



## ASK THE DOCTOR

### Think F.A.S.T. to Prevent Stroke

By Jennifer Heidmann, M.D.

Every year, about 795,000 people in the United States have a stroke. What is a stroke and what can be done to reduce the risk of having one?



Stroke has been recognized for more than 2,000 years. It used to be called “apoplexy,” from the Greek for “struck down by violence.” The abrupt nature of strokes and their effects likely led to this term.

We now know a stroke is caused by either lack of blood flow to the brain or from bleeding in the brain. It can cause damage where it occurs in the brain, and may manifest itself clinically by whatever function that part of the brain was doing. Sometimes that is inability to move parts of the body, to speak, to see, or to stay awake.

A stroke could be thought of as a brain attack, sort of like a heart attack. It can be helpful to think of it this way, as it can prompt us to recognize warning signs and symptoms. When people have chest pain, we worry about a heart attack. Warning for a coming stroke might include slurred speech, confusion, sudden numbness, tingling or difficulty in using a limb, or change in vision. Sometimes a shade can come down over one eye then come back again — this can be a warning sign of a stroke.

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By Seabury Gould

“People are hungry for stories,” writer Studs Terkel once said. “It’s part of our very being. Storytelling is a form of history, of immortality, too. It goes from one generation to another.”

I have hungered for stories throughout my life, and have an insatiable appetite for inspirational quotes. There is a deep-seated need in the human spirit to tell stories, to hear and share them, and to drink deep of the wonder and the impact of the written word.

I have deep gratitude for people who have introduced me to great books, such as John Steinbeck’s “East of Eden” and Barbara Kingsolver’s “Prodigal Summer.” I keep going

back to again and again to the poetry of Rumi, Neruda and Yeats.

I cherish how Neruda can so brilliantly speak of love and how I

resonate with his words:

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Fiddler John VonEngeln and singer/guitarist Angela Martin listen as Seabury Gould spins a yarn at Gallagher’s Irish Pub in Old Town, Eureka. Photo courtesy of Seabury Gould.

## Where Am I? Finding — and Losing — Yourself in Books

By Louisa Rogers

In the early ’70s, fresh out of college, I worked as a messenger for a printing company in Vancouver, BC. During my lunch breaks, I’d sit in the smoky office lunchroom, devouring “Sexus,” the first of a trilogy by Henry Miller. Oh, to wander the streets of Paris, foraging for your next meal!

Miller’s cast of characters included the sultry,

mysterious Anaïs Nin, whom I pursued after finishing Miller’s trilogy. Diary after diary, I followed Nin’s adventures from Paris to New York. Like her, I too was an outsider, finding my way in a new land, having crossed the American continent from New Orleans.

I wandered east to west and back again, up to

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## Tedtalks: Read A Book!

By Ted Pease

In 1992, I was editor of a book called "Publishing Books," about many aspects of books and publishing. Some worried in the early '90s that the Digital Age would kill the quaint idea of typeset pages of dead trees huddled between cardboard covers.

"Sometime in the next century," predicted a retired Simon & Schuster CEO, "we will be in a world without books, victim of the latest technological evolution in publishing.

"But," he added, reassuringly, "not without writers and readers."

In a world where the elected president of the United States did most of his campaigning and now his "governing" via Twitter, one might understandably fear that more thoughtful forms of communication, from letters to books, are doomed. But, happily, it is not so.

According to industry groups like the Association of American Publishers, U.S. book sales rose 6.9 percent from 2015 to 2016. Back in 1992, a senior McGraw-Hill VP said, "With the dawn of the computer age, the reading of books was thought to become like the riding of horses, an elegant and nostalgic pastime of a privileged elite."

But, in fact, book sales have risen steadily since then, most recently up for four straight years, to more than 674 million volumes in 2016. That means hope both for words and

reading, and an engaged and informed society.

"Read A Book!" urges this month's issue of Senior News. And it's good advice. As author Susan Wiggs observed, "You're never alone when you're reading a book." That's a comfort at any age, but especially for older folk who find themselves alone with time on their hands. "Reading," said novelist William Styron, is "the best state yet to keep absolute loneliness at bay."

"Stories, books,  
reading, words —  
these are the vehicles  
of a society talking  
to itself."

Stories, books, reading, words — these are the vehicles of a society talking to itself. In this issue, storyteller Seabury Gould talks about our "hunger" for stories. Barry Evans traces the history of books from Gilgamesh in 1200 BC to Gutenberg's Bible in 1455. Others discuss their "hoards" of books, the de-

light of e-books, and losing yourself in books.

Many are passionate about books and words — "There is no friend as loyal as a book," said Ernest Hemingway. Others know not to take life so seriously. "Outside of a dog, a book is man's best friend," observed Groucho Marx. "Inside of a dog, it's too dark to read."

Read on. And then go walk the dog.

*Ted Pease, editor of Senior News, has been consumed by words for as long as he can remember.*

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# A (Really) Brief History of Books

By Barry Evans

Although writing goes back 5,000 years to the early Egyptians and Mesopotamians, who pressed sharpened sticks into moist clay, the first actual book dates to around 1200 BC. That's the Sumerian "Epic of Gilgamesh," written in the ancient Akkadian language.

Gilgamesh is the story of a demigod, probably based on a real-life King of Uruk, who lived over a thousand years earlier. The larger-than-life tale comes to us on 12 clay tablets, part of the library of Ashurbanipal in Nineveh, Iraq, unearthed by archeologists in the mid-1800s.

Gilgamesh was written in cuneiform ("wedge-shaped") script, using about 600 symbols, each of which conveyed a syllable. By the time the

author(s) we know as Homer wrote the Iliad and the Odyssey around 750 BC, the ancient Greeks had adopted the Phoenician "alphabet," in which each symbol stands for an individual sound, bringing the number down to about 40 — much easier to learn to read and write.

The really big breakthrough for the democratization of writing came in the mid-1400s, when Johannes Gutenberg (1398-1468) mechanized the production of books. Although usually credited with having "invented" printing, it's fairer to say that Gutenberg developed a system of mechanical printing, since virtually all the technologies he employed already existed, either in China or Europe.

Like most innovators, his genius lay in combining existing methods, modifying and improving as he did so.

Within 50 years of publication of Gutenberg's 1,200-page, 42-line Bible in 1455, at least 250 printers were working feverishly throughout Europe. Between 1455 and 1500, some 15 million books were printed mechanically, more than the sum total of all books that previously had been copied by hand.

The printing revolution — and with it mass communication — extended to virtually every facet of life. It's hard to imagine the Age of Enlightenment or the Scientific Revolution without the ready means to exchange information. Prior to Gutenberg, liter-



**Johannes Gutenberg is credited with being the first Westerner to create a printing press employing reusable, moveable metal type, eliminating the need for slow and laborious hand-copying. Gutenberg made only 180 copies of his famous Bible in 1455, the first mass-produced book in Europe. Only 49 volumes or partial copies exist today, including this one, which resides at the New York Public Library. Want to buy one? Estimated price: \$35 million.** Photo by Jonathan Blanc courtesy of the New York Public Library.

acy was considered mysterious, even supernatural, by the vast majority of people who couldn't read or write. After him, an unstoppable cycle came into play: inexpensive books encouraged literacy, while literacy in turn stimulated the demand for books.

The ease with which newly literate people could communicate revolutionized how minds connected. And not just factual information, but fiction, too. Think about the last time you lost yourself in a novel as you re-created the author's thoughts in your own

mind. That intimate mind-to-mind connection at a distance was all but impossible before Gutenberg. But really — it all started with Gilgamesh.

—

**Barry Evans** of *Eureka* writes the *North Coast Journal* "Field Notes" column, and contributes a rant every Sunday to the *Lost Coast Outpost*.



**The epic poem of Gilgamesh, written using cuneiform symbols pressed into clay in the ancient Akkadian language around 1200 BC, is considered the earliest surviving great literary work. This is Tablet XI, the "Deluge Tablet," on which the biblical story of the flood is based, at the British Museum in London.** Courtesy of the British Museum, photo by BabelStone.

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## Hungry for Stories... from Page 1

*Love, what a long way to arrive at a kiss.*

*To think of the effort.*

*to think that you and I, divided by trains  
and nations,*

*we had only to love one another:*

*with all the confusions. . .*

*the earth that makes carnations rise, and  
makes them bloom!*

I have always felt much respect for people in my life who are eloquent. I value immensely the sharing of deep thoughts and profound feelings, not only in conversations, but also in written correspondence — the personal written word.

I have been intrigued by seeing how far I (or another writer) can go with words. An example of “juicy eloquence” is Joseph Campbell, who said stories or myths can waken “participation in the inscrutable mystery of being.”

Sometimes I face the ineffable — thoughts or feelings that are too great for words. It feels

life-giving when I encounter stories or song lyrics that awaken wonder and awe. When I am being a storyteller telling a story, or a musician singing a song, it is always meaningful to express that enchantment.

There comes a point when I feel that there are no words to describe the essence or the depths of a deep emotion. For instance, I am thankful beyond words to be my precious grandson’s Grand-Daddy.

I revel in how the written word can take me “inside” an aesthetic experience and into another world. In stories and in life, I open myself to seeing the equilibrium in the beginning of a story; how conflict or the element of trouble comes in, and how there is a climax and a Moment of Truth that resolves conflict and teaches an important lesson.

As a story ends, a new balance is established, everything has been resolved, and I have a feeling of completion and a new equilibrium.

—  
*Seabury Gould, 63, is an Arcata-based storyteller and musician.*

**“I lived in books more than I lived anywhere else.”**

—Neil Gaiman, *writer*



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## Too Bad

The garden needs weeding?

Too bad. I’m reading.

Some tickets to sell

For a raffle? Oh, well.

A cat that wants in?

A nagging “To Do” list?

A sinkful of dishes?

Some dust that I missed?

Too bad.

Too bad.

Too bad.

I’m reading.

—  
*Ann King is a proofreader for  
Senior News. She reads in Eureka and  
elsewhere, and frequently has more than one  
book going at a time.*

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## Best Friends — Building your ‘Forever Bookshelf’

By Jeanne Sapunor

Swimming upstream against the empty-nester syndrome, my husband and I opted to upsize when we moved from an 875-square-foot house in Sacramento, where we raised two daughters, to a home twice that size in Eureka. We needed the extra space so we could finally unpack all our books.

Twenty-one crates of them, books that, for better or worse, had been with us through 40 years together. During 13 moves, we hauled my husband Ralph’s cherished 1963 Encyclopedia Britannicas to each relocation, landing in Eureka in 2013. After settling in, we prioritized projects and had the roof repaired; that done, we had floor-to-ceiling bookshelves built.

But even that addition did not allow for the Britannicas. After being turned down with empathetic “No thanks” from the mainstay of local book traders, Ralph donated them to a charity shop, where I imagine they now function as weights, pressing out wrinkles on less obsolete hand-

embroidered tea towels.

The encyclopedias gone, we started organizing our collection into “keep,” “trade or donate” and, because we couldn’t discard another book, we also made a “give this book to a friend and it will be their problem” pile.

A fourth category — a sentimental “in case we have room” pile — grew with books we reread every 50 years, like “Stuart Little.” In 4th grade, I



**There’s always something to read at Jeanne Sapunor and Ralph Davis’s home in Eureka, and an impressive floor-to-ceiling bookcase to house them.** Ted Pease photo.

took my copy of the E.B. White classic to my teacher, Mrs. Breese, who happily read it aloud, a chapter a day, to the discomfort of some classmates who spent afternoon recesses discussing how a woman could mother a boy and a rodent. Ralph added his favorite Scholastic books, among them “Freddy the Pig” and “The Pink Motel.” We made room.

Task-wise, it was easier to agree on the paint color for our front door than

to decide how to sort our books, so we split the wall of shelves down the middle. His collection of mysteries, history and plays are on the right; my side is filled mainly with fiction, including Steinbeck, Amy Bloom and the Maisie Dobbs series (my post-Nancy Drew bow to mysteries).

I permitted Ralph’s collection of Welsh history to trespass to my side, and he allowed my bawdy Marx Brothers bios to share space with his tonier playwrights and poets.

Now, we just need our daughters to retrieve their books from our garage. No hurry, though. I want them to have their Judy Blume and Roald Dahl books when they each build their own forever bookcases.

—

**Jeanne Sapunor, 62, and her husband, Ralph Davis, of Eureka like books better than many people.**

## Who Knew? She’s E-cstatic About Her E-books

By Marna Powell

I never thought I’d read an e-book. How do you replace a good old paper book with a cold tablet?

In 2009, I bought a used iPod from one of the local teens who always have to get the newest, coolest electronic gizmo as soon as it hits the market. Out of curiosity, I downloaded the “Kindle Reader” app, and then found a few free e-books.

I hadn’t read any of them when, without warning, I found myself sitting in the hospital ER (that’s how you end up sitting at an ER — without any warning) and I had no book

with me. Well, what to do for the next six hours? Holy moly, I thought. There are 12 books right there in my pocket! Still thinking I would hate reading on a device, I opened a book and have never gone back. It’s now been almost seven years since I read an actual dead-tree, ink-on-paper book.

I love e-books. My technology has upgraded a bit since then. My phone, tablet and computer share the same book-reading apps. Many e-books are still free, and now many libraries carry them as well. If you purchase e-books, some also offer audio versions for a couple of dollars more. I

can read a book on any of my devices and then listen on the car stereo as I drive. It picks up the story right where I left off.

I like that I can search for a word, sentence or topic. I can “bookmark” a page or quotation and then find it again. I can highlight a word and look up its definition or synonym immediately. I can change the font or make the type bigger. I love to bury my face under the blankets, so I used to read under the covers with a flashlight. My iPhone is backlit, so now I can easily read under those toasty blankets. If I fall asleep reading, the book shuts itself off.

I do still buy hard-copy field guides. I’m a nerd for info books on pretty much any topic about natural history. The electronic versions are easier to search, but there’s just nothing the same as thumbing through a field guide and looking up all those little factoids.

I guess some habits haven’t changed, but I have learned never to say “never.”

—

**Marna Powell of Orick is a small business consultant, nature-lover and passionate reader.**



POINT OF DEPARTURE— BY BOB MORSE

## Surviving Grief Without Religion

When a loved one dies, we experience grief and then we find ways to deal with it. Our friends and family try to comfort us, help us recover and move on. For most, some form of relief and comfort can be found in faith in a life beyond physical death, faith that loved ones will be reunited some day, faith in the loving comfort of some power beyond our mortal understanding.

But with a growing percentage of non-believers in the United States, according to a Pew Research Center Study ([tinyurl.com/ldnxabw](http://tinyurl.com/ldnxabw)), it's increasingly likely that many of us will eventually deal with grief without those traditional beliefs and sentiments. How can secularists process their grief? What comfort can others offer to non-believers in an after-life? If you are a non-believer, how should you respond when people offer condolences based in their faith?

Rebecca Hensler found herself confronting many of these issues when she lost her son. Suffering alone from such a tragic event, she sought support of an online group. While the group did help her, much of the interaction was based in religious belief. As a secularist, Hensler found the support offered was often alienating more than comforting. This led her to create a Facebook page ([www.facebook.com/faithfree-griefsupport](http://www.facebook.com/faithfree-griefsupport)) for atheists.

The public Facebook page has grown to nearly 20,000 likes. There

is a website ([griefbeyondfaith.org](http://griefbeyondfaith.org)) and a closed Facebook group where peer counseling free of religion is offered ([www.facebook.com/groups/GBBGroup/](http://www.facebook.com/groups/GBBGroup/)).

Outside the online world, there are few genuine options available. Hospitals and hospice often offer some kind of grief counseling, but those are often led by religiously grounded counselors.

Hensler has written a resource to help community secular organizations create grief support groups. She also recommends a couple books: "A Grief Workbook for Skeptics: Surviving Loss Without

Religion" by Carol Fiore, and "Comforting Thoughts About Death That Have Nothing to Do with God" by Greta Christina. A third book I discovered, "The Humanist Approach to Grief and Grieving" by Jennifer Hancock, also has a website, [humanistgrief.org](http://humanistgrief.org), which offers a number of other resources.

So if you find yourself in need of secular support, or in a quandary on how to express sympathy or offer comfort to an atheist, there is a growing list of places to turn.

**Bob Morse** is 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).

"What comfort can others offer to non-believers..."

## Where Am I?... from Page 1

Canada and down to the States, trying to figure out where I wanted to place myself.

When I discovered "An Unknown Woman: A Journey to Self-Discovery," by Alice Koller, it was talismanic for me. She, too, felt adrift and untethered. The book is her account of leaving the mainland to spend three months alone in an isolated house on Nantucket Island. Every day she walked the beach with her dog, reflecting on her life and examining her every choice with a vigorous honesty that both excited and unnerved me.

She found her way, I thought. Maybe I can find mine.

Now in my 60s, once again I'm drawn to books about place. In "Fire Season," former Wall Street Journal editor Philip Connors describes what it's like to spend half the year living in a lookout, studying ridges of land 10,000 feet above sea level in remote New Mexico.

In "Alone, Together," Susan Wittig

Albert recounts how she builds a home in the isolated Texas Hill country with her husband, familiarizing herself with the names of the animals and plants that inhabit the area, and discovering, to her surprise, that she still needs solitude, even there in that remote place.

As I read their stories, I ponder where I belong. It seems I've been asking myself this question ever since I read Sexus nearly 50 years ago. If every reader has a life question that pursues them, this one is mine, and the books I choose involve characters who are haunted by the same question.

I'm relieved when they don't find a place to call their own. They're confused, just like me, and together we seek Rainer Maria Rilke's wisdom, to be "patient toward all that is unsolved in your heart."

—

**Louisa Rogers** lives and reads in Eureka. For now.

"Books are a uniquely portable magic."

—Frank Zappa (1940-1993), rock musician.

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## At the Fortuna Library:

## There's Freedom in the Written Word

By Albert Miller

A certain fascination can take hold of you in a library. You will usually lower your voice when entering. Once inside, you are surrounded by a wide world of books, other information sources, and extensive entertainment media.

Voluminous and far-reaching, that knowledge and entertainment resource can project itself into the mind's eye by osmosis, so to speak. For example, simply browsing titles in the non-fiction collection engenders ideas on a broad scale.

Seniors today are involved not only in senior activities, but also with their grandchildren, children, teenagers and young adults. The Fortuna Branch Library addresses literary needs of all ages with a broad selection of fiction and nonfiction books, thousands of entertainment DVDs, "how-to" CDs, audio books on CD, and 4,000 CDs of every musical genre.

Serving Fortuna's reading needs since 1908, the library today houses 5,300 fiction and nonfiction titles for adults, 300 new titles, and "A Collection for Older and Wiser" readers including large-print and audio books.

In the "senior section," you'll find books on senior health issues and nutrition, arts and crafts, budget and money matters, vacation and travel, fishing and hunting, meditation and spirituality, swimming, aerobics and exercise routines, golf, woodworking, painting and more.

A separate Spanish-language section displays 260 books, and the library has its "Teenzone," a special room with books for teenagers, as well as special library sections for younger and older kids. More than 325 volumes fill the reference book shelves with resources ranging from automotive repair and anatomy, to medical references and wedding guides.

The library engages people in a hands-on

manner, too — for example, promoting proactive outreach programs for a diverse community.

There's the monthly Family Literacy Night, and storytelling sessions weekly led by grandparents as readers; the Fortuna Library Book Club meets the first Wednesday of the month at 7 p.m.

"Adventures in the written word greatly appeal to youngsters of all ages, especially when read by one of our talented volunteers," said former librarian Chris Cooper. "The storyteller skillfully evokes a vicarious sense of adventure simply through the power of the spoken word — a valuable learning experience."

For more information on programs and resources, or to volunteer, contact the Fortuna Library, 753 14th St., Fortuna, at 707-725-3460.

Albert Miller, 93, of Fortuna is a retired engineer and publisher.



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## SONGS WE TELL EACH OTHER

BY MARGARET KELLERMANN

### A Tale of Misha and the Gray Tiger

*The wise know nothing at all.*

*Well, maybe one song.*

— Ikkyu

Twenty years ago, my housemate, Adrienne, invited her friend “Grandfather Misha,” visiting from Siberia, over for dinner. Misha was 93 years old and blind in one eye. During the Russian Revolution, he was already a teenager. He’d once been a hunter in his village; now he was its venerable leader. I sensed there was something holy about him.

As the March evening twilight backlit our backyard crabapple trees in bloom, Misha stood among them. He held out his arms, murmuring. On the back deck, Adrienne whispered, “He’s thanking them for being so beautiful.”

That night as we ate, Misha told us about the gray Siberian tiger that came near a village and about the hunters who pursued it to protect the village. He looked keenly at me while he told the story in Russian. In this story, he didn’t wait for Adrienne to translate, so she had to talk low under his beautiful words.

He sounded like a young child as he told the story, almost singing. As a character in Amy Tan’s “The Joy Luck Club” says, “Now that I am old, moving every year closer to the end of my life, I also feel closer to the beginning.”

I was transfixed. This was a story about himself, I surmised. When the hunters tried to kill the tiger, said Misha, it attacked one hunter. It slashed his eye, then walked away. It did

not kill him. So the hunter stopped chasing the gray tiger that day and did not hunt anymore.

In the kitchen between courses, Adrienne told me, “When people in Misha’s hometown ask him questions, he tells them a story. But since he’s so old, his stories are the same few, over and over. So you can’t really take them as advice for your own life.”

Maybe not, I thought. Maybe so.

After dinner, Grandfather Misha embraced me, Russian-style. Scrutinizing my face, he said something over and over. I thought he was saying, “Thank you for dinner. Thank you.”

But Adrienne was listening: “‘Don’t forget,’ he’s saying. ‘Don’t forget.’” It was a message for me.

No more language was needed. He went out the door to the dark. How could he know that, more than anything else, I wanted to remember that night? To hold onto his one story, like a fading-evening-light dream?

**Margaret Kellermann** works with groups and individuals in therapeutic arts. This nonfiction account first appeared with 29 more stories in Kellerman’s 1998 collection of stories, “Made With Love.” To purchase the book from the author, go to [www.bluelakestudio.net/contact](http://www.bluelakestudio.net/contact).

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—Thomas Jefferson (1743-1826),  
3rd U.S. president



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# Read Me a Story: Humboldt Literacy Project Grows Dreams

By Emma Breacain

When we talk about reading, a lot of us have an image in mind: Maybe you'd savor a delicious novel in a hammock with a cool drink on a sunny afternoon, or perhaps you're thinking of taking that book by the fireside with a steamy cup of tea on a blustery winter day.

But some of your neighbors have less ambitious dreams — to read their medicine labels, or the menu at a local restaurant, or a job application, or a note from the kids' teacher.

The Humboldt Literacy Project wants to make these dreams come true.

Our 2015 Learner of the Year, Chong Geyer, was born in South Korea but has been in California for about 30 years, more than half of that time in Humboldt County. She has many goals, including writing and publishing a novel, and being helpful to her community.

"In order to do more, I have to read," Geyer said. "In order to help other people, I have to learn. . . . If I can do it, you can do it. We just have to go out there and make it happen."

Functional illiteracy affects 15 percent of the adult U.S. population, not counting their families,



**HLP Executive Director Emma Breacain, left, and language tutor Shane Mizer discuss how Chong Geyer's (right) growing English-language skills have benefited herself and her friends and neighbors.** Ted Pease photo.

friends, colleagues and community. Many are eager to build their abilities and use them to win better jobs, to volunteer in the community, or to read a bedtime story to their kids.

Illiteracy — and literacy — affect everyone.

A literate populace is rich with talented workers for businesses to hire. And as literacy rates rise, rates of

crime, unplanned pregnancy and dependence on tax-paid services fall.

Shane Mizer came to the Humboldt Literacy Project to be a tutor, was named 2015 Tutor of the Year, and became HLP board president in 2016. "Advancing literacy . . . is the strongest way I can think of to make a large impact on our community," said Mizer, who is publisher of Lost Coast Outpost, the local online news website.

Humboldt Literacy Project connects adult learners of all ages and backgrounds with volunteer tutors for free, confidential, one-on-one English-language tutoring.

Those interested in supporting literacy in Humboldt County can help by attending HLP's annual fundraiser, the Great Humboldt Trivia Challenge, April 23 at Cher-Ae Heights Casino in Trinidad. For information on Humboldt literacy, visit HumLit.org, call 445-3655, or come to our informational drop-ins from 3-5 p.m. on the first Tuesday of every month at public libraries in Eureka, Arcata, McKinleyville and Fortuna.

—

**Emma Breacain** is executive director of Humboldt Literacy Project in Eureka.



**Sculptors Louisa Campbell, left, and Connie Butler work on pieces for an upcoming show, "Animal Wisdom," opening March 4 at Fire Arts Gallery in Arcata.** Ted Pease photo.

## Octogenarians Offer Whimsical Show

Two longtime North Coast artists will combine their talents in March to present a show of their light-hearted sculptures at the Fire Arts Center in Arcata.

Between the two of them, Connie Butler, 82, of Trinidad and Louise Campbell, 87, of McKinleyville have decades of experience and thousands of pieces of whimsical and serious art to their credit.

Some of these will be on display in a show titled "Animal

Wisdom" at the Fire Arts Gallery, 520 S. G St., Arcata, with a reception Friday, March 4, from 6-9 p.m., and running through April 2.

"I think it's a real trip to have two 80-year-olds showing their stuff," Butler said, displaying a 10-inch jar with dancing pigs engraved in the sides.

Campbell started with a cartoon strip as a child, and turned to ceramics 30 years ago. She often features

animals, such as the small owl she was working on, to "Derek the Dragon." All her pieces include a tiny mouse.

Butler is proud of a seated mother, typing on a cell phone. "That's how we communicate these days," she said. Another piece is "Our Lady of Perpetual Groceries," also featuring a cell phone.

"We don't take ourselves too seriously," Butler said. "Humor is important."

— Ted Pease



AGING IS AN ART — BY JOHN HECKEL

## Finding the ‘Right Words’ When It’s Time to Let Go

My mother, Emmi, died at the age of 95. She fell and broke several ribs. After five days at St. Joe’s she decided enough was enough and died.

I did not have either the privilege or the responsibility of having the death and dying conversation with her. You know the one I mean. The difficult one that most of us avoid.

My mother-in-law, Lois, is 98. During the early part of February, I spent time in Santa Rosa and watched as her children, including my wife, Janet, struggled with their version of that conversation. Their struggle was with an innate awkwardness and fear that cause us to postpone necessary conversations with the dying. In many cases, we postpone until it’s too late. Janet, her two sisters, and her brother couldn’t find the right words.

The “right words” are, of course, dependent on the spiritual and philosophical beliefs of those dying. “Heaven,” “passing,” “the other side” or “going to be with the Lord” — which should we choose when suggesting to our elderly, dying parent that it is all right to die? To tell someone we love that it is “all right for them to die” is itself a choice some might find objectionable. Often the right language choices are not clear.

What is clear is that when we have difficulty making these language choices, we tend to avoid the conversation altogether. It is also clear that if we do

not know when to have the death and dying conversation, we will more than likely not have them at all. We all wait much too long to have them. We often wait until the one dying is no longer aware enough to participate fully and express their wishes.

Why not have those conversations when we are not in the final and imminent stages of dying? Why not discuss how we would like to be talked to about dying while we are still perfectly lucid? Why not talk about it is desirable when in the dying process to discuss one’s fears, hopes and wishes around death?

Please have these and other death and dying conversations early. It will make those later conversations when you are experiencing the inevitable anxiety, fear and grief so much more rewarding and comforting.

Find the words that are “right” for you and your loved one.

Janet has found her words: “Mom, it’s okay to let go.” I lovingly hope she will find both the space and the courage to communicate them.

—  
**John Heckel** is a former HSU theater & film professor with a Ph.D. in psychology. He is a regular Senior News columnist and member of the Senior News Advisory Board.

## Wood Plans Town Hall on Health Care

California District 2 Assembly-member Jim Wood will hold a town hall to get voter perspectives on health care and the Affordable Care Act at 5 p.m. on Friday, March 24, at the Humboldt Aquatic Center in Eureka.

Wood, a forensic dentistry expert

who practiced dentistry in Cloverdale and served two terms as mayor of Healdsburg before his election to the Assembly in 2014, is committed to protecting the health interests of his northern California constituents, a spokesperson said.

“Speaking personally, you can have my gun, but you’ll take my book when you pry my cold, dead fingers off of the binding.”

—Stephen King, *author, 2000*



**\*To celebrate local art & public transit, on the first Saturday of the month, all rides on RTS are FREE AFTER 7:30 PM! (That’s Arts Alive!)**  
Just jump on the RTS bus line after 7:30 p.m.  
— any bus stop — and it’s free. No ticket required.

**ENJOY YOURSELF take the bus.**



# MARCH ACTIVITIES

## Humboldt Senior Resource Center - Eureka 1910 California Street: 443-9747 ext. 1228

### Every Weekday

8:30-4 Computer Lab  
8:30-4 Library  
9-3 Senior Service Office  
9-11 Analogous Spanish with Max  
12-2 Billiards

### Every Monday

9:30-10:30 Karate w/Jerry Bunch  
10-12:30 Mah Jongg  
11-12 Yoga with William Timm  
11-1 Back to Basics Line Dancing  
1:15-2 SAIL w/Muriel  
2:10-3:10 FABS/SAIL by Beth and Lois  
2:30-4 Memoir Writing Class

### Every Tuesday

10-11 Harry's Bingo (*not March 7*)  
11:30-12:15 Lunch – **Menu below**  
12:30-1:30 Bunco  
12:15-2:15 Pinochle  
2:10-3:10 FABS/SAIL by Beth and Lois

Mar. 7 10:30-11:30 Dance & Dine-Ray, Chuck, Dave & Lois  
Mar. 7, 21 1:30-3:30 Ukulele Play'n Sing  
Mar. 21 6-9 Stamp Club  
Mar. 28 11:30-1 CalFresh Info and sign-ups w/Food for People

### Every Wednesday

11:30-12:15 Lunch – **Menu below**  
1:15-2 SAIL w/Muriel  
1:30-3:30 Intermediate Line Dancing  
3:30-4:30 FABS/SAIL by Beth and Lois  
Mar. 1 11-11:45 EPD talk with Suzie Owsley  
Mar. 1 & 15 1-2 Caregiver Support Group  
Adult Day Health & Alzheimer's Services, 1901 California St., Bldg. B, Library, 2nd Fl., Eureka  
Mar. 8 11-11:30 LeeAnn Morini to perform  
Mar. 8 11:30-12:15 Emblem Club serves lunch – **Menu below**  
Mar. 15 10:30-11:30 Val Leone performs  
Mar. 15 9:15-11:15 Foster Grandparent Program  
Mar. 15 10-11:30 Commodities distribution  
Mar. 22 11-11:30 Jim Wills performs  
Mar. 22 11-11:30 Rick Park performs



### Every Thursday

10-11 Grocery Bingo:  
Bring 1 grocery item  
10-11:30 Intermediate French  
11:30-12:15 Lunch – **Menu below**  
1:15-2 SAIL w/Muriel  
2:10-3:10 FABS/SAIL by Beth and Lois  
Mar. 2 & 16 10-12 Genealogy group  
Mar. 9 11:15-11:30 Foster Grandparent Program  
Mar. 16 12:30-1:30 Covered CA/Medi-Cal assistance drop-in clinic  
Mar. 30 8:30-12:30 Medication Interactions & Consultation

### Every Friday

9-10 Falun Dafa  
10-11 Beginning Tai Chi Movements  
11-12 Beginning Yoga  
11:30-12:15 Lunch – **Menu below**  
1-4 Bridge Games  
Mar. 3 10:30-11:30 John Nelson & Friends perform  
Mar. 10 10-12 Low Vision Support Group  
Mar. 17 11-11:30 St. Patrick's Day Celebration  
Eric Smiley to perform  
Mar. 31 11-12:15 **Birthday Celebration**,  
Accordianaires perform

### Saturday

Mar. 4 Noon Sassy Seniors-Round Table  
Mar. 18 Noon Nooners-Gallagers

## March Dining Menu



Humboldt Senior  
Resource Center

Nutrition & Activities Program

### FIRST WEEK

Mar. 1 Chicken w/Fire Roasted Tomato  
Mar. 2 Beef Stroganoff/Egg Noodles  
Mar. 3 Tuna Casserole

### SECOND WEEK

Mar. 6 Dining Centers closed  
Mar. 7 Lemon Herb Baked Fish  
Mar. 8 BBQ Rib  
Mar. 9 Baked Potato Soup  
Mar. 10 Chicken Cordon Bleu

### THIRD WEEK

Mar. 13 Dining Centers closed  
Mar. 14 Meatloaf w/Gravy  
Mar. 15 Chicken Parmesan w/Spaghetti  
Mar. 16 Split Pea Soup w/Ham  
Mar. 17 Corned Beef & Cabbage  
-St. Patrick's Day

### FOURTH WEEK

Mar. 20 Dining Centers closed  
Mar. 21 Hamburger  
Mar. 22 Butternut Squash Ravioli  
Mar. 23 Stuffed Cabbage Roll Casserole  
Mar. 24 Chinese Chicken Salad

### FIFTH WEEK

Mar. 27 Dining Centers closed  
Mar. 28 Hot Turkey Sandwich  
Mar. 29 Cheese Manicotti w/Tomato Cream  
Mar. 30 Teriyaki Chicken  
Mar. 31 Taco Salad-Birthday Cake

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Redwood Transit System (RTS)  
Mon-Sun

Eureka Transit Service (ETS) &  
Willow Creek  
Mon-Sat

Southern Humboldt  
(Wheelchair Lift)

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Mon-Fri

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\*See Activities at Senior Centers calendar at right for Eureka, Arcata & McKinleyville classes.

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## Arcata Community Center

### Humboldt Senior Resource Center Dining Center

825-2027 • 321 Dr. Martin Luther King Jr. Parkway • Menu on page 11

<b>Monday</b> Mar. 13 & 27 11-12 Silver Quills Writing Group Mar. 20 HSRC Arcata Dining Site will be closed Presidents' Day.	<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 10-11:30 Chess and more 11 Bread distribution 12:30-2 Bead Jewelry Craft Class	<b>Every Thursday</b> 9-10 Tai Chi (\$3 donation) 9-11 Katie's Krafters 10-11:15 Chair massage (donations accepted) 10-11 Senior Aqua Aerobics \$5 fee-HealthSport (prior registration required) Chess and more 10-11:30 Learn Tech with Brett 12:15-1:15 <b>Caregiver Support Group</b> Arcata Community Center Teen Room For info call 443-9747 Mar. 9 10-11 Cal Fresh Sign-up assistance Mar. 16 10:15-11:15 Swing 'n' Sway Trio Mar. 16 10:30-11 Commodities Distribution
<b>Every Wednesday</b> 10-11 Chi Gong 10-11:15 STRONG Exercise w/ Marilyn 11 Bread distribution 11:20-12:15 Yoga Stretch 12:30-1:30 Tai Chi for Better Balance Mar. 1 & 15 9-11 Haircuts by Joey Mar. 8 & 29 10-11:15 Dance - Old Gold Band	<b>Every Friday</b> 10-11:15 STRONG exercise w/Marilyn 10-11:30 Ping Pong with Pete 11:20-12:15 Yoga Stretch 12:30-1:30 Tai Chi for Better Balance Mar. 3 11-12:15 Super Bowl Party & Lunch Mar. 10 10-11 Site Advisory Council Meeting Mar. 17 10:30-11:15 Music with the Half Notes Mar. 17 11:15-12:15 St. Patrick's Day Party & Celebration Lunch Mar. 31 11:15-12:15 Birthday Party & Celebration Lunch	

## McKinleyville Senior Center

Azalea Hall • 839-0191 • 1620 Pickett Road • azaleahall@att.net • M-F 9-4

<b>Every Monday</b> 8:30-9:30 Tai Chi 10:30 Walking Group at Hiller Park 12-3:30 Computers 1-4 Party Bridge Mar. 27 11-12 Low Vision Workshop	<b>Every Tuesday</b> 9-11 TOPS 9:30-10:30 SAIL Class 10:40-11:40 Stretching 12:30-3:30 Bingo 1:30-2:30 Exercise	<b>Every Thursday</b> 9:30-10:30 SAIL Class 10:30-12 Pinochle Lessons 10:40-11:40 Stretching 12:30-3:30 Bingo Mar. 2 11-11:30 Split Pea Soup & Half Sandwich-\$3 Mar. 9 11-11:30 Ital. Meatball Soup & Half Sandwich-\$3 Mar. 16 11-11:30 Taco Soup & Half Sandwich-\$3 Mar. 23 11-11:30 Hot Dog & Macaroni Salad \$3 Mar. 30 11-11:30 Sloppy Joe & Cole Slaw \$3
<b>Every Wednesday</b> 8:30-9:30 Tai Chi 9-12 Computers 10-12 Needlework 10:30 Walking Group at Hiller Park 1-4 Pinochle Mar. 1 10-11 Genealogy Mar. 15 10:30-11:30 Executive Board Meeting Mar. 15 12-1 Monthly Luncheon - Corned Beef, Veggies, Dessert \$5-Sign up by 3/10 Mar. 29 1-2 Heart Healthy Club	<b>Every Friday</b> 8:30-9:30 Tai Chi 10:30 Walking Group at Hiller Park 1-4 Pinochle Mar. 3 10-11 Sweet Spot Mar. 31 10-11 Full Board Meeting (Open Meeting)	

## Fortuna Dining Center

HSRC at Mountain View Village • 2130 Smith Lane  
Contact Launa at 725-6245

Lunch: Tues-Fri at noon    Menu on page 11

<b>Tuesdays</b> 12 Lunch	<b>Wednesday</b> Every Wed. 5-8 BINGO Mar. 1 10:30 Music with Bill & Corena	<b>Thursday</b> Mar. 17 12 St. Patrick's Day Lunch Mar. 2 & 16 12-1 <b>Caregiver Support Group</b> United Methodist Church-Fireplace Room 922 N Street, Fortuna For info 443-9747
<b>Friday</b> Mar. 31 12 Birthday Lunch		

## Ferndale

Ferndale Community Center  
Mon., Wed. & Fri. 8:30-10 S.A.I.L Class

Our Savior's Lutheran Church  
Tues. & Thurs. 10-noon Cribbage

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## Rio Dell

Rio Dell Baptist Church  
Mon., Wed., Fri 12-1 Exercise Class

## Healy Senior Center

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www.healyseniorcenter.org

<b>Mondays</b> 10:30 Fitness Exercise for Everyone \$2 12:30 Lunch 1:30-3:30 Movie	<b>Tuesdays</b> 5:30 ALANON	<b>Wednesdays</b> 12:30 Lunch	<b>Thursdays</b> 10:30 Fitness Exercise 12:30 Lunch, Cards & Games	<b>Friday</b> 6 Movie
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## New Activities & Nutrition Manager

Humboldt County native Tasha Romo has joined the Humboldt Senior Resource Center (HSRC) as the new nutrition and activities program manager, after serving four years as the agency's Arcata Dining Center coordinator.

Romo and her husband, San Diego native Barrett Romo, live in Cutten and have a 3-year-old daughter, Alexandria. Life has been a balancing act ever since.

"I feel lucky to work for an agency that supports the needs of the community as well as the needs of its staff," she said. "It really helps me find that balance."



**"Every age group needs to be respected, heard, appreciated, loved and welcomed," says Tasha Romo.** Ted Pease photo.

## Community Gives to Frail Seniors

*By Robin Wolff*

Broadway Medical in Eureka, joined this year by Cal Courts, has once again linked with the Humboldt Senior Resource Center's Multi-purpose Senior Services Program (MSSP) to offer gifts to frail elders.

MSSP is a care management program that helps medically frail seniors on Medi-Cal live more independently and avoid premature placement into skilled nursing facilities. Partnering with Broadway Medical has become an annual tradition to provide for MSSP's clients.

The gifts included fuzzy blankets

and other bedding, food cards, safety equipment, warm socks or slippers or robes, and a variety of other items. These gifts are especially meaningful to recipients who cannot afford to purchase them themselves.

MSSP's staff and its clients extend the deepest gratitude for the outpouring of kindness that came from the public to 33 of our most disadvantaged clients in MSSP.

—

**Robin Wolff** is the MSSP program manager. For more information about MSSP call 443-9747, x3259.

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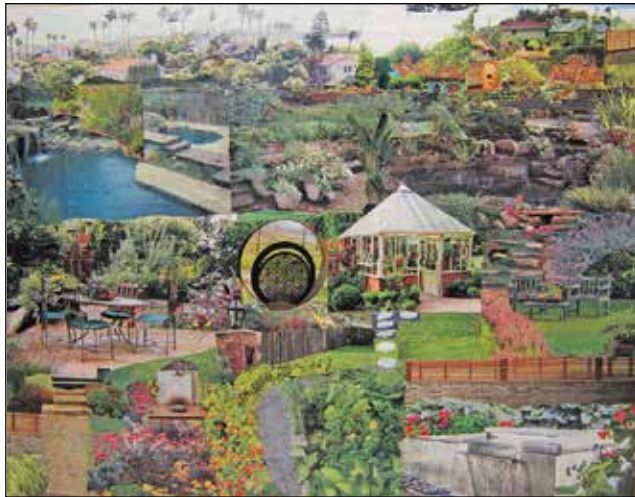
# HUMBOLDT STATE UNIVERSITY

## Artist's Whimsical Collages Adorn HSRC Lobby

The work of North Coast artist Kelly Alaniz is featured in the lobby of the Humboldt Senior Resource Center throughout the month of March.

"My favorite medium to work with is collage work, where I can combine all kinds of fun things when I feel creative," Alaniz said.

The 20-piece HSRC exhibit includes multimedia creations, acrylic paint, felt-tip pen and ink, and collages of images taken from magazines.



Kelly Alaniz's collage, "A Garden in Time" from her Secret Gardens series, is representative of her HSRC show. "I take images from my personal photo collection and photos from magazines, which I cut into pieces and fit together like a jigsaw puzzle," Alaniz says. "I work from my heart and instinct when creating these pieces." Photo courtesy of Kelly Alaniz.

"One series, 'Secret Gardens,' was inspired by some of the lovely gardens I have had the pleasure of seeing personally," she said. "Another series, 'Redwood Dreams,' is inspired by the redwood forests surrounding us."

"'Krazy Kat Kollection' is a rendition of some of the cats that have owned me in the past and is meant to remind us all of those sweet moments that only a cat can provide."

The exhibit is free and open to the public.



# Humboldt Senior Resource Center

707-443-9747  
[www.humsenior.org](http://www.humsenior.org)

### Health & Care Management Programs

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

### Nutrition Programs

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

### Activities Programs

Information and educational resources  
 Exercise classes and recreational groups  
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### Senior News

### Volunteer Opportunities

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# The Purpose of Grief is . . . to Grieve

*By Karenn Wright*

For two years I was furious with the universe. It started when my husband Alan was diagnosed with dementia. Our spirits had gone to great lengths to see that we met, fell in love, and married — all within a few months. Now they conspired to tear us apart. Enraged, we felt we had been betrayed by divinity itself.

Alan's diagnosis was what we'd feared but dared not acknowledge. We trusted our denial to fend off the reality. It didn't. The diagnosis catapulted me into anger, the second stage of grief. I bypassed the next phase, bargaining. No deals can be struck with dementia.

I thrashed about in depression, too anguished to recognize my state. While Alan moved deeper into dementia, I plunged deeper into despair.

I tried to make myself feel better, and when nothing lifted me up, I complained to

a wise friend. He laughed at my attempts to self-soothe.

"The purpose of grief," he said, "is to . . ."

I held my breath, wondering what that purpose might be.

"The purpose of grief," he continued, "is to grieve."

Oh.

I was failing at grief. Had I missed the point? Instead of aspiring to a wispy and calm happiness, I had to receive the darkness. Grief demanded that I welcome its bleakness, to lament and mourn, to be disintegrated.

Naturally, my grief grew as Alan reached the end. I let it. It was relentless. I moved into it, expressed all of my emotions — the sadness as well as the joy, what little of it there seemed to be. I let life pull me along. I watched all the feelings passing before me and I let them out.

I cried and wailed when I

needed to. If I was in a public place or driving when it hit me, I'd hold it in until I got home. Once I turned the grief faucet on, it flowed for a short time, then turned itself off.

Grief does not want you to be a superhero — it wants you to express all your emotions. Safely.

I released my pain by going for long, vigorous walks, by beating the heck out of my drum. It felt great. And I buffered it all with laughter.

The purpose of grief? As my friend reminded me, don't mask or squelch your feelings. Only by expressing grief can we integrate it.

**Karenn Wright**  
of McKinleyville is author  
of a new eBook,  
"The Grapes of Dementia," available through  
Amazon.com.  
You can read her blog  
at [wrightinglife.com](http://wrightinglife.com).

## Little Library

For a little light reading, stop by Emma Firpo's Little Free Library at William and Sonoma streets in Eureka. Attached to the Firpos' fence is a 3x2-foot "house" filled with a couple of dozen books, free for the taking.

It's one of some 50,000 Little Free Libraries worldwide, and one of 16 from McKinleyville to Hydesville.

Emma, 16, got her grandfather, Bill Welton, 75, of Fortuna, to build the library.



For Emma's mom, Eureka attorney Elan Firpo, it's "a simple, easy thing that carries joy," and has brought neighbors together.



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## North Coast Co-op Events

### March 1 • Wellness Wednesday

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

### March 7, 14, 21, & 28 • Senior Day

Seniors 60 and over receive a 5% discount on Tuesdays.  
No membership needed.

### March 30 • Taste of Main Street

25th annual Taste of Main Street. Sample food from local participating restaurants and food producers, including a stop at the Eureka Co-op. This fundraiser for Eureka Main Street always sells out, so get your tickets early. More information at [www.eurekamainstreet.org](http://www.eurekamainstreet.org)



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## MARCH Community Calendar

### Foggy Bottoms Milk Run

The Six Rivers Running Club hosts its annual Foggy Bottoms Milk Run across the Ferndale bottoms on Sunday, March 12, with a 2-mile fun walk/run and USA Track & Field certified 4- and 10-mile races. The club hosts six signature races each year, plus a series of small races with courses that wind through some of the most beautiful scenery in Humboldt County. The goal is to encourage running, for everyone from kids to octogenarians. Start and finish in downtown Ferndale. Call 822-1861 for information.

### African Guitar Summit

With roots across the African continent, six musicians come to HSU to showcase a diversity of styles and fiery fretboard skills. Wednesday, March 8, 8 p.m., in the Van Duzen Theater. The show features Guinea's Alpha YaYa Diallo, Madagascar's Donne Roberts and Madagascar Slim, and the heartbeat of drummer Kofi Ackah from Ghana. The Summit is filled with musical stories, sparkling individual showcases, and inspiring collaborations. Tickets \$6. For more information call 826-3928.

### Arcata Marsh Free Tours

Friends of the Arcata Marsh (FOAM) will sponsor free guided tours of the Arcata Marsh & Wildlife Sanctuary on four Saturdays in March at 2 p.m. — March 4, 11, 18 and 25.

Meet tour leaders at the Interpretive Center on South G Street for a 90-minute walk focusing on the marsh's birds, plants and ecology.

For more information on these or any Arcata Marsh programs, call 826-2359.

### Fly, Goose, Fly!

The annual Aleutian goose fly-off in Loleta takes off at sunrise on March 3 at the Friends of Humboldt Bay Wildlife Refuge in Loleta. Bring your coffee or cocoa cup, and get there by 5:45 a.m. to see 15,000 geese leap into the air at about 6:30 on their migration north. Tendrils of fog drift across the refuge from the nearby Pacific Ocean. A building symphony of wild geese sounds in the distance fills the ears long before anything can be seen. Suddenly, the first wave of 15,000 Aleutian cackling geese lifts off from their night roost and bursts into the air. See [www.fws.gov/refuge/humboldt\\_bay/](http://www.fws.gov/refuge/humboldt_bay/).

### Daffodils by the River

The Fortuna Garden Club holds its 42nd annual “Daffodils by the River” flower show Saturday, March 25, 1-5 p.m. and Sunday, March 26, 10 a.m.- 4 p.m. at the River Lodge Conference Center, 1800 Riverwalk Drive, Fortuna. Admission is free. Besides the springy floral, there will be music, coffee, tea, punch and cookies provided by the Fortuna Garden Club. See [www.daffodil.org](http://www.daffodil.org) for more information.





## Books — Also Useful to Repel Pests and for Self-Defense

By George Ingraham

Books serve many purposes beyond informing or entertaining. Suppose the kids and grandchildren show up some afternoon with the happy news, “We’re all going to a rock concert, and we want you to come, too.”

Holding up your book, you protest that you’ve promised to finish reading it so the owner can pick it up in (glancing at watch)... “Oh gosh, an hour and a half.” Wave goodbye to the departing youngsters as you settle back in your lounge, refreshing longneck beverage at hand. You need not actually read, nor even open, the book.

Or let us say that you’ve planned a quiet nap, and your spouse wants to go to the store, or decides it’s time to tidy the garage: hold the

book open and gaze into it. Then, slowly, (this is important), keeping the eyes focused on the book, raise the free hand toward the spouse, and wave it gently but firmly (“I’m putting you on ‘hold.’”), without establishing eye contact. Then tear your eyes reluctantly away from the book and assume a pained but smiling expression. “What? Did you need something, sweetie?” Spouse will flounce (or stomp, depending on gender) away. Wait until you hear the car drive away before putting the book down and napping: treacherous spouses may lurk nearby. This scheme cannot possibly work if you have held the book upside down or neglected to wear your reading glasses.

Any home health mag-

azine can also be used to repel unwelcome visitors. Open the magazine and say, “Oh, I know – Let’s all take this little health quiz.” Then, pretending to read from the magazine, ask disgusting questions. If guests seem reluctant, share fictional problems of your own: “Gosh, I’ve never seen so much mucus . . .” They will soon find a reason to leave, and will certainly refuse an invitation to stay for lunch.

Of course, some people also use books and magazines for purposes of reading.

—  
**George Ingraham, 82, a retired ophthalmologist, hides behind his books in Eureka.**

---

“A house without books is like a room without windows.”

—Heinrich Mann (1871-1950), German novelist

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## Ask the Doctor... from Page 1

With brain bleeding, sometimes the warning is a severe sudden-onset headache. With any of these things, time is of essence, and calling your doctor or 911 immediately can save brain tissue and reduce long-term effects of a stroke.

The National Stroke Association uses “Act FAST” as a reminder of the signs of stroke:

- F = Face drooping
- A = Arm weakness
- S = Speech difficulty
- T = Time to call 911

There are ways to reduce stroke risk, including a healthy diet with fruits and vegetables, whole grains, unsaturated fats, and avoiding processed and sugary foods. Quitting smoking helps almost right away. Smoking is the main preventable cause of early death and disability in our country.

Keeping blood pressure controlled and cholesterol levels in a normal range is important. Also, maintain your weight in a healthy range and — my personal favorite — exercise has been shown to reduce stroke risk.

If you have diabetes, keeping blood sugar controlled also helps reduce the chance of stroke.

Using aspirin for stroke prevention has become a bit controversial. It is right for some people, but not everyone, and should be decided upon with your primary care doctor.

The early Greeks gave us the word “stroke.” The current science gives us a way to reduce risk and to treat it if it occurs. The most successful treatment of a stroke happens if you get to the hospital with the very first sign or symptom. Think FAST, eat well, exercise, don’t smoke and talk to your healthcare provider about how you can avoid a stroke.

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

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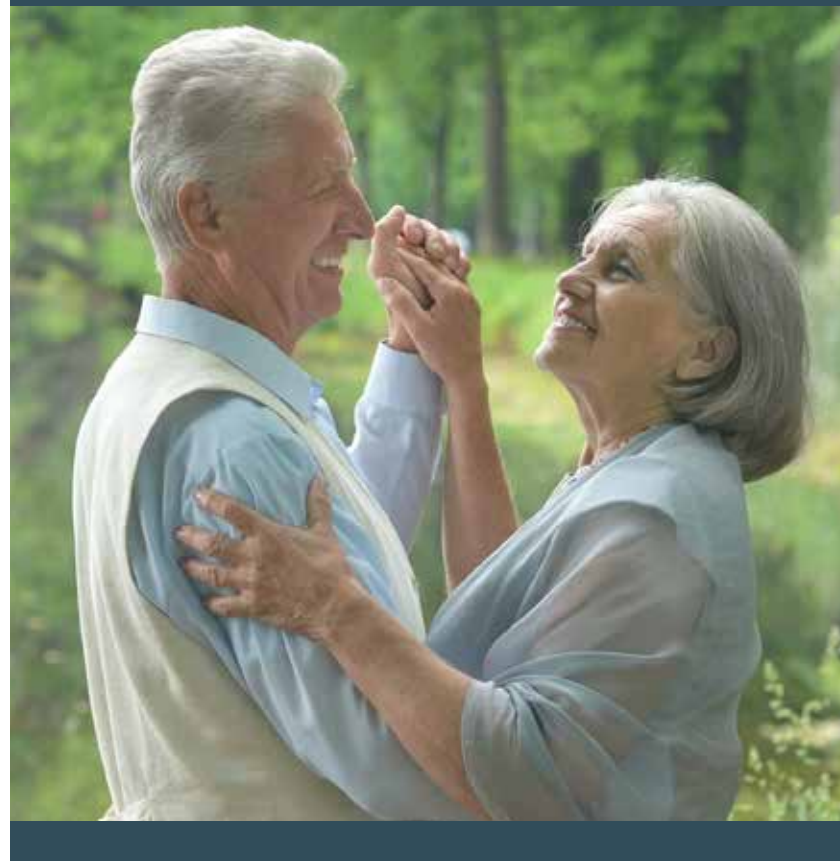
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## Redwood Coast Village Public Meetings

Redwood Coast Village, a new organization designed to help Humboldt County seniors continue living in their own homes, will hold two informational events in March.

The first will be at the Community Participation Fair, sponsored by the League of Women Voters, at the Arcata Community Center, Thursday, March 16 from 5:30-7 p.m.

A second public presentation will take place at the Freshwater Community Hall on Grange Road, Saturday, March 25, from 2-3 p.m.

Redwood Coast Village, a program of the Area 1 Agency on Aging, is a member-run, volunteer-based organization serving Humboldt County residents 50 and older.

Come get an overview of how Village volunteers help seniors with the kind of things a friend or good neighbor would do — from changing light bulbs to rides to the grocery to cleaning out the gutters.

For more information, call 826-1853 or visit [www.redwoodcoastvillage.org](http://www.redwoodcoastvillage.org).

## Plant a Tree!

Friends of the Arcata Marsh (FOAM) and the City of Arcata will co-sponsor a work day at the Arcata Marsh on Saturday, March 4, to plant trees.

This is an opportunity to help add beneficial plants — namely, willows — to the marsh north of the Brackish Pond area.

The event runs from 9 a.m. to 1 p.m., rain or shine. Tools, gloves, food, and beverages

will be provided.

The staging area will be in the HSU parking lot at 1601 Samoa Blvd, accessible by heading west on Samoa Boulevard and taking the last left turn before V Street. Look for the plywood sign saying “HSU lot.”

For more information, contact Dennis Houghton at [dhoughton@cityofarcata.org](mailto:dhoughton@cityofarcata.org) or (707) 825-2163.

## Ophthalmology Community Health Forum

Join us for our **FREE** continuing Community Health Forums. Meet some of our local physicians and specialists and take part in Q and A sessions. Lite bites and coffee will be served.

**Eureka: Wednesday, April 12 • 5:30 - 7:30 p.m.**  
Sequoia Conference Center, 901 Myrtle Ave.

**Fortuna: Wednesday, April 26 • 5:30 - 7:30 p.m.**  
Fortuna Monday Club, 610 Main Street

Ophthalmologists Dipali Apte, MD, and Michael Mizoguchi, MD will discuss common issues affecting eye health and vision including glaucoma, cataracts, and macular degeneration. They will also share about therapies, technologies, and surgeries that are locally available to treat these conditions.

**To register: Susan.VogtButch@stjoe.org  
or 269-4205**

St. Joseph Health 

St. Joseph Hospital Foundation  
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Forums are offered as a community health service, nothing is sold or solicited.

## Arcata Marsh Wildlife Photo Show

Photographer Alan Peterson will display his show, “Wetland Wildlife of the Redwood Coast,” at the Arcata Marsh Interpretive Center throughout March and April.

“I developed a love of nature at a young age while exploring the Bay Area’s regional parks,” Peterson said. “I have long aspired to share the cherished moments that come from spending time in the wilderness.”

The Interpretive Center is at 569 South G St. The center and exhibit is open to the public Tuesday through Sunday from 9 a.m.-5 p.m. and Monday from 1-5 p.m.



**A great egret plucks breakfast from a salt marsh near the mouth of Janes Creek.**

Alan Peterson photo.

Peters, who studied film at the California College of the Arts, has been photographing wild areas of the North Coast for many years.

“I’ve come to know many of the animals displayed in this show as individuals while observing them over several weeks to learn their

daily activity cycles and favorite feeding spots,” he said.

Peterson’s work featuring local art and photography is sponsored by Friends of the Arcata Marsh. For more information, call (707) 826-2359.

## Film, Speaker Illuminate Lakota Sioux

The Westhaven Center for the Arts will host a special screening of “Dreamkeeper,” the story of a troubled Lakota Sioux 17-year-old and his 100-year-old grandfather as they travel cross-country, and discover each other in the process.

Local artist Teresa Whitehawk, a member of the Hunkpapa Lakota Sioux of Ukiah, will follow the film with a discussion of issues affecting indigenous peoples, and the Water Protectors of Standing Rock, North Dakota, who have been protesting the Dakota Access Pipeline. Whitehawk was involved with the North Dakota Sioux from 1997-2009.

The event is part of the Westhaven Center’s Saturday afternoon Films of Information and Inspiration series, Saturday, March 4, at 3 p.m., 502 S. Westhaven Drive. Call 677-9493 for information.



## Women, & Wealth & Wisdom

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for this one-day event created to educate women on financial matters and provide tools to take the reins on financial and estate planning. This workshop offers multiple sessions throughout the day that will help women address immediate financial concerns, prepare for the future, and think about how to make a difference.

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**“Books can be dangerous. The best ones should be labeled, ‘This could change your life.’”**

— Nelson Mandela (1918-2013), *South African revolutionary and president*



## Letters to the Editor

To the Editor:

Senior News is an increasingly important source of information for our community's aging population. Too much of today's media reflects commercial interests from business advocacy groups and corporate-funded think tanks, institutes, researchers and industry representatives — all lacking the informative and unbiased nature of writing in the public interest.

For example, reverse mortgage reporting never explains how compounded interest could leave elderly homeowners penniless if they must sell their home. Public-interest reporting would cover alternatives like the California Property Tax Postpone-

ment Program, (canceled by Arnold Schwarzenegger and now reinstated by Jerry Brown). The CPTPP can save homeowners hundreds of dollars per month through simple-interest terms that enable participants to retain far more principle in their homes than using predatory reverse mortgages.

We're also inundated by warnings to obtain colonoscopies without explanation of the physical risks, efficacy or costs. Statistically, colon cancer patients who waited for a positive result from an inexpensive "FIT" (a non-invasive Fecal Immunochemical Test), before seeking colonoscopies survived just as long as patients who first sought a colonoscopy.

The impacts of Medicare's mys-

terious evolution into a program unrecognizable to our parents and grandparents are unreported. Medicare once provided coverage that must now be purchased through numerous privatized supplemental and drug insurers' complex policies that incrementally increase costs and reduce benefits each year. An arbitrary six-level "tier-rating" scheme is used to inflate drug costs.

My elderly mother's health insurance complaints were quickly resolved by Medicare staff working as advocates. Imagine an 80-year-old today forced to navigate months of grievances and appeals to private supplemental or drug insurance providers before qualifying to advance to a "Maximus Corporation" appeal.

("Maximus" is where Medicare out-sources appeals; they have a policy of taking four months to reach a decision.) How many older Americans quietly suffering illnesses are being further injured by delays, costs and battles for healthcare?

With a new administration in Washington, D.C., seeking to expand profiteering from essential public services, staying informed to avoid underinsured illnesses, bankruptcy and foreclosure has never been more important.

Thank you, Senior News, for your efforts to explain these challenges.

—George Clark, Eureka

To the Editor:

I really enjoyed the article in the January issue on sea kayaking. The bay was mentioned as a place to kayak, but there was no mention of our many sloughs and lagoons.

I have been kayaking almost weekly for the last nine years, but I have been on the ocean only twice.

I kayak with a group of people with a Facebook page at DOAHumboldt. It is not really a club, as the only meetings we have are on the water. There are no dues and no don'ts.

On most weekends, between five and 20 kayakers turn out, ranging in age from teenagers to octogenarians (I'm 71). Many are seniors, and we

welcome kayakers with either pedals or paddles — we are rarely in a hurry.

Sometime in the middle of the day, when the tide is high, we launch a couple hours before the high tide and ride it

to the end. After a snack break and a leg stretch, the tide turns and we head back to the launch.

When the tides are low at midday, we go to one of the three lagoons north of Trinidad. You can rent kayaks and the equipment needed to enjoy Stone Lagoon from Kayak Zak's. It takes about an hour to cross the lagoon to the spit, a very private beach with agates, driftwood and sometimes whales out at sea.

We encounter otters, elk, seals, pelicans, eagles, ospreys, peregrine falcons, cormorants, herons, egrets and numerous flocks of migrating geese and ducks, plus many smaller shorebirds. We rarely see anybody else on the water.

Our kayaks are smaller than the long sea kayaks, and we don't learn how to roll them over — we do our best to stay on the water, not in it.

Adventure's Edge and Pacific Outfitters will also rent kayaks and gear, if you have the means to transport them. Call Kayak Zak's (707-498-

1130) ahead of time to make arrangements and show up at their store on Hwy. 101 at Stone Lagoon.

We live in one of the most beautiful places on the planet. Try to get out there and enjoy it. The flat waters of Humboldt are calling.

—Robert Thalman, Eureka



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To qualify for RCAA's senior list (which guarantees a spot for 2017), you must be at least 70 years old or homebound/disabled and meet the federal income guidelines below. **CALL our energy specialists at 707-444-3831, extensions 202 or 206, from January 1st to April 30th to be placed on the list.**

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**ARCATA:** 500 7th St., 822-5954; [arcata.humlib.org](http://arcata.humlib.org).

**Hours:** Tuesday & Friday, 12-5 p.m.; Wednesday, 10 a.m.-5 p.m.; Thursday, 12-8 p.m.; Saturday, 10 a.m.-5 p.m.

**BLUE LAKE:** 111 Greenwood Ave. (P.O. Box 236), 668-4207; [bluelake.humlib.org](http://bluelake.humlib.org).

**Hours:** Wednesday 2-7 p.m.; Saturday, 11 a.m.-4 p.m.

**BOOKMOBILE:** 707-269-1990, serving Big Lagoon, Bridgeville, Dinsmore, Honeydew, Miranda, Myers Flat, Orick, Petrolia, Redcrest, and Weott.

**EUREKA (MAIN LIBRARY):** 1313 3rd St., 269-1900, Reference, 269-1905, Circulation, 269-1915.

**Hours:** Tuesday & Thursday, 12-5 p.m.; Wednesday, 12-8 p.m.; Friday, 10 a.m.-5 p.m.; Saturday 11 a.m.-4 p.m.

**FERNDALE:** 807 Main St. (P.O. Box 397), 786-9559; [ferndale.humlib.org](http://ferndale.humlib.org).

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**Hours:** Wednesday, 12-7 p.m.; Thursday & Friday, 12-6 p.m.; Saturday, 12-4 p.m.

**HOOPA:** Kim Yerton Memorial Library, 370 Loop Road (P.O. Box 1407), 530-625-5082; [hoopa.humlib.org](http://hoopa.humlib.org).

**Hours:** Tuesday, Thursday, Friday & Saturday, 10 a.m.-1 p.m. and 2-5 p.m.; Wednesday, 10 a.m.-1 p.m. and 2-8 p.m.

**MCKINLEYVILLE:** 1606 Pickett Road, 839-4459; [mckinleyville.humlib.org](http://mckinleyville.humlib.org).

**Hours:** Tuesday & Friday, 12-5 p.m.; Wednesday, 12-8 p.m.; Thursday & Saturday, 10 a.m.-5 p.m.

**RIO DELL:** 715 Wildwood Ave., 764-3333; [riodell.humlib.org](http://riodell.humlib.org).

**Hours:** Tuesday & Saturday, 11 a.m.-4 p.m.; Wednesday, 1-6 p.m.

**TRINIDAD:** 380 Janis Court (P.O. Box 856), 677-0227.

**Hours:** Tuesday, 12-3:30 p.m.; Thursday, 11 a.m.-1 p.m. and 2-7 p.m.; Saturday, 12-4 p.m.

**WILLOW CREEK:** Intersection of Hwys. 299 & 96 (P.O. Box 466), 530-629-2146; [willowcreek.humlib.org](http://willowcreek.humlib.org).

**Hours:** Wednesday & Thursday, 12-5 p.m.; Friday & Saturday, 12-4 p.m. Closed for lunch 2:15 to 2:45 p.m. daily.