Lo and behold, I was taught by liberation theologians whose focus was social justice. We led food drives, and participated in Caesar Chavez's organizing efforts in California's Central Valley. We boycotted, we marched, we staged dramatic depictions of injustice, and we campaigned for JFK. Bobby Kennedy visited with us.

Many farm workers suffered from poor working conditions, low wages, health impacts from farm work and the lack of healthcare, and grappled with



**Nezzie Wade of Affordable Homeless Housing Alternatives explains options to a group of people evicted from camps near Eureka's Palco Marsh in 2016.** Ted Pease photo.

immigration enforcement issues. Human rights, advocacy, education — in a word, activism — became focal points in my early experiences. The rest is history.

Today I am fully engaged in creating affordable housing alternatives for those experiencing homelessness. Many seniors today are similarly active, engaged, giving of themselves, their time and talents, compassion and empathy to resolve the moral challenges and human rights injustices of our times.

Many of us have been agents of change who have gotten to see the fruits of our labors. We are impelled to volunteer our time and energy and to continue working hard to protect the many good outcomes for which we worked so hard. From these efforts and struggles, we have gained our humanity and humility.

We can all inspire younger generations to know that they, too, will see the fruits of their labors. To all my volunteering colleagues, thank you. You inspire me.

—  
**Nezzie Wade, 68, is a retired teacher and co-founder/board president of Affordable Homeless Housing Alternatives (AHHA) in Eureka.**  
*See [ahha-humco.org/](http://ahha-humco.org/).*

## Food for People Offering Summer Markets

Food for People, Humboldt County's food bank, has launched its 2017 season of free farmers' market-style produce distributions in four communities this summer.

- Eureka, the third Thursday of each month, noon-2 p.m., at Food for People, 307 W. 14th Street.
- Fortuna, the third Wednesday of each month, 11:30 a.m.-1:30 p.m., Fortuna Adventist Community Services, 2331 Rohnerville Road.
- Garberville, the second Tuesday of each

month, 10:30 a.m.-noon, Garberville Presbyterian Church, 437 Maple Lane.

- Redway, the second Tuesday of each month, 12:30-1:30 p.m., Redway Baptist Church, 553 Redway Drive.

Food for People offers the monthly markets so low-income households will have access to fresh fruits and vegetables. Please bring your own bags.

In addition to fresh produce, some markets will also feature live music, free fruit and vegetable samples, cooking tips and demos, and assistance

with applying for CalFresh. Community organizations will also have information about their services.

Produce distributions are made possible through a St. Joseph Health System Care for the Poor grant. Food is supplied by two statewide programs:

Donate, Don't Dump, and Farm to Family.

For more information about attending or volunteering at a market, please contact Food for People at 445-3166 or visit [www.foodforpeople.org](http://www.foodforpeople.org).



## AGING IS AN ART — BY JOHN HECKEL

# Teach Your Children Well

I am soon to be a grandparent. Is that exciting, or what?

With my emerging grandparenthood and all the hullabaloo about the confirmation of Betsy DeVos as secretary of Education, I got to thinking about what we did and did not learn in school.

That's the thing about being 70: I have time to think. In fact, we have an obligation to our grandchildren to think about and look back

on lives well-lived. We owe them our thoughts, our explanations and contemplations, and, in some cases, apologies for actions not taken and lessons not learned.

What our high school history textbooks did and did not include was symptomatic of the culture that birthed those texts. School social science conversations that do not happen are indicative of a culture in denial. It seems to me that it is our responsibility as elders to have those missing conversations with our grandchildren. It takes being an elder, having lived full, rich and varied lives after our incomplete educations, to come to terms with the significance of what our American and world history classes did not teach us.

With a life's worth of experience behind us and the benefits of 20-20 hindsight, we are uniquely qualified to share our insights with our grand-

children. As I age, I become more and more convinced that our ruminations are important and valuable to the shaping of this generation's cultural sensibilities. Those ruminations deserve to be heard; they are

needed to give dimension to the mural that is our grandchildren's cultural heritage. We should speak up. As Dylan Thomas said, "Do not go gentle into that good night."

We also need to put a face to

not knowing. That face needs to be personal — a grandmother or grandfather admitting to that of which we were culturally ignorant. Had my elders shared, I might have been more affected by the fact that women were not guaranteed the right to vote until five years after my mother was born; that my good friend John Hudson grew up in the South with white-only and black-only drinking fountains, and the horrific slaughter on our own Indian Island.

I found out last week that my grandchild will be a girl. She is due in August. I hope I live long enough to check her high school history and social science texts to see what her generation isn't being taught.

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

"I hope I live long enough to see what her generation isn't being taught."

## COMING ATTRACTIONS

JULY'S SENIOR NEWS:

## Summer Stuff to Do

Got a story to tell? An ax to grind?

Contact Editor Ted Pease with story ideas and letters to the editor:

**tpease@humsenior.org or 443-9747**



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## Subaru ‘Shares the Love’

Humboldt Senior Resource Center (HSRC) is pleased to announce that its 2016 “Share the Love” campaign with Subaru of America and McCrea Subaru in Eureka raised more than \$25,223.48 to benefit HSRC Senior Dining Centers and the Home Delivered Meals program.

Subaru of America and McCrea donated \$21,235 to the nutrition programs, and Meals on Wheels America added a \$3,988 grant, said Barbara Walser, director of Nutrition & Activities at HSRC.

“We are grateful to general manager Jason Ghera and the employees at McCrea Subaru for their support of the Senior Nutrition Program,” Walser said.

During the holidays this year, McCrea sales associates helped serve meals at one of HSRC’s three dining centers, and got the opportunity to see firsthand the benefits of the program.

“The ‘Share the Love’ promotion supports Home Delivered Meals and Senior Dining Centers, enhances the visibility of our programs, and assists in filling funding gaps for these important senior nutrition programs,” Walser said.

Both meal programs help older adults maintain their independence and quality of life.

For more information, call at 443-9747, ext. 1221.



McCrea Subaru general manager Jason Ghera presents HSRC Nutrition & Activities Program Director Barbara Walser and HSRC Executive Director Joyce Hayes with a check to support the Nutrition program. Photo courtesy of McCrea Subaru.

## ON EXHIBIT: Paintings from The Studio

Three painters from The Studio in Eureka share their talents and perspectives in an art show in the lobby of the Humboldt Senior Resource Center this month.

German-born Christine Bietz, Southern Humboldt native Helen Elliott, and Oregonian Jim Wilson are part of The Studio’s fine arts program for adults with developmental disabilities. Their works range from expressionistic landscapes to still life compositions and family portraits.

Bietz’s works feature whimsical figures — family members, dogs and wildlife — such as her charming “Happy Family on a Stormy Day” or “Hochzeit,” a German wedding scene including a cat.

“Art is design and imagination,” says Elliott, whose works in the HSRC show include “Saguaro” and “High Desert with Flowers,” two landscapes from



the Southwest.

Wilson’s subject matter stays closer to home, such as his acrylic view of Crescent City’s Battery Head lighthouse (*shown above*).

The HSRC show, at 1910 California St. in Eureka, is open from 9 a.m. to 4:30 p.m. through the end of June.

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

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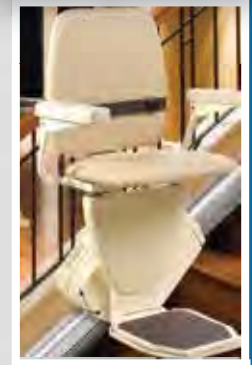
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Page 12

### 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

<b>Every Weekday</b>	Computer Lab-CLOSED 8:30-4 Library 9-3 Senior Service Office 12-2 Billiards	<b>Every Wednesday</b>	11:30-12:15 Lunch— <i>Menu page 14</i> S.A.I.L. w/Muriel 1:15-2 Intermediate Line Dancing 1:30-3:30 FABS/S.A.I.L. by Beth & Lois 2:10-3:10 EPD talk with Suzie Owsley June 5 11-11:45 LeeAnn Morini to perform June 10 11-11:30 Caregiver Support Group June 7 & 21 1-2 Alzheimer's Library, 1901 California St., Bldg. B, 2nd Flr., Eureka June 14 11:30-12:15 Emblem Club serves lunch — <i>Menu page 14</i> June 21 9:15-11:15 Foster Grandparent Program June 21 10-11:30 Commodities distribution
<b>Every Monday</b>	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	<b>Every Thursday</b>	10-11 Grocery Bingo: Bring 1 grocery item NO Intermediate French class in June 11:30-12:15 Lunch — <i>Menu page 14</i> S.A.I.L. w/ Muriel 1:15-2 FABS/S.A.I.L. by Beth & Lois 2:10-3:10 Tai Chi for Better Balance 3:30-4:40 Tai Chi for Better Balance June 1 & 15 10-12 Genealogy group June 15 12:30-1:30 Covered CA/Medi-Cal assistance drop-in clinic June 29 8:30-12:30 Medication Interactions & Consultation
<b>Every Tuesday</b>	10-11 Harry's Bingo ( <i>not June 6</i> ) 11:30-12:15 Lunch — <i>Menu page 14</i> 12:30-1:30 Bunco ( <i>not June 6</i> ) 12:15-2:15 Pinochle 2:10-3:10 FABS/S.A.I.L. by Beth & Lois 3:30-4:40 Tai Chi for Better Balance* (*No class June 6)	<b>Every Friday</b>	9-10 Falun Dafa 10-11 Beginning Tai Chi Movements 11-12 Beginning Yoga 11:30-12:15 Lunch— <i>Menu page 14</i> 1-4 Bridge Games June 16 10-12 Father's Day Celebration June 30 11-12:15 Birthday Celebration <b>Saturday</b> June 3 Noon Sassy Seniors- Woodley Island Marina June 17 Noon Nooners-Samoa Cookhouse



See On Exhibit story on page 11.  
"Happy Family in a Storm" by Christine Bietz.

### Fortuna Dining Center

**HSRC at Mountain View Village • 2130 Smith Lane • Call Launa at 725-6245.**  
**Lunch: Tuesday-Friday at noon - Menu page 14**

<b>Tuesday</b>	June 13 11:30 Wellness Talk, Dr. Ditmer of Open Door Clinic: Osteoporosis	<b>Thursday</b>	June 1 & 15 12-1:30 <b>Caregiver Support Group</b> United Methodist Church Fireplace Room 922 N Street, Fortuna For info 443-9747
<b>Wednesday</b>	Every Wed. 5-8 BINGO June 7 10:30 Music with Bill & Corena	<b>Friday</b>	June 16 12 Father's Day Lunch June 30 12 Birthday Lunch

June 2017 • Senior News

## JUNE SENIOR CENTER ACTIVITIES

### McKinleyville Senior Center

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

<b>Every Monday</b>	8:30-9:30 Tai Chi 10:30 Walking Group at Hiller Park 12-3:30 Computers* (*call for availability) 1-4 Party Bridge June 26 Low Vision Workshop	<b>Every Tuesday</b>	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	<b>Every Wednesday</b>	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 June 7 10-11 Genealogy June 21 10:30-11:30 Executive Board Meeting June 28 12-1 Monthly Luncheon - Chicken, Potatoes O'Graten, Salad, Bread, Dessert, \$5 (Sign up by June 23) Heart Healthy Club & Sweet Spot	<b>Every Thursday</b>	9:30-10:30 S.A.I.L. Class 10:30-12 Pinochle Lessons 10:40-11:40 Stretching 12:30-3:30 Bingo June 1 11-11:45 Chicken Enchilada Soup & Chips - \$3 June 8 NO LUNCH June 15 11-11:45 Corn Beef w/Veg Soup & 1/2 Sandwich - \$3 June 22 11-11:45 Tuna Casserole & Salad - \$3 June 25 11-11:45 Hot Dog & Sauerkraut - \$3	<b>Every Friday</b>	8:30-9:30 Tai Chi 10:30 Walking Group at Hiller Park 1-4 Pinochle June 30 10-11 Full Board Meeting (Open Meeting) June 1 - June 3 Spring Plant Sale June 3 Pony Express Days & Rummage Sale at Azalea Hall
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Senior News • June 2017

### Arcata Community Center

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

<b>Mondays</b>	June 12 & 26 11-12 Silver Quills Writing Group
<b>Every Tuesday</b>	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
	June 6, 20 10-11 Caregiver Support Group Mad River Community Hosp. Minkler Education Room 3800 Janes Road, Arcata For info call 443-9747
	June 6 10-11 Blood Pressure Check June 27 2 Arcata Marsh Slow Walk
<b>Every Wednesday</b>	10-11 Chi Gong-RSVP 443-8347 11 Bread distribution 12:30-1:30 Tai Chi for Better Balance June 28 10-11:15 Dance - Old Gold Band
<b>Every Thursday</b>	9-10 Tai Chi (\$3 donation) (no class on the 15th) 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 June 8 11-12:15 Cal Fresh Sign-up assistance June 15 10:15-11:15 Swing 'n' Sway Trio June 18 10:30-11 Commodities Distribution
<b>Every Friday</b>	10-11:30 Ping Pong with Pete (9-11am on 16th) 12:30-1:30 Tai Chi for Better Balance (no class on the 16h) June 9 10-11 Site Advisory Council Meet- ing June 16 11:20-12:15 Father's Day Celebration June 16 10:30-11:15 Music with the Half Notes June 30 11:15-12:15 Birthday Party & Celebration


Page 13

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# Take Calfresh to the Farmers’ Market

By Tasha Romo

It’s local produce season, when Humboldt residents take advantage of the bounty arriving at farmers’ markets and farm stands around the county. Already, markets are rich with fresh lettuce and greens, root vegetables, strawberries, meats, honey and more.

Many people living on fixed incomes may shy away from high-quality fresh produce because they think it is financially out of reach. But the North Coast Growers Association (NCGA) has options for affordable fresh vegetables and fruit.

The Senior Farmers’ Market Nutrition Program awards grants to provide low-income seniors with coupons to exchange for fruits, vegetables, honey



and herbs at farmers’ markets, roadside stands, and community-supported agriculture programs. Program participants may receive bonus incentives with their vouchers this year.

Market Match is an incentive program that offers bonus dollars to CalFresh participants who use their benefits at farmers’ markets. CalFresh benefits are issued monthly on an electronic benefit transfer (EBT) card that can be used at most groceries, farmers’ markets and discount and neighborhood stores.

Calfresh customers can swap EBT benefits for Market Match tokens at the

farmers’ market manager’s table, dollar for dollar for fresh produce worth up to \$10 per market per day. Market Match is available at all NCGA farmers’ markets in Eureka, Arcata, McKinleyville, Garberville and Fortuna.

Applying for Calfresh benefits can be as easy as a phone call. Most applicants can have savings, a house and cars, and still qualify. Some housing costs may be deducted from your income to determine eligibility, and seniors and persons with disabilities may also deduct medical expenses.

You are not eligible if you receive the State Supplementary Payment (SSP), but Social Security Retirement or Disability benefits are permitted.

For more information, call the CalFresh hotline at 877-847-3663 or go to [www.fns.usda.gov/sfmnp/overview](http://www.fns.usda.gov/sfmnp/overview) or [www.humfarm.org](http://www.humfarm.org).

—

**Tasha Romo** is HSRC’s nutrition and activities program manager, 443-9747, x1228.



School is almost out. This means many children will no longer be able to afford their lunches. **WANT TO HELP?**

The Senior Nutrition Program is recruiting volunteers to help with a summer lunch program called SAK (Seniors And Kids). Volunteer for as little as two hours per week in the afternoon from mid-June to mid-August.

**Interested? For more info call Tina Taylor: 443-9747 ext. 1235**



Humboldt Senior Resource Center  
Nutrition & Activities Program





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## June Dining Menu



Humboldt Senior Resource Center  
Nutrition & Activities Program

**FIRST WEEK**

June 1 Baked Potato Soup

June 2 Chicken Cordon Bleu

**SECOND WEEK**

June 5 Dining Centers closed

June 6 Meatloaf with Gravy

June 7 Chicken Parmesan w/Spaghetti

June 8 Split Soup w/Ham

June 9 Cranberry Chicken

**THIRD WEEK**

June 12 Dining Centers closed

June 13 BBQ Chicken

June 14 Butternut Squash Ravioli

June 15 Stuffed Cabbage Roll Casserole

June 16 Roast Beef w/Gravy

*Happy Father’s Day!*

**FOURTH WEEK**

June 19 Dining Centers closed

June 20 Hot Turkey Sandwich

June 21 Cheese Manicotti w/Tomato Cream Sauce

June 22 Teriyaki Chicken

June 23 Taco Salad

**FIFTH WEEK**

June 26 Dining Centers closed

June 27 Salisbury Steak

June 28 Bay Shrimp Salad

June 27 Chef’s Omelet Bake

June 28 Chicken Marsala-*Birthdays*

**People 60+ are invited**

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*For those under 60 there is a fee.*

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# Preserving This Old House

By Alex Stillman

As a child, my mother taught me to give back to whatever community I live in, no matter what.

This philosophy, and my passion for rehabilitating older buildings, has driven my volunteerism. I was introduced to historic preservation while living in San Francisco, so when I moved to Arcata, it was a natural fit for me to try to save one historic building at a time.

When I ran for the Arcata City Council in 1972, I saw that as a way to engage in my new community and work toward preserving Arcata's heritage. It was a wonderful eight years, the ultimate way to give back to my community as a volunteer (even though I was paid \$150 a month).

One of the oldest houses in Arcata, The Phillips House (circa 1850) on 7th Street, is on land surrounding the Arcata Community Center and HealthSport. When Arcata native Ruth Horel Caskey contacted the Historical Sites Society of Arcata (HSSA) about donating items from her family's 1904 landmark home, Horel House on 13th Street, to the city, it was the perfect time for Arcata to acquire the Phillips House for a living museum.

The Phillips House Museum is open Sundays from 2-4 p.m., and Ruth's furniture is in many of the rooms.

Recently, OLLI — Humboldt State University's lifelong learning program — and Pierson's Building Center have scheduled historical lectures at the museum, a perfect setting in which to learn about early Humboldt County.

HSSA has also showcased traditional



**Alex Stillman, president of the Historic Sites Society of Arcata, is devoted to preserving the past through properties like the Phillips House.** Ted Pease photo.

handcrafts such as rug hooking, after long-time HSSA member and nationally known rug-hooker Sandra Fletcher donated 25 boxes of 100 percent wool, much of which was sold at Arcata's annual Natural Fiber Faire to raise funds to support the Phillips House Museum.

Recently we have been going through our collection of vintage clothing in preparation for a fashion show next year, pulling out items that don't fit in the collection for a vintage clothing sale in September.

There is always something that needs to be done and funds to be raised to keep the Phillips Museum in working order, and much of the work is done by volunteers who value this connection with Humboldt's past.

This has been my passion for the past 45 years, and I hope it has benefitted the community, too, as my mother taught me.

*Alex Stillman is HSSA president, and a longtime Arcata and Humboldt County public servant.*

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**Wednesday, May 31**

**5:30 to 7:30 p.m., Sequoia Conference Center, 901 Myrtle Ave., Eureka**

**Wednesday, June 7**

**5:30 to 7:30 p.m., Fortuna Monday Club, 610 Main Street, Fortuna**

**To register: [Susan.VogtButch@stjoe.org](mailto:Susan.VogtButch@stjoe.org) or 269-4205**

Forums are offered as a community health service, nothing is sold or solicited.

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# Combating Elder Abuse

*By Janae Teal*

As the U.S. population ages, the incidence of elder abuse rises. The National Council on Aging reports that as many as one in 10 Americans over 60 — perhaps 5 million people — experience some kind of abuse.

Besides physical abuse, the Consumer Law Center reports that Americans, mainly seniors, are bilked out of as much as \$40 billion a year by telemarketing scams.

**There are many signs of abuse, neglect and exploitation of elders and vulnerable adults. Some common indicators:**

- An elder living in unsafe or unsanitary living conditions, including no heat or running water, dirty clothes and bedding, etc.
- Unusual weight loss, malnutrition or dehydration.
- Unexplained injuries, such as bruises, welts or scars. These may be accompanied by vague explanations: “Oh, she ran into the wall.”
- Unpaid bills or lack of medical care, even when there is enough money to pay for them.
- Announcement of a “prize” that the elder must pay to claim — phone/email scams.

## **How do I know whether to get involved?**

- If you suspect that a vulnerable adult is being abused, neglected or exploited, please report it to Adult Protective Services at 476-2100. Your call will remain confidential.

## **What steps can we all take to stop elder abuse?**

- Recognize the warning signs of abuse. Ask questions and be willing to get involved.
- Don’t assume that a loved one couldn’t possibly be abusing an older adult. More than 80 percent of abusers are family members.
- Ask for help: If you are an older adult who is being abused, neglected or exploited, tell someone — your healthcare provider, a trusted friend or family member. Let them help.

For more information on combating elder abuse in Humboldt County, call Adult Protective Services at 476-2100 (445-7715 after hours) or visit [humboldt.gov/501/Reporting-Abuse](http://humboldt.gov/501/Reporting-Abuse).

**Janae Teal** is a staff adult services analyst at Humboldt County’s Department of Health and Human Services.



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**Factoid: More than half of abused elders are over 80. Two-thirds of them are women.**

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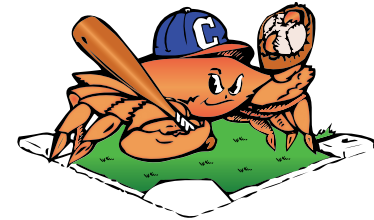
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**Adult Daily Admission - \$12**  
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## Community Calendar

### Batter Up! Crabs Opener June 2

The Humboldt Crabs, America's oldest continuously operated summer collegiate baseball team, takes to the field June 2 to open the 2017 season against the Rockville Rock Hounds. Start the season early on June 1 with Fan Fest, an evening of hotdogs, Crab gear and autographs while the team does batting practice. It's hard to beat an afternoon or evening in the stands with beer and hotdogs, rabid fans and the Crab Grass Band. Go to [humboldtcrabs.com](http://humboldtcrabs.com) for game schedule and information.



support the Festival with teams of volunteers, and publicize their company at the same time. Contact Greater Trinidad Chamber of Commerce Executive Director Ashley Mobley at [ashleymobley@trinidadcalif.com](mailto:ashleymobley@trinidadcalif.com) or 677-1610 for information.

### Student Bird Art Exhibit

The winning artwork from the 14th annual Student Bird Art Contest is on display at the Arcata Marsh Interpretive Center through the end of June. The contest, cosponsored by Friends of the Arcata Marsh and Redwood Region Audubon

Society, received 819 entries from K-12 students throughout Humboldt County. The top three pieces in each age category are included in the show at 569 South G St. in Arcata, open Tuesday through Sunday from 9 a.m. to 5 p.m.

### Heeeeeere, Oyster, Oyster, Oyster!

Come try out your oyster-calling (and eating) skills June 17 at the annual Oyster Festival, the largest one-day event in Humboldt County. It's an ecstatic celebration of North Coast culture, featuring competitive oyster cooking by Humboldt's best chefs, artists' booths and displays, foods of both oyster and non-oyster varieties, live entertainment, dancing, an oyster shuck-'n-swallow contest, and an atmosphere that has earned Humboldt the reputation as the Oyster Capital of California. And try to dunk a librarian for a good cause. 11 a.m. to 4:30 p.m. Call 822-4500 or email [arcatamainstreet@gmail.com](mailto:arcatamainstreet@gmail.com) for information.

### 27th Annual Dell'Arte Festival

Year 27 of the Dell'Arte Mad River Festival, running from June 15 to July 15 in Blue Lake, kicks off with its new comedy, "The State of Jefferson Picnic." It's an original political farce with music and song that asks how we as citizens live well alone and together. Other productions will include The Big Top Family Series, the MadLab experimental theatrical laboratory, the Red Light in Blue Lake late-night adult cabaret, and the Humboldt Folklife Festival. Call 668-5663 or visit [dellarte.com](http://dellarte.com) for information.

### Fish Festival Needs Volunteers

Trinidad celebrates its 60th annual Fish Festival on Father's Day, June 18, from 11 a.m. to 5 p.m. with fish dinners, all-day music, arts and crafts vendors, the famous Trinidad Civic Club cake sale and a kids' zone. At least 80 volunteers are needed to help make it happen. Businesses can help

## North Coast Co-op Events

### June 7 • Wellness Wednesday

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

### Jun 6, 13, 20, 27 • Senior Day

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

### June 14 • Member Action Committee Meetings

6pm at the Ten Pin Building, 793 K Street in Arcata.

Get involved in your Co-op.

Member-owners are welcome to attend.



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# ‘Tweeners Days’ and the Slow-Moving Gardener

By Marna Powell

Migratory swallows, hummingbirds, finches, osprey and others have reappeared, so it must be spring and time to get out in my garden. Oh, but as I write this the winds are gusting 45 mph and the rain is still a bit much.

So much rain this year! With the longer days, things are growing at an incredible rate; unfortunately most aren’t the things I want to be growing. This time of year, I usually have my peas sown and garden beds ready to plant. Am I just getting older and slower? Well, yes, I am. But I prefer to blame the weather.

Years ago, a friend made up a useful weather term: “Tweeners.” In-between storm systems, we often get Tweeners — those lovely, sunny days with little wind, usually just one day, bracketed by stormy days before and after. Here on the North Coast, a Tweener is a day of blue sky and endless green, and the ocean is often calm. It doesn’t get any better.

I do what I can in the garden every time we get a Tweener. Yesterday was a Tweener. Intimidated by ginormous weeds in the garden, I opted instead to clean out the little greenhouse, figuring I can run in and plant things even if it’s stormy.

Gone are last year’s tomato carcasses and the detritus that seems to accumulate over the winter. In their place are large pots of organic soil, compost and earthworms. Since we live right on the coast, it takes two years for our compost to reduce itself to a usable product, so we have three composters and rotate between them. Our llamas also give us great garden amendments.

The garden has lettuce, kale, and many herbs year-round. Mostly,

I grow volunteer vegetables that pop up here. Lazy gardener? Getting older and wiser? You choose.

I plant food because I like to eat, but who doesn’t enjoy cheerful flowers? A couple of weeks ago I was at Costco and I went a little nutty buying 12 huge bags of organic potting soil, and filled an orange cart with bedding flowers.

Everyone who saw me exclaimed, “Wow! You’ve got your work cut out!” My answer was, “Yes! That’s why I also purchased this giant bottle of Costco vodka!”

*Marna Powell does her growing and waits for the storms to pass in Orick.*



**The author’s sidekick, Walter, helps with garden cleanup in Orick.** Marna Powell photo.

## ASK THE DOC . . . From Page 5

work with a personal trainer at a gym, garden, park the car farther away and get some steps in, and visit some of the beautiful outdoor places Humboldt County has to offer (get out of the car and explore to get some exercise). You can learn more about this subject at [Uptodate.com](http://Uptodate.com), which offers free patient education. Just type in exercise in the search section.

People with chronic health conditions may have limitations or special needs around exercise. A physical therapist can be helpful, as they have expertise in recovering from illness, injury and dealing with physical disabilities. People with chronic illness can exercise and benefit from it — including those with lung disease, heart disease, osteoporosis and all kinds of arthritis. Just touch base with your doctor first and discuss the best activities for your condition.

Can there be risks to exercise? Yes. People can get injured if they fall, or if they try to do too much too soon. Those with heart conditions should be screened by their doctor first. I do not recommend bungee-cord jumping as the first exercise you try. No offense to bungee fanatics.

When starting out, the rule is to go slow and increase activity incrementally, listening closely to the signs your body gives you. Another rule is to have some fun, so try to choose something that you actually enjoy doing.

As the saying goes, the best athlete out there is the one having the most fun.

—  
**Dr. Jennifer Heidmann** is a regular Senior News columnist, and is the medical director and primary 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](mailto:seniornewseditor@humsenior.org).

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## Low-Cost Rabies Vaccinations

The Humboldt-Del Norte Veterinary Medical Association is sponsoring low-cost canine rabies vaccination clinics countywide in June and July.

Dog vaccinations are \$10, and other canine and feline vaccinations will be available.

In the past year, two dogs and a cat in Humboldt have tested positive for rabies, which is fatal — the first cases since 2010.

Dogs are required by state law to be vaccinated at 3 months, with a booster one year later and then every three years thereafter. Cats aren't required to be vaccinated, but it is highly recommended if they interact with wildlife.

For questions or a vaccination clinic schedule, call 445-6215.



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**“There’s an old saying about those who forget history. I don’t remember it, but it’s good.”**

—Stephen Colbert, comedian

# Vietnam Memoir: Death in a Rice Paddy

By Jack B. Jones

Our platoon of 52 men is on a search and destroy mission outside Da Nang, Vietnam. We sweep toward a village, strung out in a horizontal line with about 10 feet between each man.

The heat is sweltering. Salty sweat drips down my face into my mouth. The mud of the rice paddy sucks at my boots, and each step is a fight to pull free of the muck. I watch for snakes swimming across the stinking water, vipers that kill with one bite.

Shots! From the village directly in front of us.

At last, no more walking. Now we'll get some rest.

The Marine to my left moans, falls backward into the water. I call for a corpsman, run to drag him behind the cover of a mud dike. Both corpsmen are busy with other casualties. The bullet had shattered his teeth, lower jaw and tongue. He's drowning in his own blood.

Can't wait for the corpsman. I sweep what's left of his mouth with my finger to clear his passages. His blood is hot, sticky, coats my face each time he chokes and coughs, mixes with the mud of human waste and the fresh rice stalks to gag me.

Got to get control.

Make a plan.

I fire my rifle toward the village, collect the spent cartridge and remove the primer cap with the point of my K Bar. Pushing two fingers into the mess that is his throat, I locate his Adam's apple and press the point of the knife into the groove at the top. The blade slides in surprisingly easy. A gust of air flecked with blood hits me in the face.

I pull off my dirty, wet, blood-soaked T-shirt and wrap it around the spent casing of the 7.62 to keep it from disappearing into his throat. I force the end of the casing into the hole I've created in his neck. He seems to breathe a little easier. The corpsman arrives and calls for a helicopter to transport the man back to battalion medical.

I heard two weeks later the Marine bled out while on the flight to battalion.



**Jack B. Jones, 70, of Eureka** enlisted in the Marine Corps in October 1964 and turned 18 aboard ship en route to Vietnam. He landed in-country on July 5, 1965, and stepped on a landmine and died on Dec. 14, 1965. A medic brought him back, earning him the nickname *The Walking Dead*. He's been ticked off ever since. This was written as part of HSRC's Memoir Writing group.



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# Letters to the Editor

To the Editor:

The Senior News keeps getting better! I especially liked the last two issues — the one on volunteering and the next on gardening. These issues make me enthusiastic about getting older. Well done. I'm sending a check to support the organization.

—*Evelyn Wiebe-Anderson*, Arcata

## The 30% Speaks Out

To the Editor:

In the May issue of Senior News, I read a letter to the editor ["A Very Inferior Issue"] by R. Edson, who wrote a very compelling (and accurate) review of your publication.

It was extremely refreshing and encouraging to see such a man (I presume it was a man) step forward to verbalize what has been blatantly obvious for quite some time now. You, as editor, have indeed turned a respectable newsletter for seniors into yet another of the Left's house organs.

You have not yet stretched quite so far as your model The North Coast Journal, but I do see a continuing trend that will soon follow their example. It will just be a matter of time in your effort to emulate their leftist cause, that Senior News will have their own leftist newsletter with its own "F&#%@," "S&#%t," "M&#%@r F#%\*er," (all good examples of leftist literary liberalism) inside its printed pages, just as the Journal does. It is truly sad to see you taking us there.

I also noted that in your effort to deflect the true criticism of Mr. (?) R. Edson's remarks, you invited him to put forth his own "Right-leaning" social activist groups. In my reading of his article, R. Edson was not asking for a "fair and balanced" platform for political discussion. What he was asking for was the elimination of ANY political intervention into the basic, everyday needs and interests of the senior population in Humboldt County. He did not want to put in a political philosophy, but rather remove the existing political philosophy — which happens to be very overt and obvious Leftist, Socialist in orientation.

I can assure [you] that R. Edson and I are not alone in this observation. However, as a pragmatic realist, I am fully aware of the 70 percent vs. 30 percent reality of Humboldt County. So I don't expect anything to change the leftist direction you have taken the Senior News.

—*Ramon Navarro*, Kneeland

P.S. Like many of the "30%" I (like R. Edson, most likely) have suffered greatly from physical and vocal abuse from members of the leftist "70%," because we dare to speak out with anything but a Leftist "hurrah." Sadly, it has happened enough times to make most of the 30% extremely leery of exposing themselves too publicly. It is a sad but true commentary on the slow demise of Democracy.

## Temper Tantrums

To the Editor:

I agree wholeheartedly with R. Edson's letter ["A Very Inferior Issue, May 2017]. In 2008, fully one-half of Americans were unhappy with Obama's election, but we held our tongues and gave him a chance (to make myriad mistakes, as it turned out).

Now that Trump's been elected, liberals have been throwing incessant temper tantrums. It's juvenile and unproductive, as most temper tantrums are. No amount of protesting is going to change anything. Trump is now in office for the next four years, and can finally do what the other one-half of us have wanted done for the last eight years.

So get over it. Keep Senior News about gardening, social activities and things that all seniors like.

—*Susan Dodd*, Eureka

## Call to Action

To the Editor:

On May 4, the House of Representatives passed the American Health Care Act (AHCA), seeking to repeal and replace parts of the Affordable Care Act. The Senate has yet to act. The AHCA offsets the costs of those changes by cutting Medicaid (Medi-Cal). Not only does the AHCA (HR 1628) cut Medicaid by least \$839 billion, but it also permanently changes methods used to allocate Medicaid dollars to each state.

The cuts alone will be devastating, but the new methodology is expected to reduce the funding to state Medicaid programs by another \$110 billion over five years. This will threaten frail elders' access to much-needed services, including Adult Day Health, MSSP and PACE programs at the Humboldt Senior Resource Center.

The Senate now has the opportunity to make sweeping changes to the AHCA. It is critical that you let them know of your concerns about the Medicaid changes passed by the House.

I urge you to contact our senators now. Write or call Sen. Dianne Feinstein, D-CA, 331 Hart Senate Office Building, Washington, DC 20501 (202-224-3841 or [www.feinstein.senate.gov](http://www.feinstein.senate.gov)); and Sen. Kamala Harris, D-CA, 112 Hart Senate Office Building, Washington, DC 20501 (202-224-3553; [www.harris.senate.gov](http://www.harris.senate.gov)).

—*Joyce Hayes*, Eureka

Concerned citizen and Executive Director of HSRC

**Letters Policy:** Senior News welcomes letters to the editor. To be considered for publication, letters must not exceed 250 words, and may be edited for space. Submissions must include the writer's full name, mailing address, phone number and e-mail address. This information is seen only by the editor and is not used for any commercial purpose. Senior News reserves the right to reject any letter deemed inappropriate. The same requirements apply to those interested in submitting longer commentary columns (up to 400 words).

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## HEALTH ALERT

# Beware! It's Tick Season

The Humboldt Department of Health and Human Services (DHHS) is sounding the alarm about what might be a worse than usual season for ticks, some of which can carry Lyme disease.

As anyone with a dog or other outdoor animals can attest, ticks are gross, spider-like blood-sucking insects that attach themselves to the skin and swell up as they feed. Not all are harmful, the DHHS says, but some are.

"It is impossible to tell if a tick carries Lyme disease or any other tick-borne disease by looks alone," said DHHS Environmental Health Director Melissa Martel. "It's important to educate yourself on tick safety and precautions."

Anyone who spends time in the woods or fields, or even in dune grasses at the beach, should check carefully for ticks.



To remove a tick attached to you or your dog, use tweezers to grasp the bug as close to the skin as possible. Clean the site with soap and water or rubbing alcohol.

Only one local tick — the Western blacklegged tick — carries the Lyme bacterium. The Public Health

Lab at 529 I St. in Eureka offers free tick identification. Place the insect in a zip-lock bag to bring it to the lab.

For more information, call 268-2179 or visit the TickEncounter Resource Center online at [tickencounter.org](http://tickencounter.org).

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