



Our Life with Animals



Shakefork Farm co-owner Kevin Cunningham, left, and employee Daniel Perez work the fields with oxen Tex and Joseph. Melanie Cunningham photo.

The Intertwined Life on the Farm

By Melanie Cunningham

From our beginning, there were animals.

We were leasing 15 acres and a drafty barn in the Arcata Bottom while renting a house on a quar-

ter-acre in McKinleyville. When Kevin and I began dating, the very year he started the farm, he'd load his goat in his pickup every time he spent the night, so that he could

still get the milking done on time.

Animals have always been a part of our dream farm, our vision. As first-generation farmers called

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One-Eyed Jasper Gets a Home

Part 1: Humboldt County Animal Shelter, McKinleyville, Spring 2016

By Brenda Cooper

I loved Jasper from the first day I met him at the Humboldt County Animal Shelter. That was Spring 2016. He was a young pit bull mix who had been picked up as a stray, and quickly became a volunteer favorite.

I'm a pushover for dogs who love to play fetch, and Jasper is world-class. Friendly and affectionate, he was always an easy walker with an infectious smile and a whippy tail that wags his entire body. He gave me kisses when I hugged him or offered treats. What a gift he was to me.

Jasper's story was a sad one. Picked up in 2016 as a stray, he was adopted, but then abandoned again, poor guy. When he landed back at the shelter in Spring 2017, he was missing his left eye — we never learned how or why. But even that didn't dampen his sweet personality or his ball skills.

Last November, Jasper was one of four orphan dogs transferred to the South Coast Humane Society in Brookings because of overcrowding at the McKinleyville shelter. One of the saddest things I've ever done was to drive Jasper to Brookings to leave him in a strange kennel.

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Tedtalks: Animal Stories

By Ted Pease

As long as I can remember, there have been dogs. Longer, even — there are pictures of me as a swaddled, moon-faced infant with my parents' golden retriever, Saul, curled nearby.

For my 6th birthday, my parents presented me with a squirming English setter puppy, who promptly threw up on me in the excitement. Since then, the dogless times of my life have been rare and short.

Actress Doris Day once said, "I've never met an animal I didn't like, and I can't say the same thing about people."

Many would nod at that sentiment. It's not that we don't like people, but animals — whether pets or working animals — bring a dimension to life that is hard to find in most humans, as our contributors to this month's Senior News describe.

Out at Shakefork Community Farm in Carlotta, Melanie and Kevin Cunningham see their chickens, cows, dogs, oxen and the rest of the menagerie as integral parts of creating a sustainable life cycle (see page 1).

And Anders Wirth, a 77-year-old zookeeper at Sequoia Park Zoo in Eureka, loves llamas. Wirth says being with animals is important because they "remind people that there is a world out there that is made up of many other species" (see page 3).

True enough. It's hard not to look into the wise, depthless eyes of a horse, for instance, and not wonder what she's thinking. As writer Tom Dorrance reflected, "When I hear some-

body talk about a horse or cow being stupid, I figure it's a sure sign that the animal has somehow outfoxed them."

In putting together this issue of Senior News, we explore the important role animals play in the lives of Humboldters, young and old. Over my years as a reporter, I have learned that animals can open people up. People who don't seem to have much to say start talking when the topic is their dog or cat, and then it's hard to get them to stop.

So it is with Laurice Martin, a regular at the Humboldt Senior Resource Center. Living alone and often lonely, Laurice adopted a dog from the Sequoia Humane Society, a 3-year-old Lhasa apso. Her life has changed, reports Dave Silverbrand, who paid the adoption fees for "Lucky" (see page 22.)

By my count, 12 dogs have shared my life so far (plus Fang the Wonder Cat, but that's another story), starting back with Saul when I was a baby, up to our two current Labrador mutts. Sadie and Stella (Sadie is the chocolate Lab pictured at the top of page 1) leap on the bed at oh-dark-30 every morning and get us out for walks — our fitness gurus with muddy paws.

It's hard to think of life without them. As photographer Roger Caras once said, "Dogs are not our whole life, but they make our lives whole."

—
Ted Pease is editor of Senior News, and a hopeless dog person.

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At the Sequoia Zoo: A Lifelong Love of Llamas

By Ashley Mobley

Anders Wirth, 77, of Eureka has been a zookeeper at the Sequoia Park Zoo for nearly 25 years.

He has loved animals all of his life, and remembers listening to the sounds of hyenas as he fell asleep as a young child, living down the street from the Copenhagen Zoo in Denmark.

He has a special place in his heart for Inca the llama, a Sequoia Park Zoo resident who gave him nose “kisses” as a sign of approval at their initial meeting. Wirth met his first llama at the Copenhagen Zoo when he was 3. He distinctly remembers his grandmother warning him to “stay away because they spit,” he says.

Visiting a zoo can be a learning opportunity for both young and old, Wirth said. “When children visit the Barnyard at Sequoia Park Zoo, they can learn to be more aware and more careful about what they do to others.”

“The Barnyard teaches children to respect animals, people and the Earth, how to gently pet a goat,” he added — and also not to chase the chickens. The zoo provides the opportunity for children to “learn respect, which we need more of in the world today.”



LLAMA LAUGHS — Veteran zookeeper Anders Wirth shares a laugh with his buddy, Inca, one of Sequoia Park Zoo’s residents. Ashley Mobley photo.

Proud to be a zookeeper, Wirth says animals enrich his life by “connecting with beings that express themselves in ways differently than I do.” They also help him to “recognize things in them that I recognize in myself.”

Interactions with animals are important, Wirth says, because they “remind people that there is a world out there made up of many other species.”

Wirth also believes that a zoo can teach families and children there is more to the world than being

boxed into an urban environment.

All too often, society today is distracted by technology. “This is a place where the community can go meet ambassadors of other species that have existed for millions of years without constantly looking at their cell phones,” Wirth said.

Sequoia Park Zoo’s mission is to inspire conservation of the natural world by instilling wonder, respect and passion for wildlife.

Accredited by the Association of Zoos & Aquariums, Sequoia Park Zoo incorporates wildlife conservation as an essential part of its mission. This includes spreading awareness about threats to wildlife and habitats, inspiring conservation action among visitors, and helping

to fund conservation fieldwork.

For more information, visit the zoo on Facebook or at sequoiaparkzoo.net.

—
Ashley Mobley is the interim executive director and events & marketing coordinator for the Sequoia Park Zoo Foundation in Eureka.



WILDLIFE — In addition to llamas, Sequoia Park Zoo residents include the otter habitat — always a visitor favorite — the famous and inquisitive red panda, and a tankful of salmon. Red panda photo by Greg Nyquist; otters and salmon by Ted Pease.

Baa-aa-aa! Life with Goats Is Never Dull

By Jane Williams

I take my animals seriously, so when I adopt one, I consider it my responsibility for as long as it lives. I've always been fascinated by goats, more and more in the past few years, until we got two wethers (neutered male goats) in 2013 to eat brush and grass.

Because they are herd animals, you don't get just one; you need at least two or they will be very lonely. We got our pair from a big farm in the Arcata Bottom, and named them Pan and Dionysius, after the Greek gods.

To prepare for their arrival, we ripped out our 25 rhododendrons, which are toxic to goats.

The very first day, they got loose. Goats like to climb the highest thing around, and they wasted no time climbing to our deck, which is on the roof. They had clattered up the outside stairs, sounding like ladies in high heels, to the very top, where I spotted their cute little heads sticking out between the railings.



They were fun. We put them out on stakes or in a portable electric fence field, and they would eat the grass and blackberry vines. Pan was domineering, and Dionysius — or Nisi, as we called him — was an escape artist.

We got our first dairy goat, Nettles, a doe in milk, in 2015. To me, she was truly a G.O.A.T. = Greatest Of All Time.

Her milk is fantastic. I bought goat



GOAT LOVE — “We love living with goats,” says Jane Williams. Above, a mama settles in with a couple of her new kids. Photos courtesy of Jane Williams.

milk once at the co-op, but it tasted “gamey.” Not so with this milk. Delicious! I am allergic to cow dairy, but now I get plenty of milk, yogurt and cheese.

After my husband built a bigger barn, we got another yearling doe, and bred both of the girls. We were with them when they delivered at the end of March, and helped the girls with their five new babies, who were standing within 10 minutes of birth.

Baby goats are adorable. We set up a teeter-totter over a log in the pasture, and they spent hours running back and forth; I also bought them a small trampoline off Craigslist. We kept some of the kids and sold a few.

I also learned to make cheese. There are complicated ways to make goat cheese, but I do it the easy way — it takes 5 minutes to heat the milk, then add whey and rennet; later, you strain it through a bag.

These days, we have four goats: two mamas in milk, a yearling doe, and a wether. Plus the goat dogs — two Great Pyrennes/Akbash puppies as livestock guardian dogs to protect the herd.

We love living with goats. They are really part of our lifestyle, and I think we'll always have them.

—
Jane Williams, 60, is a dairy goat enthusiast who lives north of Trinidad, and has a lot of bees and dogs as well.

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ASK THE DOCTOR

Planning Ahead

By Jennifer Heidmann, M.D.



Probably sound like a broken record — which is a retro hip reference these days, as records are back “in.” You know the way LPs skip and repeat one little piece of music over and over and over until you lift the stylus?

Here’s the part I am repeating today: It is so important to do advance care planning.

In the healthcare world, advance care planning means getting down on paper and talking with others about your wishes if you become very ill and cannot speak for yourself. At least 50 percent of people who are hospitalized are too ill to make medical decisions for themselves.

Talking about these issues is a conversation we should always be open to, starting at age 18 and repeated throughout life. The conversation should be between you and your loved ones, especially with whomever you designate as your decision-maker with durable power of attorney for healthcare, and also with your doctors or other healthcare providers.

I grew up in LaCrosse, Wisconsin, which is a national leader in getting advance care directives done. People there have “the conversation” naturally, and encourage each other to get the paperwork and planning in place.

I picture someone leaning over the backyard hedge and saying to the neighbor, “Say, Bob, have you

done your advance care directives yet? What? You haven’t? Well, you should probably get on that.”

The conversation should address what we physicians call your “goals of care.” This translates to issues of how you want to spend your time, how much medical care you are willing to receive, and what is an acceptable quality of life for you.

Then, pick someone (plus one or two backups) to advocate for you if you can’t speak

for yourself. Talk to your advocates to let them know your wishes, and get them a copy of your advance care directive paperwork.

Who should be your healthcare power of attorney? It might not necessarily be the person you are closest to, but rather someone you think will be best able to handle the responsibility. This person helps your healthcare team make decisions if you can’t communicate. They speak for YOU, expressing YOUR wishes and goals of care.

Medical care professionals can offer many aggressive interventions for illness. Many times these can be appropriate and life-saving, but sometimes they can be harmful and futile (i.e., not likely to change things for the better). So context is important: How does this person wish to live life? If it is the end of their life, how do they wish to spend their final days, weeks or months?

This becomes more critical as we

“Say, Bob, have you done your advance care directives yet?”

Continued on Page 19

Fasting for Your Health

People are always telling us what to eat, but what about *when*?

We’re talking about periodic fasting, which has long been touted as a way to clean out the system and clarify the mind.

The idea of intermittent fasting is gaining traction among health and fitness folk. “A quick scan of the latest literature on intermittent fasting suggests that this relatively simple dietary strategy can prevent or cure nearly anything,” reports the senior website NextAvenue.org.

The idea is to limit calories on a schedule. One approach is to consume 25 percent or less of your normal daily calories two days a week, and eat normally the other days.

Another strategy is “time-restricted feeding,” which means not eating anything for 14 to 16 hours daily —

so eating only between 8 a.m.-6 p.m., for example, or 8 a.m.-4 p.m.

“Many studies have shown favorable results not only for weight loss, but also for improving metabolic factors like insulin resistance and lipid profiles, as well as protecting against cognitive decline, fighting cancer and even slowing down the aging process,” NextAvenue says.

Experts caution that fasting can be dangerous for diabetics and others who need to maintain stable blood glucose levels. For some, low blood-sugar levels can cause dizziness, headaches and disorientation.

Don’t make any radical changes to when and how you eat without consulting your doctor. Check with your physician to see if some form of intermittent fasting might improve your overall health.

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One-Eyed Jasper . . . From Page 1



HOME AT LAST

After a rough start to his dog's life, Jasper found a perfect happy ending with Melanie Hensley at the South Coast Humane Society in Brookings.

Photo courtesy of Melanie Hensley.

He never belonged in a shelter. He's such a great people dog with so much love to give. We already had two big dogs in a small house, or we would have adopted Jasper ourselves. I cried all the way home.

Part 2: Brookings, Oregon, Spring 2018

By Melanie Hensley

I am a retired Southern Californian who moved to Brookings, Oregon, for its beauty and small-town atmosphere.

I had been dogless for four years, living without purpose in my life except for walking dogs every day at the South Coast Humane Society animal shelter. I wanted someone to share my life with, a reason to get out of bed in the morning.

Then came Jasper, an abandoned shelter dog who had a plan to make me fall in love with him. When it became time for me to adopt a dog, there was no other choice.

He was the best-behaved, most loving dog at the shelter, but because

he is a pit bull and has lost an eye, no one was interested in adopting him. But he had already chosen me to be his companion.

He is friendly and loving. He sleeps until 8 a.m., under a blanket because he has so little fur. We walk or drive to Harris Beach State Park three times a day because he is a ball fiend and loves his workout.

I guess I didn't know just how obsessed with balls he is. Unless he is sleeping, Jasper is constantly bringing me the ball, so I carpeted my 40-foot hallway, where we can spend rainy days throwing the ball.

He has brought so much to my life: purpose, love and affection, activity and joy. I can't imagine my life without him.

Brenda Cooper, 70, of Trinidad is a volunteer at the Humboldt County Animal Shelter in McKinleyville. Melanie Hensley, 69, of Brookings, Oregon, is volunteer coordinator at the South Coast Humane Society.

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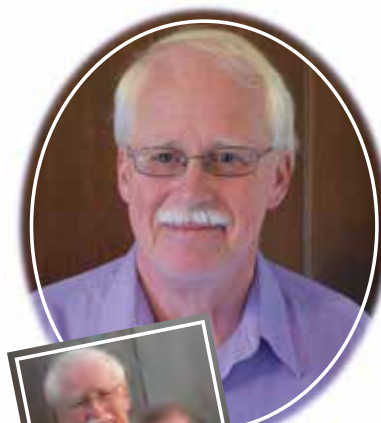
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Life on the Farm . . . From Page 1

to farming in pursuit of deeper sustainability, we never imagined a farm organism without manure-producing co-inhabitants to fertilize our fields and provide ingredients for our compost. Trucking in composted manure from factory farms was not a compromise we wanted to make.

Fast-forward 10 years, and we now have more animals than we've ever had on our 85-acre farm in Carlotta. The goats are gone, but in their place are some 30 sheep for wool and meat, three dairy cows and their calves, three teams of oxen, and a small herd of Dexter beef cows and their calves. That's in addition to our 250 laying hens, 1,500 broilers, 40 or so turkeys later in the season, and three piglets.

Life with animals is messy and beautiful at the same time. We have grown accustomed to being midwives, veterinarians and, at times, executioners. We truly love our animals, but not in a cutesy greeting card way. On our farm, our well-being is very much intertwined with that of our animals; when they thrive, we thrive.

Animals thrive on ground not suitable for cultivation, miraculously converting grass into the "5 M's"



TURNING THE SOIL — Daniel Perez steers the "Annie's All-in-One" to till the greenhouse as Joseph the ox does the pulling and Kevin Cunningham directs. Melanie Cunningham photo.

— milk, meat, materials, manure and muscle (draft animal power). We grow vegetables and strawberries on just six of our 85 acres, maintaining the rest

in perennial pasture and a wild, riparian ecosystem.

On our farm, animals move daily in defined paddocks. Poultry follow cattle and sheep in a well-orchestrated dance designed to grow better grass and build soil. Using planned grazing, our animals help keep our pastures greener into the dry season while increasing the diversity of plant species.

The abundance of our 6-acre market and community garden is directly attributed to the gift of fertility that our animals give. They convert solar energy more efficiently than any solar panel or other technology yet invented.

There is no ecosystem in nature that functions without animals. If we want to move beyond mere sustainability, and actually regenerate and improve the lands we steward, humans would be wise to remember that.

Melanie & Kevin Cunningham operate Shakefork Community Farm off Highway 36 in Carlotta. The farm's spring tour and oxen demonstration is Sunday, June 2, 1-3 p.m. Check the Shakefork Facebook page for information.

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PAINTING THE OCEAN

BY MARGARET KELLERMANN

Michael and the Deer

Michael was my tuxedo cat, fastidiously dressed. I called Michael my butler: an almost constant, hovering presence. Wherever I went, inside or out, he appeared, sitting calmly in his tuxedo suit, as if I could order up tea anytime.

If he were making his night rounds and I needed a foot warmer, I'd call him in my mind. He'd enter through the cat door and leap gracefully onto the bed, stretching to take up all available space. I missed this most of all when he died.

Michael loved deer. And the deer loved Michael. One evening as I arrived home from work, the vociferous cat could not wait to show me what he'd found. I followed him up the garden path. A dozen deer crowded the lawn.

Michael was ecstatic. A single deer was an amazement to him, but this was a multitude. On his face was a secret wry grin, as he threaded through the sweetly accommodating herd.

After many years, Michael grew lethargic, ready to die. One morning he crawled under the porch. I crouched there, coaxing him to come out to be held. A doe had been watching from a distance. When I started to cry, she approached within inches of me, her own eyes watering. I said, "Michael's dying,

and I don't want him to go."

The doe poked at Michael under the porch, nudging him, but he wouldn't budge. Meanwhile, I thought, "I'm crying about my cat to a deer, and she empathizes. I'm glad nobody's around to cart me away."

I dropped Michael off at the vet that day. Feeling cowardly, I couldn't stay to watch Michael die,

and I drove to work. But soon the vet called and told me to come get my cat. Seeing the needle, Michael had sprung into action, running

around the exam room, meowing angrily, not ready to go.

Three years later, I did need to put Michael down. When I returned home from the vet, alone, three surprise visitors — a doe and two yearlings — sat resting on the lawn.

One night in bed, years after that, I felt a cat curled against my legs. I didn't think much of it; I'd been so used to it for 13 years. But then I realized it was Michael, sleeping. A spirit cat is still able to take up most of the bed.

He came when called, but he took his own sweet time about it.

Margaret Kellermann's
art is often inspired by cats.
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"Michael loved deer. And the deer loved Michael."



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Animeals for Your Pets

By Carole Beaton

Milo, a 25-pound orphan shorthair, chose Victoria Harvey as his new caregiver after trying out a couple of other homes. When he was brought to Vicki's neat apartment at Silvercrest Residence in Eureka, he fell in love with her immediately and sprawled out on her floor.

He has been there for three years, and is a fussy Animeals client on a special wet food diet to suit his delicate digestion.

Animeals is a non-profit program that provides pet food for low-

income seniors, many of whom might not be able to keep their beloved pets without help. Many of our clients are Adult Day Health Center participants at the Humboldt Senior Resource Center, or receive HRSC's Home Delivered Meals.

Every Monday, I enjoy bagging pet food for more than 70 people and their approximately 80 cats and dogs. Each bag is individually packed for each client, and contains an extra goodie, usually a can of wet food or a bag of treats. I try to make each bag special every week.

The food is delivered to Home Delivered Meals clients from McKinleyville to Fortuna, and to the Adult Day Health Center and Silvercrest Residence. I deliver much of the pet food myself, which is really fun because I can see the happy faces of both people and their pets when the food arrives.

Funding for Animeals comes from

our generous community. Animeals also just received a grant from Coast Central Credit Union that will pay for about a year's worth of dry pet food.

The McLean Foundation has also supported Animeals with two grants, and some local residents make monthly donations.

Many Animeals clients have old dogs or cats that can eat only wet food, and a couple of fussy cats who insist on certain flavors of Fancy Feast.

The Fin-N-Feather Pet Shop in Henderson Center donates most of the dog food, plus many other extras. It's great to have such good food for my Animeals clients.

Sarah Palmer, manager of Fin-N-Feather, says that she is more than glad to donate the food, most of which has been returned to the store.

"I love it that the food is not wasted, that it's going to help," she said. "It's only fair that a little old lady can keep her kitty fed."

Animeals has been a special project of our animal welfare non-profit organization, Bless the Beasts, for more than 12 years, and I hope it will continue as long as I do.

—
Carole Beaton of Eureka is co-director of Bless the Beasts, and facilitator of its Animeals program. For information, call 845-9748 or email caroleb@arcatanet.com.



Milo is good company for his owner, Vicki Harvey. Carole Beaton photo.



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"As our representative on California's Coast Commission, Supervisor Ryan Sundberg helped save over 70 local jobs at Coast Seafoods" - Greg Dale

"After 8 years of frustration, Ryan established the McKinleyville Municipal Advisory Committee within 6 months of being in office. Ryan Sundberg is the most effective Supervisor the 5th District has ever had." - John Corbett, McKinleyville resident and former County Supervisor

"Ryan Sundberg is responsive to the needs of people in the community and knows how to get things done. He currently sits on the McKinleyville Senior Center Advisory Board and supports the center with both time and money... I strongly support Ryan for 5th District Supervisor." - Molly Borja, Senior Center Volunteer

**Support Ryan Sundberg for
5th District Supervisor 2018**
sundberg4supervisor.com

AGING IS AN ART — BY JOHN HECKEL



Too Much Stuff

Every spring, I develop an intense spring-cleaning/decluttering anxiety. I experience a conflict between what I *want* to do and what I *actually can* do. I *want* to get rid of more of my stuff, but can I *actually do* it? Not so sure.

I *am* sure, however, about a firm policy regarding the collection of stuff: for every one thing that comes into the house, two things must leave. Good luck with that.

I like the word “stuff” because it embodies my emotional, intellectual and somatic relationship with most of the collected physical material of my life. Try it. Say it out loud — STUFF. Feels good, doesn’t it?

I am also sure that I want a magical button that I can push immediately before I die that, once pushed, gets rid of all of my stuff. The thought of my children going through my stuff, deciding what goes where — keep it, thrift shop or burn it — is one extremely bothersome idea.

This spring’s decluttering attempt is the stuff of books.

Books, those old friends, read or unread, so comforting and reassuring to have around — “Teaching as a Subversive Activity” by Neil Postman, the collected works of John Berger, Bertolt Brecht, Rumi and Jung’s “The Red Book,” among so many others. Books that bring

you joy just by being there.

These friends have, at various stages of my life, had a very profound influence in shaping who I am today. Giving them up feels like giving up a part of myself.

I guess that’s part of aging, though, isn’t it? We give up various parts of ourselves. It may be that getting rid of stuff, as opposed to acquiring stuff, is a kind of useful and healthy reminder of our own mortality, which is the ultimate end-all and be-all of getting rid of stuff.

People who give paid advice on this topic (yes, there are books about getting rid of books) tell us to do it one book at a time. Hold each of your books, one at a time; those that give you joy, read or unread, keep. Those that don’t, donate, in the hope they will find joy with someone else.

Keep only those books that will give you pleasure, by just sitting on your shelves, the ones that you really cherish.

Do it one beautiful book, one old friend, at a time.

John Heckel, Ph.D., a regular *Senior News* columnist, is a former HSU theater and film professor with a doctorate in psychology, which means he has a lot of books.



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

Elders Neighborhood Block Party

By *Janae Teal & Liora Levenbach*

If getting older makes us wiser, Humboldt County is becoming wiser every year as the older population grows. Some 21,000 county residents are 65 or older, an increase of nearly 20 percent in the past five years.

This robust, growing community of older adults generously shares its knowledge and preserves the cultural history of our area. Many elders are active in their communities, providing creativity, experience and expertise to many facets of Humboldt County life.

But our aging population also faces difficulties, particularly in the more rural parts of the county. Confronting these realities is especially important during June, which is designated nationally as Elder Abuse Awareness Month.

To help raise awareness about elder abuse in our county, Humboldt County Adult Protective Services (APS) and several partners will host the first Honoring Our Elders Neighborhood Block Party in June.

Elders and vulnerable adults can be

invisible in our community. Those living in remote, rural areas are often more likely to be isolated, and thus at higher risk of abuse and neglect.

These people are also more likely to live at or below the federal poverty level, and an estimated 10 percent of Humboldters 65+ — or as many as 2,100 seniors — live in poverty. Low-income elders frequently face barriers in housing, transportation, medical care and food security.

These experiences are not unique to Humboldt County. A 2011 New York study on elder abuse found that the greatest challenge to addressing the issue in any community is that elder abuse and neglect often fly under the radar — ignored, excused, rationalized or simply missed.

The federal Department of Health & Human Services reports that nationally, “hundreds of thousands of adults over the age of 60 are abused, neglected, or financially exploited.”

APS and its community partners

work locally to combat elder abuse. Since 2013, Humboldt County APS has addressed an average of 1,800 cases of abuse and neglect per year, and the client recidivism rate has dropped below 15 percent over the past five years.

Come help APS and its partner organizations celebrate Humboldt County’s elders and raise awareness about elder abuse at the Honoring Our Elders Neighborhood Block Party on Monday, June 18, from 10:30 a.m. to 1 p.m. at the Humboldt Senior Resource Center, 1910 California St. in Eureka.

Sack lunches will be provided for all elders in attendance, and there will be live music, community tabling, and plenty of information and resources for aging adults and their families. Come join us.

—
Janae Teal is program coordinator and Liora Levenbach is program supervisor with Adult Protective Services at the Humboldt Department of Health and Human Services.

Senior News Carrier Wanted

Ever thought about a job in newspapers? Senior News is looking for a volunteer to deliver copies of the monthly newspaper in Fortuna.

You won’t be Clark Kent or Lois Lane in this job. But you can get fresh newspaper ink on your hands once a month, dropping off small stacks of Senior News to businesses around Fortuna.

It takes just a couple of hours once a month, and is a good way to get out around town. Who knows? You might hear some hot news, cub reporter.

Contact Senior News editor Ted Pease at 443-9747, x1226, or tpease@humsenior.org.



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 Tasha Romo : 443-9747 ext. 1228



Humboldt Senior Resource Center
Nutrition & Activities Program



Humboldt Senior Resource Centers
are closed
Monday,
June 11th
for
Staff
Development
Day.



Humboldt Senior Resource Center

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Become more fit?



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JUNE SENIOR CENTER ACTIVITIES

Humboldt Senior Resource Center in Eureka

1910 California Street • www.humsenior.org
Lunch: Tuesday-Friday at 11:30 a.m.-12:15 p.m.
For more information call the Tasha at 443-9747 x1228, tromo@humsenior.org

Every Weekday	9-1 Library 9-3 Senior Services Office 12-3 Billiards	Thursdays	10-11 Grocery Bingo: Bring 1 grocery item 10-11:30 Intermediate French class 11:30-12:15 Lunch – Menu page 15 1:15-2 S.A.I.L. w/ Muriel 2:10-3:10 FABS/S.A.I.L. w/ Beth & Lois June 7 & 21 10-12 Genealogy group June 28 8:30-11:30 Medication Interaction & Consultation
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 June 11 Closed June 18 10:30-1 Honoring Our Elders Block Party	Fridays	9-10 Falun Dafa 10-11 Beginning Tai Chi Movements 11-12 Beginning Yoga 11:30-12:15 Lunch – Menu page 15 1-4 Bridge Games June 1 10:30-11:30 John Nelson & Friends perform June 1 & 15 1:30-2:30 Conscious Living Book Club June 15 11-11:30 LeAnne Morini performs June 15 11-12:15 Father's Day Celebration June 22 10:30-11:30 Val Leone performs June 29 10:30-11:30 Accordionaires perform June 29 11:30-12:15 Birthday Celebration
Tuesdays	10-11 Harry's Bingo (not June 5) 11:30-12:15 Lunch – Menu page 15 12:30-1:30 Bunco (not June 5) 12:15-2:15 Pinochle 2:10-3:10 FABS/S.A.I.L with Beth & Lois June 5 & 19 1:30-3:30 HumStrum-Ukulele Play'n Sing June 5 10:30-11:30 Dine & Dance w/Ray, Dave & Lois June 17 9:30-11:30 Foster Grandparents Program June 19 11-2 Foster Grandparents Training June 26 6-9 Stamp Club June 26 11:30-1:00 CalFresh information & sign up with Food for People	Saturdays	June 2 Noon Sassy Seniors Ritas, Eureka June 16 Noon Nooners: Samoa Cookhouse
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 & Lois June 6 & 20 1-2 Caregiver Support Group Alzheimer's Library, 1901 California St., Bldg. B, 2nd Floor, Eureka June 13 11:30-12:15 Emblem Club serves lunch June 13 10:30-11:30 Fred & Melissa perform June 20 10-11:30 Commodities distribution June 27 8:30-11:30 Medication Interaction & Consultation		



Fortuna Dining Center

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

Tuesdays	12 Lunch	Thursdays	12 Lunch 12 Father's Day lunch June 7 & 21 12-1:30 Caregiver Support Group United Methodist Church Fireplace Room 922 N Street, Fortuna
Wednesdays	June 6 10:30 Music w/Bill Corena & friends 12 Lunch 5-8 BINGO	Fridays	12 Lunch 12 Birthday lunch June 29

For info call 443-9747

McKinleyville Senior Center

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

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! June 25 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 June 6 10-11 Genealogy June 20 10:30-11:30 Executive Board Meeting June 27 12-1 Monthly Luncheon: Baby Ribs, Pasta Salad, Bread & Dessert (Sign up by 6/22) \$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 June 7 11-11:30 Stuffed Pepper w/meat & rice, \$3 June 14 11-11:30 Bean Soup & 1/2 Sand, \$3 June 21 11-11:30 Chicken Veggie Soup & 1/2 Sand., \$3 June 28 11-11:30 Meatball soup & 1/2 Sand. \$3
Fridays	8:30-9:30 Tai Chi 10:30 Walking Group at Hiller Park 1-4 Pinochle June 29 10-11 Full Board Meeting (Open Meeting)		

“If there are no dogs in Heaven, then when I die I want to go where they went.”

—Will Rogers (1879-1935), actor and philosopher.

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	June 11 Closed June 25 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 June 5 10-11 Blood pressure check June 5 & 19 10-11 Caregiver Support Group Mad River Community Hosp. Minkler Education Room 3800 Janes Road, Arcata For info call 443-9747 June 12 & 26 10 Walking Group w/Chris June 26 2 Arcata Marsh Slow Walk
Every Wednesday	10-11 Chi Gong-RSVP 443-8347 10-11:15 Karaoke 11 Bread distribution 11:15-12:15 Tai Chi with Kathy-Advanced 12:30-1:30 Tai Chi with Kathy-Beginning June 13 10:30-11:30 Chuck Clarke & the Old Gold Band	Every Thursday	9-10 Tai Chi w/Tim (\$3 donation) 9-11 Katie's Krafters 10-11 Senior Pool Hour-HealthSport \$5 fee (prior registration required) 12:15-1:15 Learn Tech with Brett June 7 10:30-11:30 PJ's Musical Group June 14 11-12:15 Cal Fresh Sign-up assistance June 21 10:15-11:15 Swing 'n' Sway Trio June 21 10:30-11 Commodities Distribution
Every Friday	10-11:30 Ping Pong with Pete 10-11:30 Site Advisory Council Meeting June 15 10-11 Music with the Half Notes June 29 11:30-12:15 Birthday Celebration Lunch		

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Sunday, June 17



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Adult Day Health Center
Alzheimer's Services

Multipurpose Senior Services Program (MSSP)

Redwood Coast PACE

a Program of All-inclusive Care for the Elderly

Nutrition Programs

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

Activities Programs

Information and educational resources
Exercise classes and recreational groups

Dial-A-Ride tickets

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Senior News

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You Know You're a 'Senior' . . .

Some entries to our complete-the-sentence contest. "You know you're a 'senior' when . . ."

" . . . the bartender is too young to know how to make a Manhattan." —**Terry McCoy**

" . . . you avoid fresh corn because it gets stuck in your teeth." —**Elizabeth Flores**

" . . . you can't juggle three balls at a time anymore." —**Doug Vieyra**

" . . . what you thought you knew yesterday you may not remember today."

—**Carol Whiteley**

" . . . your body parts creak more than the floor, your mind says you're 20, but your body says, 'Yeah, you wish.'" —**Charline Smith**

" . . . you feel comfortable in your doctor's waiting room." —**Dave Spreen**

" . . . when one of your staff members, whom I don't consider young, says her mother is almost 15 years younger than I am." —**Connie Stewart**

" . . . they give you the Senior Discount without asking." —**Patricia Engness**

" . . . the little kids say, 'There's an old lady.'" —**Norma Allman**

" . . . you can't remember how old you are, when asked." —**Kathryn Kern**

" . . . the 10-year-old cookie-selling Girl Scout could be my great-granddaughter."

—**Milton Phegley**

" . . . you drink one cup of coffee and have to go to the restroom three times."

—**Mel Whiteley**

" . . . all the cops look like high school kids." —**Robert Jensen**

" . . . what you want to do and what your body can do are two differently things entirely."

—**Arlene R.**

" . . . you can't get there without the help of the walker." —**Mildred Mitchell**

And **Sue Blick's** 90-year-old uncle **Ken Bonnell** in Greenville, Mississippi, sends a little poem:

*"A thought that keeps me happy, I write for all to see,
old age is always 20 years ahead of the age I happen to be."*

—**Ted Pease**



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Firewood Sale

Humboldt Senior Resource Center's (HSRC) annual low-cost firewood voucher sale starts Tuesday, June 19, from 9 a.m. until 3:30 p.m. and thereafter Tuesdays through Friday all vouchers are sold.

The program is aimed to provide low-cost winter heating for low- to moderate-income individuals 55 or older, one voucher per household.

Vouchers may be redeemed for one cord of firewood at the Humboldt County Sheriff's Work Alternative Program (SWAP) lot off Harrison Avenue in Eureka beginning Saturday, June 23.

The vouchers are priced on a sliding scale from \$100-\$150, depending on household size and income.

Firewood is typically a mix of woods, including fir, oak, madrone and redwood, cut 16-18 inches long; some is well seasoned and some may be green.

Pickup days will be assigned when you purchase your voucher, or you may arrange to hire a delivery driver for an additional fee. At pickup, SWAP employees will load wood into your vehicle at the lot.

For more information, contact Tasha Romo at 443-9747, x1228, or the Activities Desk, x1240.



PUPPY LOVE — Rob Pearce, an Adult Day Health participant at Humboldt Senior Resource Center, snuggles with Myla, a year-old Chihuahua mix who came visiting from the Sequoia Humane Society last month. The adoptable dogs visit HSRC every month as part of a partnership with the humane society. Research shows such interactions can be beneficial to both humans and dogs. Heather Shelton photo.

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June 2018

Dining Menu



Humboldt Senior
 Resource Center

Nutrition & Activities Program

FIRST WEEK

June 1 Chicken Cordon Bleu

SECOND WEEK

June 4 Dining Centers closed

June 5 Meatloaf w/gravy

June 6 Chicken Parmesan w/spaghetti

June 7 Green Chili Egg Bake

June 8 Cranberry Chicken

THIRD WEEK

June 11 Dining Centers closed

June 12 BBQ Chicken Thigh

June 13 Spinach & Roasted Garlic Ravioli

June 14 Chinese Chicken Salad

June 15 Roast Beef w/gravy

- **Happy Father's Day**

LOW-FAT OR NONFAT MILK
 IS SERVED WITH EACH MEAL

FOURTH WEEK

June 18 Dining Centers closed

June 19 Hot Turkey Sandwich

June 20 Shrimp Linguini

June 21 Teriyaki Chicken

June 22 Taco Salad

FIFTH WEEK

June 25 Dining Centers closed

June 26 Salisbury Steak

June 27 Bay Shrimp Salad

June 28 BBQ Pork Rib

June 29 Stuffed Baked Potato

- **Birthday Cake**

People 60+ are invited

\$3.50 suggested donation

For those under 60 there is a fee.

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LIVE VIGOROUSLY

BY JOAN RAINWATER-GISH

The Nonagenarian – Part I

This month's conversation is with Peggy Green, 94, of Arcata, a retired nurse, weightlifter, walker, and Hospice volunteer.

This is my first interview with a nonagenarian (someone in her 90s). By this time in life, many people experience health issues or other limitations. My purpose in talking to Peggy is to show how one can adapt to these restrictions while still being able to Live Vigorously. Peggy is a good role model.

Q: How do you keep physically fit?

Peggy: I lift weights and do cardio workouts. My body needs movement, and I can't sit for very long. When I'm not physically active, my back gives me a lot of pain. I was injured several years ago in an accident, which left me with a compression fracture in my L1 vertebra.

Q: What physical changes have you noticed as you are aging?

Peggy: I have osteoporosis. Being a retired nurse, I've chosen to treat it by eating a good diet and exercise. I think strong muscles hold the body together and, although my bones aren't good, I think keeping the muscular system strong helps.

Also, my balance is not as good and my memory isn't as quick as it was. Sometimes it is so frustrating when I want a word and it doesn't come to me. I just want to throw myself on the ground and have a temper tantrum.

Q: How do you keep positive?

Peggy: I have good coping instincts. Reality for me now is that

I'm in my 90s, and my body doesn't perform the same as it used to, but I've figured out how to adapt and make it work.

For starters, I don't think of myself as old. I have an analytical mind, which makes me want to know how things work or how to change things. So I still look for challenges that motivate me.

Q: How do you keep socially engaged?

Peggy: My exercise class is a very social group. My friend Alice takes the class with me. She told me, "Oftentimes, I don't want to come. Then, I look over and see you and I tell myself, 'If Peggy at 94 is doing it, then I can too.'"

The class tells me I'm their role model. I understand what they are saying. Being there, working at it, and trying to stay functional inspires others. I wish there were role models for us nonagenarians.

Q: Being in your 90s, do you ever go to bed and wonder if you'll wake up?

Peggy: (Laughing) You mean, am I concerned with dying? No, I'm not afraid of dying. I feel too good and I'm not old enough yet. Besides, I have too many things I still want to do.

—
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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Eureka, Henderson Center,
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Eureka, Friday Night Market,
E St. & Opera Alley, 5-8pm

McKinleyville,
Eureka Natural Foods,
Thursdays 3:30-6:30pm

Willow Creek,
Community Commons,
Thursdays 5-8pm

Fortuna, 10th & Main Streets,
Tuesdays 3-6pm



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North Coast Co-op Events

June 6 • Wellness Wednesday

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

June 5, 12, 19, 26 • Senior Day

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

June 7 • Board of Directors Meeting

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



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www.northcoast.coop

June Community Calendar

McKinleyville Choir

The McKinleyville Community Choir will off three concerts on Sundays in June: June 3 at Trinidad Town Hall, 409 Trinity St.; June 10 at Azalea Hall, Pickett Road, McKinleyville; and June 17 at the Arcata Playhouse, 1251 9th St. All performances start at 3 p.m. Refreshments will be provided, and donations are appreciated. Call 839-2276 for information.

Friday Night Markets

A new weekly farmers market launches on Friday nights between now and mid-October at the Clarke Plaza, across E Street from the Clarke Museum in Old Town Eureka. Every Friday night from 5-8 p.m. — fresh produce, live music, local artists and acts. Sponsored by the North Coast Growers Assn., Humboldt Made, and the Eureka Visitors Center.



What's the Point?

Join the rangers at Patrick's Point State Park for a free guided day hike to rediscover some of the park's wonders, from the native Sumeg Village, to amazing vistas from Wedding Rock and Lookout Rock. Bring lunch, cameras and binoculars, and be ready for a moderately strenuous 3-mile hike along the Rim Trail. Park for free and meet on the deck at the Visitors Center at noon, Saturday, June 9. Call 677-3110 for information.

Bend & Stretch

A senior exercise class is available Monday, Wednesday and Friday from noon to 1 p.m. at the Rio Dell Baptist Church, 100 Butcher St. Free and open to everyone. Call (707) 764-3811 for information.

Trinidad Fish Festival

The 61st annual Trinidad Fish Festival is a Father's Day special on Sunday, June 17, from 11 a.m. to 5 p.m. The Fish Fest takes over Trinity Street from the elementary school to the bluff overlooking Trinidad Harbor. Live music, craft beer, art and crafts vendors, information booths and tours of the Trinidad Head lighthouse (both the memorial version down at the state beach, and the real one on the south cliffs of the Head). Plus the signature fish feed with all the fixin's.

Food for People

Food for People will offer monthly free produce markets for low-income households between now and October.

Eureka: Third Thursday of each month, noon-2 p.m., at Food for People, 307 W. 14th St.

Fortuna: Third Wednesday of each month, 11:30 a.m.-1:30 p.m., Fortuna Adventist Community Services, 2331 Rohnerville Road.

Garberville: Second Tuesday of each month, 10:30 a.m.-noon at the Presbyterian Church, 437 Maple Lane.

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

Please bring your own bags. Information at 445-3166.

Hospice Volunteers

Hospice of Humboldt in Eureka seeks volunteers, and will offer volunteer training for those interested on June 2 & 3 from 11 a.m.-3 p.m. Volunteers learn about Hospice services, and how to provide care for patients and families when they need it most. Learn more by calling Hospice at 707-267-9813.

Keeper's Circus Act

By Glory Ralston

When asked what it's like being part of a therapy dog team, I tell people that it's different than I thought it would be.

I thought that Keeper, a 6-year-old yellow Labrador retriever, and I would be doing a service for people, bringing joy and comfort to their day. That might be true, but the surprise for me was

that the people we visit have enriched

my life beyond what I could have ever imagined, especially those at the adult care facilities.

These people have become my mentors in how to live a life of patience, acceptance, tolerance and humor, even when faced with some of the most challenging situations life can offer. I know for a fact that I have gained more than I have given.

What about Keeper — does he like doing this work? Truthfully, he's not that excited about standing around and letting people pet him. For him, it's all about eating, playing and sleeping.

Once in a while during a visit he gets impatient and starts to talk to me about it. I'm not sure what he's saying, but my guess is that it's along the lines of, "With so many people here, can't someone come outside and toss the ball for me?"

As luck would have it, he has another skill he keeps tucked away for times such as these. Keeper's a performer. He has numerous tricks that he likes to show off, including sit up and beg, take a bow, take a nap, figure-8 around my legs, shake hands, and he'll jump over just about anything I ask him to.

He mostly wants to do

these tricks because he gets a treat

afterward, but he also seems to enjoy entertaining people.

Just recently, after he did his entire line-up, one of the women watching said, "That was fun. It's like having a little circus act show up."

So that's basically what it's like, working with a therapy dog: a whole host of new friends to help me learn how to live out my life with dignity and kindness, and a little circus act for Keeper to bring to the room.

We all have something of value to offer. And without a doubt, we all can gain more than we first expected when we offer up what we have to give.

—
Glory Ralston of *Trinidad* is a retired HSU kinesiology lecturer and author of two novels: *Some Things Are Obvious* and *While the Music Played*.

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ASK THE DOCTOR . . . From Page 5

age and develop chronic illnesses that may make hospital visits more likely. It is also a crucial discussion early in the course of dementia, so the person with dementia has a say in how things go as the disease progresses.

A local resource for information on advance care planning is the Humboldt Advance Care Planning Coalition: Live Well, Die Well. You can follow this group on Facebook. Another great online resource is Coalition for Compassionate Care of California (coalition.ccc.org).

When serious chronic illnesses occur, consider asking for a palliative care consult. Palliative care is a medical subspecialty that can help patients navigate difficult decisions and manage symptoms during treatment of disease. Check out

Resolution Care, a local palliative care group, online at resolutioncare.com.

Talk to your doctor, nurse practitioner or physician assistant about advance care planning. And talk to each other. It can be a hard conversation to start, but it's important. Having a plan can allow peace of mind, and lets us focus on what matters the most during our time on this planet.

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

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In addition, their Charitable Remainder Trust has become the *Saunders Fund for Charitable Giving*, benefiting important local causes.

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



“If you think dogs can’t count, try putting three dog biscuits in your pocket and then giving Fido only two of them.”

—Phil Pastoret, writer.

Letters

To the Editor:

My article “Powering Up Humboldt’s Local Energy Choice” in your May edition [page 27] included an error. I stated that Redwood Coast Energy Authority’s Community Choice Energy program provided \$2 million in rate savings to customers in 2017.

The program began in May 2017 and provided \$1.1 million in customer savings in 2017. The program is on track to meet its goal of \$2 million in savings during its first full year of operation.

Richard Engel, Redwood Coast Energy Authority

To the Editor:

Through the years, we’ve seen the county go through many changes, and we know that many more are on the way. We need a leader who can get people from all walks of life to work together for the common good — somebody who listens to ordinary people, not just special interest groups.

Steve Madrone is kind, ethical, and experienced in both government and business. He has brought good, high-paying jobs into the community, re-training timber workers to do environmental restoration. He helped create the Hammond Trail. He cares about the environment, but is fiscally conservative. Vote for Steve Madrone on June 5.

**Elaine Weinreb,
Trinidad**

Working Animals Helped Build, Define Humboldt

By Jeffrey W. Stackhouse

Animals have had a huge role in the history of the West, and Humboldt County is no exception.

Initially, riding and pack animals brought trappers and traders to this county. These horses and mules transported humans and goods across Northern California's rough terrain.

Not long thereafter, driving animals made their way to Humboldt to help cultivate lands, move redwood timber, and build towns and cities.

Before the arrival of the railroad and automobile, these working animals were the connection between sometimes remote homes, farms and towns for trade, goods and services.

Even after rail development, mule trains carried Humboldt County's fresh agricultural products into the hills to mining camps, ranchers and timbermen throughout the state's northern counties. Without such livestock, gold miners and other entrepreneurs could have never settled this tough landscape.

Today, horses still work our lands and help ranchers throughout the county gather and work

their cattle, supporting a very important agricultural commodity.

But horses can't take all the credit. The dairy industry has long been one of the iconic industries of Humboldt County, from the times of the steamboats running the Salt River to Ferndale for San Francisco's butter, to current times when our grass-fed dairy cows fill niche markets throughout the West.

These magnificent creatures help fulfill our economic needs by converting lignin into high quality protein and — my personal favorite — ice cream.

Back in 1910, Humboldt County reigned as one of California's top dairy-producing counties. We were No. 1 producers statewide in butter, casein and butterfat, No. 2 in evaporated milk, and No. 2 in the dollar value of all dairy products, at \$1.4 million. In 1910, Humboldt produced 8.6 million gallons of milk products, third in California.

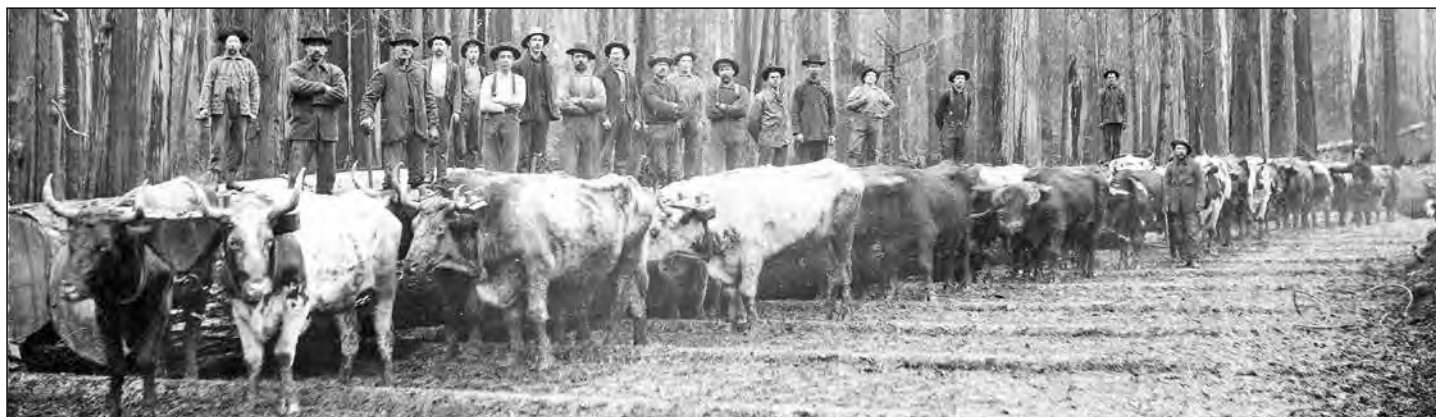
That stature has since declined, but agricultural livestock is still huge in Humboldt, with gross production in 2016 at \$190 million, more than all other

agriculture commodities combined (timber, nursery, field, vegetable, fruit and nuts, not counting cannabis). Happy and productive cows live in Humboldt.

Humboldt was once one of the largest sheep-producing counties in the state, but after World War II, demand declined and the domestic wool market crashed. Between low demand and losses to coyotes and other predators, by the late 1970s, most of Humboldt County sheep ranches had either gone out of business or converted to beef cattle.

Today, working animals continue to play an integral role in Humboldt's economy. Taking nothing away from our farms and community gardens, as the bumpersticker says, "EAT BEEF: The West wasn't won on salad."

Jeffrey W. Stackhouse is *Livestock & Natural Resources Advisor for Humboldt and Del Norte counties with the University of California Cooperative Extension Service in Eureka. For information, call 707-445-7351.*



BEASTS OF BURDEN — Oxen, like this team of 24 lined up to haul redwood logs in the early 1900s, helped build the early timber industry. Livestock — beef, sheep, dairy, horses — have been integral to the Humboldt economy. Today, beef cattle sales account for more than \$50 million/year, and dairy products totaled nearly \$100 million in 2016. Photo courtesy of the Palmquist Collection, Humboldt State University Library Special Collections.

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Letters

Share Wisdom

To the Editor:

Recently, a childhood friend asked me if I had a message for my classmates at the Class of 1964 high school reunion, 'way back in New Jersey.

At first, I thought of memories of those rock 'n roll, drag race, slicked-hair years. But the message I sent was to ask them to share their wisdom with the younger generations.

Some of our past years were "glorious." Other experiences were horrible. Nevertheless, we are now the Elders, with wisdom to share.

Jeanne Mattole, Honeydew

To the Editor:

Ryan Sundberg has my enthusiastic support as 5th District supervisor! He has jumped into this job with both feet — listened to advice, acted on complaints, and has supported the 5th district wholeheartedly! He supports children's safety in schools, and has been very proactive and effective in his inquiries, support of our community, the educators, and our children. He has been in office long enough to learn how he can be most effective. Reelectioning him now will give our communities more effective representation. Please vote for stability in the next election by voting for Ryan Sundberg for 5th district supervisor.

Carol A. Ollivier, McKinleyville

The Happy Day Laurice Got 'Lucky'

By Dave Silverbrand

Who knows what love lurks in the hearts of men and women? Lucky knows. He is a Lhasa Apso who had been waiting at the Sequoia Humane Society for someone to take him home.

I didn't know that fate was about to work its magic, bringing three unlikely creatures together on a spring afternoon three years ago.

It started with my visit to the Humboldt Senior Resource Center, where Laurice Martin of Silvercrest Residence in Eureka had been spending her days learning to read and write. In all her parenting years in Mississippi, she had bluffed her way through the literate world around her.

Inspired by her passion, I told her story on KIEM-TV in a "Celebrating Seniors" segment on our evening newscast. But I didn't realize that my connection with Laurice would not end there.

We became friends, and when she told me she wanted a puppy, I took her to the Sequoia Humane Society. I assumed that Laurice would learn about the painstaking process of matching pets with people. She wanted a chihuahua, but they didn't have



ALL 3 ARE LUCKY — That's what Laurice Martin and Dave Silverbrand say. And, of course, the pampered pooch knows he's Lucky, too. Ted Pease photo.

any available. Case closed.

We were leaving when a volunteer brought in a puppy, a caramel-colored Lhasa Apso. Laurice took him in her arms and spoke the words that sealed our fate: "Would you like to be my little puppy?"

That was it. In a half-hour, I had paid the adoption fee and we were headed back to Silvercrest, Laurice cradling "Lucky" in her arms.

Now, Lucky accompanies her on shopping trips and lies at her feet in her apartment. He is a little heavier than he used to be, but Laurice is carefully controlling his diet and exercise.

Over time, Laurice has told me

how much this little dog means to her, and I am sure she wouldn't mind sharing that story. Occasionally afflicted with depression, she knew she needed the unconditional love only a companion animal can give.

With two cats of my own, I understand that.

Whenever I am feeling dispirited or need a smile, I stop by Silvercrest to see if Laurice is home. Lucky meets me at the door, wagging and snuggling just the way he did the day we adopted him

and brought him home.

I think Lucky remembers it differently — the day he adopted Laurice, and then hit me up for a ride home.

Animals are smarter than we think they are, and whenever I see him, I can see Lucky giving me the knowing look of a loving dog who knows how well he made out.

With those soft eyes, Lucky is saying, "You didn't see this one coming, did you?"

—
Dave Silverbrand, 71, of Cutten
is a veteran Eureka TV newsman and lifelong animal lover.

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

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Coming in Senior News

We're looking for stories in coming issues of Senior News:

- **July:** "Locally Grown" is looking for stories about weird, wonderful and innovative Humboldt entrepreneurs.
- **August:** It's Arts Month, and we'll focus on artists and musicians.

Senior News

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