



Remembering the Glory Days

Rubbing Elbows With the Stars

By Susan Rosso

If you can picture Princess Grace and Henry Kissinger whizzing by in a golf cart, you might not be on acid, but on the 20th Century-Fox movie lot in Los Angeles, where I worked in the 1980s and '90s.

The former Grace Kelly and the ex-U.S. secretary of State were Fox board members, and the set was Dolly Street, scene for "Hello, Dolly" (1969) and "Singin' in the Rain" (1952). Our office buildings doubled as movie sets, complete with clothes hanging outside a New York tenement. Queen Elizabeth visited during the worst storm of the season, her special gown featuring California poppies.

My first job was in 1980 in publicity for "The Empire Strikes Back" followed by "Return of the Jedi," "Nine to Five," "Cannonball Run" and many others. Later, I switched to TV, working on "The Fall Guy" and multiple pilots.

The Fox lot was a dream, with our own movie theater and a commissary for all, Mel Brooks holding forth daily at his table, and lavish holiday parties on a sound stage, with dancing.

Prior to Fox, I was in the production office at Paramount TV, on simultaneous productions of "Laverne & Shirley," "Happy Days" and "Mork & Mindy," where Robin Williams began his career — the glory days of sitcoms, for sure.

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PLAY BALL! The Bear River Bears, kneeling (from left) are Willie Knapp, Jack McHenry, Nina Greenberg and Rick Mitchell. Standing (from left): Bill Brittain, Mike Conboy, Jamie Assini, Keith Morison, Rob McCreath, Paul Woodland, Russ Jones and Jim Blick. Ted Pease photo.

A Jack Rabbit Leads the Bears

By Paul Woodland

A "jack rabbit start" is a rapid, sudden movement of acceleration. It is an apt description of Jack McHenry, who — legend

has it — was so quick to bed at night that when he flipped off the light switch he could race across the room, slide under the covers

like he was stealing home, and fall asleep before the room got dark.

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Tedtalks: These Are the Days, My Friends

By Ted Pease

There is something poignant and bittersweet about the idea of “glory days” — times in our lives that we look back on and say, with a little sigh, “Those were the days.”

Rock 'n roller Bruce Springsteen captures the idea in his great 1984 song, “Glory Days,” like this:

*I had a friend was a big baseball player
Back in high school
He could throw that speedball by you
Make you look like a fool boy
Saw him the other night at this roadside bar
I was walking in, he was walking out
We went back inside sat down had a few drinks
But all he kept talking about was
Glory days, well, they'll pass you by
Glory days, in the wink of a young girl's eye
Glory days, glory days*

What creates our “glory days,” anyway? Why do some memories last longest, while other events fade?

“Forgetting is the common fate of most of our experiences,” says psychobiologist James L. McGaugh of the University of California, Irvine.

So memory is selective. Often, while we don't remember details of events that are objectively the most important of our lives, we can clearly picture that Teddy bear, the day Jenny fell off her bike, or a 6th birthday party.

For many people, the glory days occurred back in their teens and 20s, when they were young and new and their lives were ahead of them. But the contributors to this month's Senior News don't see their glory days as high points that will never come again. The joy of those memories of past triumphs has not dimmed; for many of them, the glory days are now.

For example, Patty Holbrook of south Eureka will never forget being upstaged by Marilyn Monroe on the set of “Some Like It Hot” in 1959 (page 3).

Sue Blick's glory days involved grueling and rewarding triathlon races with family members (page 4).

When asked about his glory days, Doug Vieyra of Iaqua came up with several memories (one featuring a rhinoceros), such as the one and only time he tried surfing (page 9).

Jack “Rabbit” McHenry, 80, headlines this issue because he is still living the dream. The one-time Eureka High three-sport letterman is a veteran left-fielder for the Bear River Bears, and has competed for 20 straight years in the World Senior Games. He's still swinging the bat this season.

If asked, I might say, “Well, when I was 19 — for reasons that now escape me — my friend Billy Waller and I rode bicycles from Seattle to Atlanta.” Or, “There was the year, 1974, when I played *la guitar américaine* in the Paris subway for change.” Or, “I was working for the AP in Little Rock, Arkansas in 1981, and covered a guy named Bill Clinton.”

Glory days? I don't know. But they are good memories. I never liked bicycles after that trip. But I still have that guitar.

When I was in college, all I wanted to do was to write for a newspaper, and I became a cub reporter for the Holyoke (Mass.) Transcript Telegram in 1978. It was a blast. Eventually, I turned to teaching, not doing, journalism. I loved that, too.

Now, 40 years after my college dreams, I've finally gotten back to what I really wanted to do in the first place. Editing Senior News is a blast. These *are* my glory days.

Sure, we remember shining moments of the past, but with happiness and a smile that stays on our lips, even as we get that far-away look. “We're not done yet,” we say.

—

Ted Pease is most glorious when editing Senior News.



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COMING NEXT MONTH

ANIMAL STORIES

On Set with Marilyn in 'Some Like It Hot'

By Patty Holbrook

When director Billy Wilder was getting ready to shoot a film starring Marilyn Monroe, with Tony Curtis and Jack Lemmon playing two male musicians fleeing the Chicago mob, the musicians' union demanded that half of the band be real musicians, not extras.

Being a union piano player, I tried out. The movie was "Some Like It Hot" (1959).

A bunch of us girls were arranged on a brightly lit stage. Wilder looked us over. I sat at a piano while the other girls were handed trombones and clarinets. Somehow I was chosen, signed a contract, and agreed to become a platinum blonde.

I reported at 6 a.m. to Goldwyn Studios, where a lavish breakfast buffet awaited. Lemmon and Curtis were there, too, in another area, getting into girdles, chest padding, dresses, blonde wigs, high heels and makeup. By 9 a.m., everyone was on the set, ready to roll. Unfortunately, Marilyn Monroe wasn't. She didn't arrive until late afternoon, and it wouldn't be the last time that happened.

In the film, Monroe sings "Runnin' Wild" with the band on a train. What to do with the piano player? Give her a saxophone and perch her atop a passenger seat. A studio musician coached me for a week on how to finger the sax that I wasn't really playing. Marilyn wasn't really playing her ukulele, either.

There is a raucous pajama party scene with Monroe and Lemmon in the train's upper berth. That foot going up the ladder? Mine. That ass leaning into the melee? Mine. My first closeups! I was on my way to stardom.

The "Some Like It Hot" set was the

rities visited the set, like Vic Damone, who relished singing in front of the Hollywood bigwigs.

The day Sammy Davis Jr. came by and sang with me was the glory day of my piano-playing career. What an honor to accompany this magnificent enter-

tainer. The next day, I sat reading in a far corner of the huge sound stage. Davis threaded his way over cables, past light stands, wardrobe racks and makeup tables to find me and shake my hand. He joked that we should go on the road together. It was an encounter I will never forget.

Toward the end of the film, I was directly behind Marilyn Monroe as she sat atop my piano singing "I'm Through With Love." I would *have* to be in her close-up! But Billy Wilder shouted, in his thick German accent, "Will the piano player please move to the right? You're in the shot." There went my career.

Hmmph. That Marilyn Monroe was such a scene-stealer.



Patty Holbrook is still enjoying her glory days.
Ted Pease photo.

hottest ticket in town. Between takes, I played jazz piano with two of the real musicians in the band, bass and drums, to entertain the crew. Sometimes celeb-

Patty Holbrook of Eureka is the piano half of Holbrook and Bear, who performed for years in the Eureka Inn's Palm Lounge. She has played piano with local swing bands, and performs regularly at the Ingomar Club. She recently took up the ukulele and plays with the Fogtown Strummers.

"I apologize because of the terrible mess the planet is in. But it has always been a mess. There have never been any 'Good Old Days,' there have just been days. And as I say to my grandchildren, 'Don't look at me. I just got here myself.'"

—Kurt Vonnegut (1922-2007), author.

Running, Biking & Swimming for Family Glory

By Sue Blick

In July 2004, my husband and I were cheerleaders for our two daughters, competing in the Woman's Danskin Triathlon in Pleasant Prairie, Wisconsin. After they finished the race, they said, "Next year, we want you to join us, Mom." My reply was, "Yeah, sure. Right."

The triathlon is a grueling race in three parts — a half-mile swim, followed by a 13-mile bike ride and then a 3-mile run. It is not for the faint of heart.

But after lots of urging and my husband's gift of a YMCA membership, I got serious. Before work, I swam laps, and, after work, rode a stationary bike and ran on a treadmill. When our Wisconsin weather finally warmed up, I swam with our daughter in a local lake.

I was amazed at how good I was feeling mentally, physically and spiritually. It was a new chapter in my life that I would now classify as my glory days.

The next July, 2005, three of us were ready (or not) for this challenge — our daughter Sheli, friend Liza Buchheister and me. We entered in different categories. Sheli started with other cancer survivors, our friend was in an advanced group, and I, at age



GET INTO THE RACE — That's what Sue Blick, then age 58, decided to do in 2005, flanked at her first triathlon by Liza Buchheister (left) and daughter Sheli Benson. Photo courtesy of Sue Blick.

58, was in an "older" rookie group.

I was very nervous. Before the start, I asked them to make sure the gates weren't locked before I finished.

The Danskin Triathlon motto is,

"The woman who starts this race is not the same woman who finishes the race." And they're right. As I crossed the finish line after my first triathlon, I truly felt like a new woman.

The glory of this experience is that it began with many doubts that were transformed into accomplishments, which built my confidence in many ways. That, in itself, is glorious.

But glory days don't last forever. As my back and hip problems worsened, my doctor suggested that I continue running, cycling and swimming, but not all on the same day.

So, my last triathlon was at our 2010 family reunion. Family and friends participated, including all three of our daughters, who completed the full race. I did the quarter-mile swim. My husband did the 13-mile bike ride. And our friend, Mara, did the 3-mile run.

I cherish the memories of those glory days as I gaze at photos, souvenirs and my journal of an activity that has been a focus of our family for the past 34 years.

My husband, Jim, and I followed two of our daughters and their families to Humboldt in 2016. After two hip replacement surgeries, I still enjoy swimming, biking and walking in beautiful Northern California — but not all on the same day.

Sue Blick, 70, relives her glory days and makes new ones in McKinleyville.



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ASK THE DOCTOR

Memory and What Matters

By Jennifer Heidmann, M.D.



In 1906, Auguste Deter died with Alzheimer's dementia. It wasn't yet named that; Deter was Dr. Alois Alzheimer's first patient. Her case was a rare one, in that she was so young (56 when she died), and had an autosomal dominant genetic predisposition (her genes were the main cause).

Dr. Alzheimer's slides of her brain tissue were recently rediscovered and studied, and her specific gene mutation was identified, reported in the journal "Lancet Neurology" in 2012.

Dementia more commonly develops after age 65, with increasing risk with advancing age. There are many potential causes of dementia, with Alzheimer's (involving specific findings on brain tissue studies and imaging) being the most common. Dementia is not part of "normal aging." It refers to loss of memory and cognition that affects ability to function in daily life.

If you are concerned about dementia in yourself or a loved one, ask your doctor. There are screening tests, and sometimes those will lead to more involved testing. Although Alzheimer's disease is not currently curable, and we don't have very effective medications/treatments, it remains important to diagnose it as early as possible. This allows for potentially reversible and treatable causes of dementia to be identified, and allows people and their caregivers to plan ahead.

Goals of care should be discussed early in the disease (e.g., completing advance directives, and expressing what is important to you before dementia progresses and you can no longer speak for yourself). Financial planning may need to occur, and early support and education can be offered to patients and family.

We do not yet have a specific way to prevent Alzheimer's disease. But there are things we can do to reduce

damage to our brains starting early in life, thus reducing the chance of other or additional

causes of dementia. Alcohol, drugs and tobacco should be avoided or minimized. Risk of head injuries and concussions should be reduced. Controlling illnesses like high blood pressure, high cholesterol and diabetes can help. Healthy diet and regular exercise likely reduce risk of brain damage as well.

There is a lot of energy and research being put into Alzheimer's disease and other types of dementia. We are learning more about the cellular and genetic basis of disease, and clinical trials are looking at potential treatments. Support and information can be found at the Alzheimer's Association web site, alz.org, and caregiver support can be found via the Redwood Caregiver Resource Center, at redwoodcrg.org.

It can be helpful to attend classes on caregiving for someone with de-

"Dementia is not part of 'normal aging.'"

Continued on Page 13

Mushrooms Are Good for You

Scientists are always looking for connections between diet and health, and one promising ingredient of a healthy diet might be mushrooms.

"Mushrooms have been used in Eastern medicine for centuries to treat everything from asthma to gout," reports National Public Radio. "Now they're being marketed in the West as functional or medicinal mushrooms that can prevent cancer or stimulate higher brain function."

In Malaysia, researchers are studying nutrients found in mushrooms, which some are calling "the superheroes of the fungi kingdom." Mushroom scientist Viki Sabaratnam is looking at mushroom compounds that might help fend off dementia.

There are some 2,000 different species of mushrooms, and scientists have a long way to go to identify

which components in which fungi may be helpful to treat which illnesses. But some mushrooms already have been shown to be beneficial in joint pain, bone health, cholesterol and certain kinds of cancer.

Studies have isolated nutrients including selenium, vitamin D, potassium and inflammation-fighting compounds called beta glucans. "Chronic inflammation can contribute to many diseases of aging, such as cancer, Parkinson's disease, and dementia," the report says.

In health food stores, mushroom extracts, high in antioxidants, have appeared in various forms, including in teas and infusions.

For more on these studies, do a Google search for "NPR Mushrooms Are Good For You."

—Ted Pease

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Every Day a New Glory

I think of glory as a sensation rather than a

result. Happiness and success can be fleeting, but in my view, supreme satisfaction — or glory — is born of productivity.

Over the years, I have defined “glory” in different ways. And that’s always changing.

When I was a young performer, a standing ovation made me feel glorious. In about 1960, my husband had just replaced my manual typewriter with an electric one before he left for Tokyo on a business trip. A friend who arrived to take me to lunch said, “I came to keep you from being lonely and I find you in your glory.”

That was then. Now my electric typewriter has been replaced by the glory of a computer and two-sided black-and-white printer. A music-writing program stores songs to go with my novels that could be films, and everything can be sent anywhere online, so it’s paperless. It’s where I conduct my “Write Right Rite.”

When I retired, publishing a novel was a glorious cause for celebration. Now, every day is filled with miracles because I’m able to live at home and make choices to prove my mind is still working. These are my glory days, too.

For me, I think the first sign of senility is when people say that the

old ways are good enough for them. How could that be?

I’m glad I felt compelled to write my memoirs, because in sorting through the evidence that my life was magical, I can see the difference between the trivial and a few historic gems that my great-grandchildren might treasure.

If I were asked to name something that stands out in my life, it would be the discovery that gifts have to be given away in order for them to multiply. I wrote a song to keep me reminded of that:

*There’s something I want to give you,
A melody that lives to be found
With poetry that’s wrapped in silence
Until a voice can make it sound.
Please let me have expression
In order to be fully alive,
Because without a sense of creation,
All our dreams would die.
There’s something so very special
In how each child is given a power,
But unless the gift is given away,
It never will live for an hour.
Or a day or a year
Or, perhaps, an eternity...*

Betsy Goodspeed, 91, recently moved out of an assisted living facility and bought a home in Eureka, because she’s still got some living to do.

RUBBING ELBOWS . . . From Page 1

Later, I remember taking notes from a new, young producer whose idea sounded really dumb to me, but turned out to be “Splash,” a huge hit. The lunch highlight there was Orson Welles dramatically swooshing through in a big cape.

I had no connections, so how did I get there? Always practical, I decided when I moved from San Francisco to LA that if I was going to do office work, it should be in entertainment. Remember Kelly Girls? Well, Fox and Paramount had their own temp pools, so we were able to move among jobs and productions, all within one studio.

I ended my time at Fox working in Shirley Temple’s bungalow with the same comedy writer-producer for

eight years. He was the nicest person in the business, the guy who created the Alex Keaton character on “Family Ties” for Michael J. Fox, then multiple pilots and sitcoms, before leaving to do “King of Queens” at MGM/Sony. And we came close to a spinoff of Krusty the Clown with Matt Groening of “The Simpsons.”

What fun it was! Mostly. I feel lucky to have such great work memories, and am so happy I followed my instinct to work in such a magical environment.

Susan Rosso, 71, of Eureka is coordinator for Redwood Coast Village, a non-profit that helps seniors stay in their homes.



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“I wish there was a way to know you’re in the good old days before you’ve actually left them.”

—Andy Bernard, TV character, “The Office.”

RUN, JACK RABBIT, RUN . . . From Page 1



Jack "Rabbit" McHenry tees up another fat pitch in front of catcher Rick Mitchell at the Bears' first practice of the 2018 season at Cooper's Gulch Park in Eureka. Ted Pease photo.

It was McHenry's fabled speed that helped him earn a varsity letter in three sports at Eureka High — football, basketball and baseball — plus the nickname Jack "Rabbit" McHenry.

The Rabbit could have rested on his laurels, but Jack isn't content to lounge around regaling people with tales of his glory days on the field of dreams. That's because he is far too busy fulfilling those

dreams to stand still long enough to tell stories.

For McHenry, 80, these are still his glory days.

Last year, McHenry played left field for the Bear River Bears in the Humboldt Classics Senior Softball Association Slow Pitch-Wood Bat League, which includes six teams and more than 100 players, ages 58 to 80-plus. The Bears won 20 games and lost four in 2017, which was good enough to take the league championship.

Then, last fall, McHenry headed to St. George, Utah, to compete in the 2017 Huntsman World Senior Games. McHenry's softball team won the gold medal in the 70+ division and, to put a cherry on

top of his season, he received a Huntsman Endurance Award for 20 years of participation in the World Senior Games.

Jack "Rabbit" McHenry is a slow-pitch softball legend in Humboldt County, but his story isn't over yet. He trains year-round in the gym and on the track in an effort to maintain his leg strength and his renowned quickness. The "Rabbit" often pinch runs for other players on his team.

"Jack is in great shape and he runs faster than most men 20 years younger," a Bears teammate said. "He is an inspiration to his teammates and a role model to other members of the association. He practices good sportsmanship, hustles, keeps it fun, and

is still playing winning softball at the age of 80. That's impressive."

McHenry takes the field again this season as the oldest active player in the association, but he shows no signs of slowing down. In fact, the rest of the league is just trying to keep pace.

Long may you run, Rabbit, run.

Dave Woodland, 64, of Eureka, is a player (Bears' centerfielder and leadoff hitter), and commissioner of the Humboldt Classics Senior Softball Association. For info on senior softball, call 441-9424, or visit humboldtseniorsoftball.org.

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PAINTING THE OCEAN

BY MARGARET KELLERMANN

Madeleine L'Engle's Salon

I thought I'd gone to heaven. Here I was on Manhattan's West Side in the cavernous, Old World apartment of the great and powerful Madeleine L'Engle, author of so many beloved books, including "A Wrinkle in Time" (now a movie).

In Madeleine's living room, two greyhounds sprawled across sofas, while 20-foot-high walls displayed paintings floor to ceiling. She breezed inside ahead of us — "ForGIVE the mess. You MUST sit down, while I — Oh Luci, will you pour the wine?" Luci Shaw was our mutual friend, the reason I'd been invited that afternoon.

She continued from the kitchen: "Would you like crackers and paté? We MUST let Margaret experience the SALON."

At the time, I was 30 years old, a fresh-faced author with my first submitted manuscript just accepted by Luci, the publisher. Luci had recently doubled as the photographer for my book research project through England, Wales and Ireland.

Normally, my days consisted of walking my young kids to school in New York, writing at home for five hours, and picking them up again. This was different.

We wandered down Madeleine's hallway to the salon, an enormous, light-filled room such as the one Hemingway found in Gertrude Stein's Parisian apartment. There, magically, were Madeleine's writing desk (papers everywhere) and three chairs.

She showed me a postcard she was writing — longhand — a

thank-you note for a child's thank-you note for writing her books. "Oh, I couldn't *type* thank-you notes," she explained.

Luci urged me, "Sing something for Madeleine." After staring at Luci, I realized she meant it.

Madeleine sat attentively while I sang one verse of an Irish poem I'd put to music.

She dialed the phone: "Listen to this," she said, with no introduction.

To me: "Repeat."

Dutifully, I sang again.

To the phone, she said: "That's good, isn't it?"

To me: "He wants you to sing another verse."

To the phone: "Yes, it's Margaret, the one I told you about; she's just written a book on Hopkins. I've got the manuscript here."

I thought that to "experience the SALON" in Madeleine's apartment was to mark the launch of my career as a famous writer. I thought exciting times would only build from there 'til I was very old, like Madeleine.

Sadly, no. Through the intervening decades I've published books, articles and paraphernalia. But that single afternoon, as a writer, was my Gloriest Day.

—
Margaret Kellermann's first book published nationally was "A Holy Struggle: Unspoken Thoughts of Hopkins" (WaterBrook, 1992, 1994). Madeleine L'Engle wrote a blurb for the back cover. Inquire at bluelakestudio.net/contact.

The Tin Can Ruckus in Bridgeville

By Jessie Wheeler

In about 1952-1954, before electricity came to the Bridgeville area, PG&E sent out survey crews who boarded with our family in our two-story, five-bedroom home.

For the most part, these were lively young men just out of college who were enjoying country life.

My mom cooked them breakfast, packed them lunches in a big cardboard box, and then she went to work at Henry Cox & Son General store in Bridgeville. The store closed at 5 p.m., and mom got home shortly before the PG&E boarders arrived to prepare dinner for 12 people, including our family.

Nancy, a local high school girl, stayed with us to help with housework, making beds, doing laundry, food preparation for the evening meal, setting tables and watching my sister and me while mom was at the store. Evenings were filled with radio, reading and telling stories.

Practical jokes also were very big part of entertainment at that time.

One evening, the guys apparently

knew Nancy was going out for the evening. They collected every empty can they could find and, before going to bed, they stacked them in a pyramid at the top of the stairs.

The house was dark when she came home. She took her shoes off to be as quiet as possible and tiptoed up the stairs. Of course, she kicked the whole pyramid of cans over, sending them crashing down the stairs with a loud, clanging racket.

Immediately, the PG&E guys all jumped out of bed, shouting, Be quiet! Can't a person get a night's sleep? What the heck is going on? etc., etc.

All this woke up my folks, who, seeing the cause of the ruckus, gave the men a stern lecture on annoying the help.

Needless to say, there was retaliation. Which is another story.

—
Jessie Wheeler, 73, of Cutten is a Bridgeville historian and a member of the Senior News Community Advisory Board.



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The Glories and Hazards of the Surfing Life

By Doug Vieyra

There was a time when I was young and foolish. No, let me take that back. Youth does not perceive itself as foolish. Rather, let me say I was young and adventurous.

In the early '60s, I lived in Hawaii in a shared home with other ex-servicemen, two blocks from the world-famous Waikiki Beach. Everyone in that house surfed, and our house was filled with surfboards of various sizes and configurations.

I, however, did NOT surf. And I had no particular inclination to do so.

But after some time had elapsed, I finally did pick up a surfboard from the stack of four that filled our living room, and headed out to the beach.

To get the really good waves, one had to venture far out to sea, which

I did. As it was my first venture at the sport, I did have some trepidation. But, as I said, I was young and foolish (strike that — “adventurous”).

After some time paddling out to sea, and with an ocean current helping to pull me out even farther, I finally had reached the area that the seasoned surfers had demarcated as the best starting point to catch “the big one.” I felt

somewhat reassured that the area was filled with a number of other seasoned surfers. All were waiting for just the



One-time-only surfer Doug Vieyra can still dress for the beach, but that's about it.
Ted Pease photo.

right wave.

When the right wave did come, I caught it and rode it like the wind. The thrill was exhilarating. I saw the island's beach off in the distance, and the famous Diamond Head reaching up to the sky in salute to my courage.

And then it happened. A huge wave came up behind me and knocked me off my board. As I tumbled into the churning

waves, trying not to suck in seawater, I thought, “This doesn't look good.”

Eventually, I did return to the sur-

face and immediately began looking for my surfboard. It was nowhere to be found. And the island looked to be about a mile away. A passing luxury liner was closer.

I treaded water for a half-hour or so, until a passing surfer yelled, “Hey, brodder! Dat yo board?” With glee — and relief — I swam to the surfboard and climbed on, digging my fingers deep into the fiberglass.

It was my first — and last — big surfing adventure.

—
Doug Vieyra, 75, splits his time between an old Victorian in Eureka, and living off the grid in Iaqua, deep in the mountains of eastern Humboldt County.

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- ✓ Protecting our environment by working to protect our pristine coastline and enhance renewable energy programs offered by Community Choice Energy and REpower+
- ✓ Addressing issues of mental health, homelessness and drug addiction with public safety and social service programs/resources throughout our community

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“I have been a volunteer at the Humboldt Senior Resource Center for over six years. Virginia comes regularly to see if we have any questions or complaints, she also helps serve meals during the holidays. She is a huge supporter of our center.”

- Earlene Fisher, Eureka Resident



“Virginia is not afraid to tackle the toughest of issues. I have worked with her in regards to issues of addiction in our community and appreciate the energy she puts into everything she does. She has also been very supportive of our jewel in the city, Sequoia Park Zoo.”

- Jeff Lamoree, Founding President of the Sequoia Park and Zoo Foundation

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Paid for by Virginia Bass for 4th District Supervisor 2018 - FPCC I.D. #1322873



AGING IS AN ART — BY JOHN HECKEL

The Wisdom of Age

Aging is a paradox. Paradox: *a statement or proposition that, despite sound reasoning from acceptable premises, leads to a conclusion that seems senseless, logically unacceptable or self-contradictory.*

We all know that our physical health and cognitive abilities are likely to suffer and decline as we age. A recent study suggests, however, that, “Your overall mental health, including your mood, your sense of well-being and your ability to handle stress, just keeps improving right up until the very end of life.”

According to Dilip Jeste, director of the University of California—San Diego Center for Healthy Aging and senior author of the study, “People who were in older life were happier, more satisfied, less depressed, had less anxiety and less perceived stress than younger respondents.”

Experts on the psychology of aging suggest that these new findings add to a growing body of research indicating there are emotional benefits to getting older.

“It’s called the paradox of aging,” says Laura Carstensen, director of the Stanford Center on Longevity. Studies suggest that improved mental health in old age could be due to the wisdom people acquire as they grow older.

Jeste defines that wisdom as a “multi-component personality trait that includes empathy, compassion, self-knowledge, openness to new

ideas, decisiveness, emotional regulation and doing things for others rather than for yourself.”

Instead of raising the retirement age, which so many of our politicians suggest, I propose we lower it. We need more people who judge a day successful not by the deals they have closed, but by the people they have helped. We need more people, not fewer, who have the capacity and desire to volunteer.

“There are emotional benefits to getting older.”

Now, I know that many of my senior colleagues in Humboldt County are struggling financially, and might argue with the conclusions of Drs. Carstensen and Jeste. I maintain, however, that there are plenty of us for whom their description is apt, and that those of us who are financially independent fully embrace the possibilities senior independence affords. Furthermore, we must acknowledge that there are some problems that simply cannot be solved by people engaged (at any age) in the competitive world of money.

Those are the problems that consume our culture today, and they cry out for our wisdom — a wisdom that values empathy and caring for others; a wisdom that comes to people who are fortunate enough to reap the emotional benefits of aging.

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

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My Fav-or-ite Things

By Gail Slaughter

When I got re-involved in theater at 44, I was immediately cast as an old lady. Well, I was 20 years older than most of the cast, I told myself . . . until I remembered that even in college, I got those same kinds of roles.

My group did vaudeville and parodies. I was in my second childhood, though I usually played women much older than I was. To make sure I got laughs, I wore a granny wig, round glasses, frumpy dresses and knee-high nylons. Did someone say “negative stereotype”?

I usually played the repressed schoolmarm type, bopping men with my purse. I was relieved that older women seemed to get a kick out of it.

At 50, I teamed with a fellow who played a computer nerd named Irving, and I created an old-lady persona, Myrtle Picklesheimer. Myrtle still looked as described above, but rather than bopping Irving, she pursued him.

Irving was “let go” from his job.

“I’d never let you go! Why’d they do that?”

“Downsizing.”

“When I say downsizing,” Myrtle said, “I mean when all the size I had on top moved down.”

Eventually I moved to McKinleyville, where I don my Myrtle getup only on rare occasions. Myrtle often would recite original poems. Her last poem was about her 50-year high



“Myrtle Picklesheimer”

Photo courtesy of Gail Slaughter.

school reunion. At my own reunion, everyone had been attractive and happy — but I didn’t think that was very funny. So I added jokes about the aches and pains of aging, some stolen from greeting cards and the internet. Those got the most laughs. (“Nowadays my back goes out more than I do.”)

The Humboldt Light Opera Company’s Boomer Troupe, which I’m in, recently performed “The Music of our Lives.” The script first featured an internet parody of the “Sound of Music”

song, “My Favorite Things,” which began:

“Maalox and nose drops and needles for knitting.

“Walkers and handrails and new dental fittings.”

It was funny. But at next rehearsal we got another version with positive aspects of aging: “Hikes in the mountains whenever it strikes me . . . reading, traveling, gardening . . .

It ended: “Our day is our own, how great!”

I brought both versions to my song circle of mainly seniors. They chose to sing the positive version, and laughed throughout.

I was surprised. And happy.

—
Gail Slaughter, 73,
of McKinleyville, says performing on stage is one of her favorite things.


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For 37 Years, Melvin's Glory Has Defined a Family

By Dawn Thomas

Tappy Nelson lives a life of Kinetic Glory.

In 1987, she became the first woman to ACE the Kinetic Grand Championship, Humboldt's annual world-renowned race of human-powered sculptures. Fewer than half the teams compete under ACE, which means completing the course without cheating on race rules.

If you ask the retired kindergarten teacher and 65-year-old grandmother of two why she and her husband, Keith, still pedal their team's kinetic sculpture, Melvin, she will tell you that "the kinetic race community is our kinetic family."

"Our first race was 1981 and we got married in 1982," Tappy said. "Kinetics became a mainstay in our life. It keeps us in great physical health."

It also has kept her family close, she said: from the time they were babies, her four children have been on the back of the Melvin machine, named after a beloved truck.

"'Melvin' was the name of a 1952 GMC tow truck that I parted with in 1981," Tappy said. "When the race

application asked for the name of our sculpture, we wrote Melvin."

Until they retired five years ago, Tappy and Keith — who will turn 69 on Day 2 of this year's race — would spend six months back home in Lake County, tuning up the machine and

crossing of Humboldt Bay. "But we were hooked."

Over the 37 years, Melvin has offered different looks — a pirate fleet in 1996, festooned with penguins in 2012 and '13, a Flintstones car, Chinese dragon, a Melvin's Circus train,

"The racers are exhausted. They are bedraggled and sore, but elated. Some of them are racing to the last moment, trying to make the fastest time. Others are dragged across the Finish Line by their muddy, bloody crews. Why do they do this thing? This insanity that keeps us sane? . . . for the best reason to do anything: For the GLORY!"

— From the race website, kineticgrandchampionship.com

creating Melvin's art. The changing themes and decorations sometimes got pretty involved, but the machinery wasn't always fancy — the first Melvin began as a sketchy bunch of pop-riveted box metal attached to ATV wheels.

"Everything was jury-rigged, and we used dock flotation" for the tricky

and a wolf chasing pigs in 2005.

"Each one's presentation was unique," she said, although the basic power train has always been the same — three recumbent bicycles in-line.

Tappy has been something of a pioneer in the kinetics world.

"When I first started racing, there were not very many women," she

said. "Keith and I raced for a long time, then when Dave [Rempe] joined us, he brought his vision for the art, and we were an even better team."

Nowadays, Team Melvin is a kinetic racing superstar. In 2012, Melvin won the Kinetic Grand Championship Lifetime Achievement Award, and Tappy, Keith and Dave have appeared in films about kinetic racing.

For longtime racers like Tappy Nelson, the annual silliness is both grueling and therapeutic.

"One of my favorite parts of racing is that from the noon whistle in Arcata to the finish line in Ferndale, I don't think about anything but the race," she said.

"For three days, we put our other life on the back burner and we race. It is great for our mental health. Most important, it is fun."

—
Dawn Thomas, 51, of Santa Rosa is a kinetic sculpture racer and author of the new "Kinetic Kompendium: 50 Years of Kinetic Sculpture Racing." More information at kinetickompendium.com



Since 1981, Team Melvin has offered many different looks. Co-pilot Tappy Nelson's favorite might be the Flintstones-mobile in 1994, or maybe 2005's dramatic Wolf Chasing Two Pigs. After 36 Kinetic masterpieces, it's hard to choose. Tracy Rempe photos.

ASK THE DOCTOR . . . From Page 5

mentia, or try support groups with others also caring for people with dementia.

I am hopeful and excited about potential scientific advances in this field. In the meantime, I have come to believe that there is also value in shifting our perspective on what matters.

Our society worships youth, productivity, wealth and health. But being human is about so much more than those things.

My patients with dementia, even profound dementia, have been some of my greatest teachers. We know that those at sea with dementia can benefit from reassurance, quiet, music, exercise, nature, aromatherapy, redirection and structure in their daily lives. Those of us at sea in the

hustle and bustle of a “productive” American life might notice that the same things can help us feel more whole.

When I sit with someone with dementia, there is no other moment than the present moment, and that can be a great gift.

Dr. Jennifer Heidmann, *medical director and primary care provider at Redwood Coast PACE, is a speaker at The Changing Face of Dementia conference, June 7 in Eureka (humboltdcc.org). This column should not be taken as medical advice. Ask your medical provider if you have health questions. Send comments and jokes to seniornewseditor@humsenior.org.*

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Laughter Is the Best Medicine

By Bart Rankin

"Gosh! I rode the bike an extra 5 minutes and didn't even notice," a Redwood Coast PACE participant recently announced. "I was having so much fun."

In our gym at PACE, we have a "Word of the Day," where we pick a silly-sounding word and make up false definitions for it (a neologism for y'all English majors). Colleagues and day-center attendees come up with words and wacky definitions. For many, it's fun, and adds a little something to the day that can make exercises easier.

I've long thought there is no greater way to pass the time than laughing. In fact, research is showing that laughter is indeed the best medicine, as magical things happen to our heart, our brains, and our bodies when we laugh. Abdominal muscles get a workout, lungs expand, and stress quite literally exits the body, as stress hormones are broken into pieces and excreted, and blood pressure and blood sugar levels decline.

From my first clinical experiences, I've used humor to get through some difficult times, sometimes to the consternation of supervisors. "Don't try to be funny," one once told me after I traded barbs with a surgeon. (OK, perhaps that one was ill-considered, but I'm no expert — I'm just a physical therapist.)

This was before Patch Adams, the physician who founded the Gesundheit! Institute, made using humor in medicine acceptable, and

before the 1998 film starring Robin Williams. (Yes, I'm that old.)

My wife, Rhonda, is a PACE occupational therapist and my dance performance partner. We perform locally at The Arkley as part of the local ballet scene, and are often foils for the good dancers. We sometimes bring our stage routines into the PACE gym and day center to the enjoyment (and occasional consternation) of PACE participants and staff.

Holidays are wonderful times to take artistic license to express ourselves. Halloween, in particular, has always been a special time to "let our freak flags fly." I've enjoyed dressing as everything from a '60s hippie to King Tut, strutting into the morning PACE meeting with "Walk Like An Egyptian" playing on my cell-phone. Kids, don't try this at home!

Or, rather, on second thought, DO try this at home. Try humor. Look for whatever it is that makes you laugh. Heck, try making others laugh. It's fun.

What's the worst that can happen — people might laugh?

Bart Rankin, 51, of Arcata is a physical therapist with Redwood Coast PACE at Humboldt Senior Resource Center. He performs in local theater, including in "Alice In Wonderland" at the Arkley in June, and in "The Wizard of Oz" at the Van Duzen in August.

Contest: Please Fill in the Blank

As development coordinator for Humboldt Senior Resource Center, Janet Ruprecht talks with a lot of people. Sometimes the topic turns to, "When do you become a senior?"

When she called to thank longtime donors Art and Ann Jones, who have generously supported HSRC programs since 1995, Art said he might start using the Center's services, now that he is *almost* a senior. He is 81.

Just the week before, a mere whipper-snapper of 71 said he will become a senior "*someday*."

Announcing the Senior News "Who's a Senior" Contest. To participate, please complete this sentence: *You know you're a "senior" when . . .*

Send your answers — no more than 20 words, please — to Ted Pease, at tpease@humsenior.org, or by mail to Senior News, HSRC, 1910 California St., Eureka 95501. We'll publish the best in the June edition of Senior News.

Deadline: May 14, 2018.

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Adult Day Health — ‘They Really Care’

Life is never “routine” for participants in the Adult Day Health (ADH) program at the Humboldt Senior Resource Center (HSRC) these days.

Robby Annis, the ADH activities coordinator, makes it his mission in life to keep things interesting and engaging for the 45 to 50 people who come to the Center every weekday from their homes in Fortuna, Ferndale and Scotia, north to McKinleyville and points in-between.

The Adult Day program has a total of 70 participants enrolled, although not everyone comes every day.

“My goal is for each individual person to be engaged in an activity or hobby that they enjoy during their time at our center,” Annis said. “I will do whatever I can to make that thing happen.”

And he does.

Since joining the staff last summer, Annis has brought new energy to the program. In addition to the usual mu-

sic, exercise sessions, games, nursing and social worker contacts, and other “person-centered care” delivered to ADH participants, Annis has helped organize activities such as weekly field trips and a new hit — visiting puppies and dogs once a month.

Teresa Oliveri, HSRC director of Healthcare Services, is enthusiastic about broadening opportunities for participants (see page 19).

“We are excited about some of our new activities that are part of a broader life enrichment,” she said. “The new activities focus on education, including classes, field trips, and connecting with others in our community.

“I am especially delighted to be partnering with Sequoia Humane Society for ‘Puppy Day,’” she said. “I believe in the therapeutic value of connecting to companion animals.”

Bob Ford, 84, of Eureka, has been coming to the Adult Day program for about eight years.

“It was a lifesaver, actually,” Ford said. “It arrived at just about the right time for me.

“I was not in very good condition emotionally, mentally, physically. I was just about a wreck.”

Now he’s a regular, and he wouldn’t miss it, he says.

Annis credits the staff of about 20 for the program’s growing success. The way the ADH staff treats participants, from meeting their dietary needs at lunch every day, to addressing health and



Bob Ford

wellness issues, to daily activities, games and exercise — it’s like family, he said. “They really care. It shows.”

“A big part of why people have success in our program is that they can socialize,” Annis said. “In some cases, they may have been out of that for years.”

“Just being around people can make a huge difference,” he said. “Being around happy people.”

—Ted Pease



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**



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Joyce, Redwood Coast PACE participant



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



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Every Weekday	9-1 Library 9-3 Senior Services Office 12-3 Billiards				
Mondays	May 28 Closed	Memorial Day			
	9:30-10:30	Karate with Jerry Bunch			
	10-12:30	Mah Jongg			
	1:15-2	S.A.I.L. w/Muriel			
	2:10-3:10	FABS/S.A.I.L with Beth & Lois			
	2:30-4	Memoir Writing Class			
Tuesdays					
	10-11	Harry's Bingo (<i>not May 1</i>)			
	11:30-12:15	Lunch – <i>Menu page 18</i>			
	12:30-1:30	Bunco (<i>not May 1</i>)			
	12:15-2:15	Pinochle			
	2:10-3:10	FABS/S.A.I.L with Beth & Lois			
May 1	10:30-11:30	Dine & Dance w/Ray, Dave & Lois			
May 1 & 15	1:30-3:30	HumStrum Ukulele			
May 15	9:30-11:30	Foster Grandparents Program			
May 22	11:30-1	CalFresh Info & Sign up w/ Food for People			
May 22	6-9	Stamp Club			
Wednesdays					
	11:30-12:15	Lunch – <i>Menu page 18</i>			
	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. with Beth & Lois			
May 2 & 16	1-2	Caregiver Support Group			
		Alzheimer's Library, 1901 California St., Bldg. B, 2nd Floor, Eureka			
May 9	11-11:30	LeAnne Morini performs			
May 9	11:30-12:15	Emblem Club serves lunch			
May 16	10-11:30	Commodities Distribution			
May 23	8:30-11:30	Medication Interactions & Consultation			
Thursdays					
	10-11	Grocery Bingo: Bring 1 grocery item			
	10-11:30	Intermediate French class			
	11:30-12:15	Lunch – <i>Menu page 18</i>			
	1:15-2	S.A.I.L. w/ Muriel			
	2:10-3:10	FABS/S.A.I.L. w/ Beth & Lois			
May 3 & 17	10-12	Genealogy group			
May 17	12:30-1:30	Covered CA/Medi-Cal assistance drop-in clinic			
May 24	8:30-11:30	Medication Interactions & Consultation			
Fridays					
	9-10	Falun Dafa			
	10-11	Beginning Tai Chi Movements			
	11-12	Beginning Yoga			
	11:30-12:15	Lunch – <i>Menu page 18</i>			
	1-4	Bridge Games			
May 4	11-12:15	Cinco de Mayo Celebration			
May 4 & 18	1:30-2:30	Conscious Living Book Club			
May 11	10:30-11:30	Val Leone performs			
May 11	11-12:15	Mother's Day Celebration			
May 18	10:30-11:30	Accordionaires perform			
May 18	11:30-12:15	Birthday Celebration			
May 25	11-11:30	Dave Winget performs			
May 25	11-12:15	Memorial Day Celebration			
Saturdays					
May 5	Noon	Sassy Seniors: Banana Hut, Eureka			
May 19	Noon	Nooners: Pantry, Eureka			



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Tuesdays	12	Lunch			
Wednesdays					
	12	Lunch			
	5-8	BINGO			
May 2	10:30	Music w/Bill, Corena & friends			
Thursdays					
May 3 & 17	12-1:30	Caregiver Support Group			
		United Methodist Church			
		Fireplace Room			
		922 N Street, Fortuna			
		For info call 443-9747			
Fridays					
May 4	12	Lunch			
May 18	12	Cinco de Mayo Celebration			
May 25	12	Birthday Celebration			
		Memorial Day Celebration			

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Mondays					
	8:30-9:30	Tai Chi			
	10:30	Walking Group at Hiller Park			
	12-3:30	Computers* (<i>*call for availability</i>)			
	1-4	Party Bridge			
May 21	11-12	Low Vision Workshop			
May 28		Closed for Memorial Day			
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* (<i>*call for availability</i>)			
	10-12	Needlework			
	10:30	Walking Group at Hiller Park			
	1-4	Pinochle			
May 2	10-11	Genealogy			
May 16	10:30-11:30	Executive Board Meeting			
May 30	12-1	Monthly Luncheon: Chicken Wings, Potato Salad, Bread Dessert (<i>Sign up by 5/25</i>) \$5			
May 30	1-2	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			
May 3	11-11:30	Hot dog on bun, Baked beans			
May 10	11-11:30	Chef Salad, (<i>sign up by 5/9</i>), \$3			
May 17	11-11:30	Pea Soup & 1/2 Sand., \$3			
May 24	11-11:30	Beef Barley Soup & 1/2 Sand., \$3			
May 31	11-11:30	Taco Soup & Corn Bread, \$3			
Fridays					
	8:30-9:30	Tai Chi			
	10:30	Walking Group at Hiller Park			
	1-4	Pinochle			
May 4	10-11	Sweet Spot			
May 25	10-11	Full Board Meeting (<i>Open</i>)			

“Nothing is more responsible for the good old days than a bad memory.”
—Franklin Pierce Adams (1881-1960), newspaper columnist.

Arcata Community Center

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Call Vanessa at 825-2027

Mondays					
May 14	11-12	Silver Quills Writing Group			
May 28	Closed	Memorial Day			
Every Tuesday					
	9-11	Katie's Krafters			
	10-11	Senior Pool Hour-HealthSport			
		\$5 fee (<i>prior registration required</i>)			
		Bread distribution			
	11	Bead Jewelry Class			
	12:30-2	Blood Pressure check			
May 1	10-11	Caregiver Support Group			
May 8 & 22	10-11	Mad River Community Hosp. Minkler Education Room			
		3800 Janes Road, Arcata			
		For info call 443-9747			
May 8 & 22	10	Walking Group w/Chris			
May 29	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 for Arthritis (<i>Advanced</i>)			
	12:30-1:30	Tai Chi with Kathy (<i>Beginning</i>)			
May 9	10:30-11:30	Chuck Clarke & the Old Gold Band			
May 16	11:30-12:15	Bird Day			
Every Thursday					
	9-10	Tai Chi w/Tim (\$3 donation)			
	9-11	Katie's Krafters			
	10-11	Senior Swim Hour-HealthSport			
		\$5 fee (<i>prior registration required</i>)			
	12:15-1:15	Learn Tech with Brett			
May 3	10:30-11:30	PJ's Musical Group			
May 10	11-12:15	CalFresh Sign-up assistance			
May 17	10:15-11:15	Swing 'n' Sway Trio			
May 17	10:30-11	Commodities Distribution			
Every Friday					
	10-11:30	Ping Pong with Pete			
May 4	10:30-12:15	Cinco de Mayo Celebration			
May 11	10-11:30	Site Advisory Council meeting			
May 11	10:30-12:15	Mother's Day Celebration			
May 18	10:30-11:15	Music with the Half Notes			
May 18	10:30-12:15	Birthday Celebration			
May 25	11:15-12:15	Memorial Day Celebration			

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HSRC Seeks Wood Donations To Keep Seniors Warm

Humboldt Senior Resource Center (HSRC) in partnership with the Humboldt County Sheriff's Work Alternative Program (SWAP) are accepting donations of wood for HSRC's annual Senior Firewood Program.

Donated logs will be processed by the SWAP program and sold at low cost to eligible seniors in the community.

If you have downed or felled trees on your property, donating the wood to the firewood program may be a good, tax-deductible option for you.

Logs must be delivered to the county woodlot at 2240 Watson Drive in Eureka (behind the old General Hospital on Harrison). Donations are accepted at the woodlot Saturday

through Wednesday between 8 a.m. and 3 p.m. only. You will have to unload your wood yourself.

Donated wood must be of acceptable quality. Logs must be between 4 inches and 40 inches in diameter, and in lengths of at least 16 inches. The following will not be accepted:

- No rotten or charred wood.
- No river wood or driftwood.
- No milled wood or mill ends.
- No cottonwood or willow.

For more information, contact Nutrition and Activities Program Manager Tasha Romo at 443-9747, x1228, or HSRC Activities at x1240.

May 2018

Dining Menu



Humboldt Senior
Resource Center

Nutrition & Activities Program

FIRST WEEK

May 1 Hamburger
May 2 Spinach & Roasted Garlic Ravioli
May 3 Chinese Chicken Salad
May 4 Tamale Pie - *Cinco de Mayo*

SECOND WEEK

May 7 *Dining Centers closed*
May 8 Hot Turkey Sandwich
May 9 Shrimp Linguine
w/Spinach & Tomatoes
May 10 Teriyaki Chicken
May 11 Spinach, Ham & Cheese Quiche
- *Mother's Day Brunch*

People 60+ are invited

\$3.50 suggested donation

For those under 60 there is a fee.

No one 60+ will be turned away
for lack of funds.

THIRD WEEK

May 14 *Dining Centers closed*
May 15 Salisbury Steak
May 16 Bay Shrimp Salad
May 17 Pot Roast w/Red Potatoes
May 18 Stuffed Baked Potato
- *Birthday Cake*

FOURTH WEEK

May 21 *Dining Centers closed*
May 22 Meatloaf with Gravy
May 23 Chicken Parmesan w/Spaghetti
May 24 Green Chili Egg Bake
May 25 Cranberry Chicken

FIFTH WEEK

May 28 *Dining Centers closed*
May 29 Lemon Herb Baked Fish
May 30 BBQ Pork Rib
May 31 Baked Potato Soup

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**“When it’s time, I’ll talk about the good old days.
But it’s a sign of old age, reveling in the past.”**

—Chuck Noll (1932-2014), Pittsburgh Steelers football coach.

The 'Eden Alternative'

By Teresa Oliveri

For many people, the idea of long-term care is anxiety-producing, and even frightening.

We envision lonely people in wheelchairs lined up in front of a television. We picture a "warehousing" type of environment that provides physical care but has little regard for personal preferences, life history, and acknowledgment of those things that make us who we are.

But there is a different way, and many things are happening nationwide to change this old, scary model. Terms such as "culture change," "person-centered care," and "person-directed care" are part of a movement away from institutionalized care.

One approach is the Eden Alternative, the name and the concept of an international nonprofit organization whose mission is to change the lives of elders wherever they reside — in nursing homes or assisted-living facilities, at home or attending an adult day healthcare center.

The philosophy is based upon a collaborative approach between elder individuals and their care partners, with the goal of reducing what the Eden Alternative calls "the Three Plagues" — boredom, loneliness and helplessness.

This model of culture change and person-directed care empowers elders as decision-makers in their own care, focusing on their wants, needs and desires. The Eden Alternative identifies core person-directed values as choice, dignity, respect, self-determination and purposeful living.

This philosophy also produces measurable results from the Eden approach:

- 60% decrease in behavioral incidents.

- 57% decrease in pressure sores.
- 48% decrease in staff absenteeism.
- 25% decrease in bedridden residents.

Some of the elements that may be different in a care community that practices the Eden Alternative, or person-centered care, include bedrooms that look like home and not like an institution, open dining hours so that people can eat when they want, activities that the elders themselves identify as meaningful, and pets in the community.

Architecture and furnishings can be designed to be non-institutional, staff may wear street clothes, and there may be spontaneity in the day. Multi-generational opportunities are supported, and the elder is not removed from the community.

It is also important to note that Centers for Medicare and Medicaid Services (CMS) implemented person-centered care principles in 2016. All entities that receive CMS payment for services must have person-centered care values as part of their program.

Culture change is occurring and will continue to evolve as the next wave of seniors requiring care demand something different.

As a nurse, I have personally seen this approach work. At HSRC, we desire to provide a model of care that incorporates the whole person, and that embraces this person-centered care approach.

Teresa Oliveri is director of Healthcare Services at Humboldt Senior Resource Center.

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Jerry Carlson wanted to ensure St. Joseph Hospital would serve this community long after he was gone

Jerry realized his money would go far to help local patients seeking treatment in all areas of the hospital.

Jerry loved this community and his approach to planned giving included bequests of cash and property, gift annuities, and a reserved life estate with his home. Jerry passed away on March 3 in the PCU named after him at St. Joseph Hospital, and he would be so pleased to know that his legacy is just beginning in our community. His estate plan commitments have supported the North East Wing, the Cancer Center, and more.

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

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“It’s a very tempting thing to try and relive your glory days when you get a little older and you worry that people have forgotten all about you.”

—David Gilmour, guitarist, Pink Floyd.

Love, in the 'Twelfth of Never'

By Richard C. Gross

The warmth of love surprises by blossoming even in the chill winter of our lives.

I'm 78, she's 75. Love crept up on us not long after we met. And since then, I've learned that depth of feeling has no age limit.

But how can that be, after clawing through decades of hopes and despair, of ignorance and enlightenment, of love and divorce? How do you know you're in love, that it's not just infatuation, at a time of life when you can't remember why you walked into another room to retrieve something?

Relationships can be quieter in one's 70s. No wild parties until 2 a.m.; no binge drinking; no experimenting with hallucinatory drugs; no sudden, incandescent tearing off of clothes. Passion may be an affair of the heart, but there's also frailty of the heart as a vital organ to consider.

Love at this age doesn't mean marriage. It just means being together, sharing heart, mind, body, spirit and soul on a foundation of trust and openness.

We tell each other, laughing in disbelief, that we're acting like teenagers. We love the idea of it.

As teens, love perhaps was best expressed in the songs of the 1950s.

I listened again to Johnny Mathis singing

"The Twelfth of Never," the flip side of his 1957 hit, "Chances Are."

It's a song of lilting beauty whose lyrics are as surreal as the timeframe of the title, of love so eternal that it would last "'til the bluebells forget to bloom" and "'til the poets run out of rhyme." Silly, huh? But perfect if you're surfing on the soaring tide of teen love, dancing close, eyes wide shut.

His love for his girl won't end, the song concludes, "Until the twelfth of never, and that's a long, long time." Sure is.

Time. In older age, the perceived compression of time — days zoom by — may be the cloudy side of love. You wish you had met before midlife.

The twelfth of never takes on a different meaning at a riper age, when the horizon is visible, when there is a looming yet indefinable deadline. Forever — the twelfth of never — could come tomorrow. So you learn to live for today.

Richard C. Gross, 78, of Santa Fe is a retired journalist. A longer version of this essay originally appeared in The Baltimore Sun. He can be reached at rcg51@comcast.net.

Farmers' Market SSI Vouchers

The North Coast Growers Association has launched the third season of its SSI Market Match Voucher Program, which underwrites purchase of fresh fruits and vegetables for Supplemental Security Income (SSI) recipients.

The program provides \$20 in vouchers once a month for purchase of produce at the Arcata Farmers' Market. Vouchers will also be available for farmers' markets in Fortuna, Eureka and McKinleyville starting in June.

To receive the market vouchers, SSI recipi-

ents or their caretakers should visit the Arcata Market information booth on Saturdays between 9 a.m. and 2 p.m. Bring ID and proof of SSI benefits, such as an award letter or bank statement.

The goal of the program is to improve recipients' diets with Humboldt-grown, farm-fresh produce.

The program is supported by grants from the St. Joseph Health-Humboldt Care for the Poor and the McLean Foundation.



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There's Nothing Fake About Humor in the News

By Kevin Hoover

Frank Zappa famously asked, "Does Humor Belong In Music?" It's a question he answered affirmatively many times over.

Why *wouldn't* humor belong in music, or art, or any other human activity, including journalism? *Especially* journalism, which is supposed to reflect reality without fear or favor.

Why are giggles, chortles, snickers and guffaws consigned to a lowly, vulgar spot on the emotional spectrum compared to love, sadness or hope?

Humor is deeply embroidered into everyday life — it's not called the human comedy for nothing. Even tragedy, when it's no longer "too soon," reveals mirthsome corners. Levity is vital to our processing and understanding of life, with its sharp elbows and hard knocks. Jokes, puns, faux arguments, snarky observations and low-grade dramaturgy ease and smooth work relationships. Humor puts problems in perspective, helps

us bond and eases stress and conflict.

Can you put a value on all those idiosyncratic inside jokes you share with friends and family, the ones that are so delightfully opaque to others?

Imagine, if you will, a world where your home, your workplace, your social time — even your encounters with bank tellers and letter carriers — are devoid of quips and snickers, jests, japes, flip ripostes and raunchy rejoinders. I never wish to visit that mirthless, lifeless planet.

In writing the Arcata Police Log over the last 24 years, I've become



Kevin Hoover

an aficionado of the dopey and desultory. It comes in so many satisfying flavors, from smooth vanilla vapidly to savory sleazery to full-tilt tangy turpitude.

Meat-and-potatoes items reflect naked exigency — those impulsive, inherently doomed grabs for even the most short-lived gratification.

Go ahead, run out of the store with that 40 of malt liquor and guzzle frantically as the cops come at you. Text threats to your ex, creating a future

court exhibit. Lock yourself in the donut shop bathroom and set up camp.

Stripping the news of irony and absurdity is to misreport, because the real world fairly seethes with ridiculousness.

When I sit down to write the coplog and see that someone wanted the police to investigate why the milk in his carton was an inch too low, I want to find the guy and give him a big hug.


To paraphrase Walt Disney, the world is a carousel of error. Our fallibility as humans is a bottomless ocean of comedy. Come on in and wet yourself, the water's fine!

—
Kevin Hoover, 64, is editor-at-large at the Mad River Union newspaper and lives in Arcata, where he pursues his many hobbies and personal problems.



Violinist to Be Honored

The Chamber Players of the Redwoods will honor classical violinist Betty Bliss, 86, of Redway at their May 6 concert at 2 p.m. at Christ Episcopal Church, H & 14th Streets, in Eureka. Bliss will be presented the annual Floyd Glende Award for her long dedication to Humboldt County's chamber music scene. Bliss, a founding member of the Meadowood String Quartet, recently retired. The quartet, from left above: Stefan Vaughan, viola; Betty Bliss, violin; Eric Jones, cello, and Ken Love, violin. The May 6 concert is free with a suggested donation. Submitted photo.




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Here's Somethin' — Ukelaliens

By Lorna Hahner

"Jump in and Hang On" is an old bluegrass phrase from 'way back, and one that I've heard many times since joining a local string band called the Ukelaliens.

Deb Woods and her husband, Steve Sterbeck, lead the band, which consists of people of all ages (mostly seniors) who just love jamming together and playing music. As the name implies, there are many ukulele players, but there are also guitars, fiddle, mandolin, banjo, bass, auto-harp, harmonicas and light percussion artists as well.

Deb, who grew up in Appalachia and moved to Ferndale from Nashville, is teaching some of us to write our own music in hopes that one day

we will be able to record an original CD. Recently, we recorded an album called "Here's Somethin'," a mix of bluegrass and country songs. The CD cover says the music is "100% Homegrown and Organic. As Pure and Whole-some as Dirt."

Band members come from all walks of life and feel blessed to play with the Ukelaliens. Sometimes, there are six of us at a gig, and sometimes there are 30.

The Ukelaliens ("emphasis on the *aliens*," as Deb always says) are regulars at community events in Humboldt County. We play regularly in Fortuna at Brookdale Senior Living, Fortuna Rehabilitation and Wellness Center, and

at River Life Foundation, as well as at weddings, farmers markets, senior lunches, and the Humboldt County Fair.

If you're interested in the band, we practice Wednesdays at 6 p.m. at Christ Lutheran Church in Fortuna, and Sundays at 2 p.m. at Our Saviors Lutheran Church in Ferndale. Or follow the Ukelaliens on Facebook.

Lorna Hahner of Fortuna is a regular with The Ukelaliens. For information, call 616-4970.

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LIVE VIGOROUSLY

BY JOAN RAINWATER-GISH

Setting Out to See the World — By Foot

Meet Michele McKeegan, 76, a woman of wide-ranging talents and interests: founder of Keep Eureka Beautiful, co-founder of Six Rivers Planned Parenthood, French/yoga/pilates student, walker and gardener.

And meet her husband of 35 years, Ed Olsgard, 71, a retired MD, volunteer at Sequoia Zoo, Food for People, Keep Eureka Beautiful and elsewhere, cyclist, rower and feminist.

It's easy to tell these two people Live Vigorously. But, I wanted them to talk about an activity they do together — trekking long distances on foot for pleasure.

Q: Why trekking?

Michele: I love to walk, and I love to see new places, so we've combined the two. We've been to Norway, Iceland, Patagonia, Slovenia, Scotland, the coast of Cornwall, and France.

Ed (clarifying): One of us really loves to walk and the other one loves that person, so we hike together.

Q: Is it intimidating to go trekking to unfamiliar places and relying on your physical abilities?

Michele: I worry about

not keeping up. For example, in Norway, we were walking on a glacier, roped together, in total whiteout (blizzard). The group was going really fast, and I was getting tired.

But I wasn't going to say anything because I was the oldest person there and didn't want others to think I wasn't capable. Luckily, my friend yelled out, "Can we take a rest?"

Ed: I haven't been in a

situation where I was the slowest or weakest guy. So, no, I don't feel intimidated. I've always engaged in strenuous activities such as cycling and rowing, so I still have muscle — though not as much muscle or cardio capacity as I had in my 30s. Men do have larger muscle mass than women — but smaller brains.

As we age, we make adjustments. When we were younger, we went backpacking,

then later we changed to horse-packing to carry our supplies. Now, we take day hikes, and our tour guides handle our supplies. So, we can still do what we love but we've adjusted how we do it.

Q: Trekking requires endurance, strength and energy. How do you train for it?

Michele: We both exercise. I lift weights at Cal Courts, take classes in yoga and pilates, and walk every day. I prep for trekking vacations by walking up hills.

Ed: I don't like fitness classes, but I love riding bikes and rowing. Both activities help keep my muscles strong. People who want a body that works for them need to find some type of physical activity that conditions the body. There is no way to achieve physical fitness without exercising.

—
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.



ON THE ROAD — Michele McKeegan and Ed Olsgard are still out in the world, hiking. Allen Dietrich photo.



North Coast Co-op Events

May 2 • Wellness Wednesday

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

May 1, 8, 15, 22, 29 • Senior Day

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

May 9 • Earth Action Committee Meeting

6:5pm at the Ten Pin Building, 793 K Street in Arcata. Committee of the North Coast Cooperative Board of Directors that focuses on the Coop's environmental actions. Member owners are welcome to attend!



811 I St. Arcata • 25 4th St. Eureka
www.northcoast.coop

May Community Calendar

'Trinidad in View'

The Trinidad Civic Club and the Trinidad Rancheria will co-sponsor a month-long art show with a reception at the Seascape Restaurant on Friday, May 4, from 6-8 p.m. as part of the season's first Trinidad Art Night. "Trinidad in View" features the work of 10 local artists and photographers. Proceeds will benefit the Trinidad Memorial Lighthouse Fund.

'Being Here Now' Art Show

The Area 1 Agency on Aging's 6th Annual "Being Here Now" Art Show opens with a reception during Eureka's Arts Alive on May 5. The exhibit, running through the end of June at 434 7th St., celebrates Older Americans Month with art by local artists 60 and older.

Race Equity Roundtable

Equity Alliance of the North Coast will host a racial equity roundtable, "The Great Myth of Race," Thursday, May 3, 5:30-7:30 p.m. at Humboldt Area Foundation, Indianola Road in Bayside. For info, visit bitly.com/mythofrace or call 267-9918.

Bike Humboldt!

The Bike Month Humboldt Coalition hosts a slew of bicycle-related events in May, from fun group rides to an empowering documentary about women on bikes, to Bike-to-Work Day rallies in Arcata and Eureka. Try a Historical Eureka Bike Tour, Saturday, May 5; Arcata-Eureka bike commutes; screening of the documentary Ovarian Psycos, Tuesday, May 8, 6 p.m. at Siren's Song, 325 2nd St., Eureka; Bike-to-Work Day, Thursday, May 10; pancake breakfast rides and more. Visit humbike.org or Bike Month Humboldt on Facebook.

Candidate Forums

Several candidate forums are set in the weeks running up to the June 5 primary election:

• **May 2:** District 5 Supervisor candidates Ryan Sundberg and Steve Madrone face off at the Willow Creek Community Services District, 135 Willow Road, from 7-8:30 p.m. Sponsored by the Humboldt League of Women Voters (LWV) and the Willow Creek Chamber of Commerce.

• **KEET-TV, PBS channel 13:** May 3, 7 p.m., Auditor-Controller: Mike Lorig and Karen Paz Dominguez; May 7, 7 p.m., District 5 Supervisor: Steve Madrone and Ryan Sundberg; May 8, 7 p.m., Superior Court Judge: Lathe Gill and Lawrence Killoran; May 9, 7 p.m., District 4 Supervisor: Virginia Bass, Dani Burkhardt and Mary Ann Lyons.

• **May 10,** 6 p.m.: County Supervisor Candidates Forum, Labor Temple, 840 E St., Eureka. Sponsored by Central Labor Council, Centro del Pueblo, Cooperation Humboldt, Health Care for All-Humboldt, Northcoast Environmental Center, Northcoast People's Alliance.

Houda Ya Love?

The Trinidad Coastal Land Trust celebrates its 40th anniversary and helps kick off the Trinidad Arts Night season with a "Cuatro de Mayo Celebration" at Town Hall, Friday, May 4, from 6-9 p.m. Come support coastal lands and enjoy live music, a BBQ'd oyster bar, a taco bar, beer and wine. Proceeds to benefit the land trust's Houda Point trail improvements.



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Rethinking Views on Aging

By Connie Stewart

Regardless of how you voted in the 2016 election — whether for Republicans in Washington or Democrats in California — we are in serious risk of policy inertia, or worse, rollbacks of existing supports for programs that help seniors in our community. That should be a concern to all of us.

Democrat or Republican, we all age. So let's face it — we need to change public thinking about aging in America.

FrameWorks Institute, one of my favorite think tanks, recently released a report addressing ageism as a policy issue that touches on

- 1) current public thinking,
- 2) priorities for building public understanding on aging, and
- 3) specific communication techniques that have been proven to expand people's

thinking about aging and aging policies.

FrameWorks is a Washington, D.C., think tank that “identifies, translates and models scholarly research to frame the public discourse

“We need to get rid of the ‘othering’ of older people, a public attitude of ‘us vs. them’ regarding aging.”

on social problems.” They work with other nonprofits and philanthropies to listen to ordinary people and gain insight into how to influence thinking about some of the most important public issues of our time.

In their project on aging, FrameWorks worked with seven national aging organizations and eight foundations to conclude that America itself needs to redefine aging.

“A public conversation is essential, as the aging of the population is one of the biggest demographic changes in recorded history,” the FrameWorks report says. “Whether this change will be a boon or bane depends on our nation's policy response.”

We need to get rid of the “othering” of older people, a public attitude of “us vs. them” regarding aging. The FrameWorks research shows that most of us try to distance ourselves from aging, and

have a “nothing can be done” attitude about improving aging outcomes.

Their report highlights how we must change the dialog from blaming individuals for their problems to explaining how social policies like tax policy and health policy, and social structures such as transportation and housing, can affect aging outcomes.

I believe that if we regroup and work together, regardless of our personal and political beliefs, we have the power to make good decisions that will improve the lives of seniors locally and nationally.

As the FrameWorks researchers say, “Reframing efforts must help people see aging as a continuous process and to recognize that older age, like any other time in life, involves both opportunities and challenges.”

Imagine a world where all the important programs that Humboldt Senior Resource Center provides were a right, not a privilege, and where we all shared the goal of providing everyone of an older age with the services they need for new opportunities for growth, contribution, and self-expression.

Connie Stewart of Arcata is executive director of the California Center for Rural Policy at Humboldt State University.



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Powering Up Humboldt’s Local Energy Choice

By Richard Engel

A year ago, Redwood Coast Energy Authority (RCEA) announced its new Community Choice Energy program, which offered Humboldt County residents and businesses more electricity choices with greater local control, more renewable energy, and lower rates.

During 2017, our program delivered a total of \$1.1 million in rate savings to customers. Though electricity prices have recently increased, we have widened the gap between our rates and PG&E’s — a 3 percent discount relative to PG&E.

As we celebrate the program’s one-year anniversary, RCEA is happy to report that well over 90 percent of Humboldt County energy consumers

are participating. Local electricity users are now getting 40 percent of their electricity from renewable sources, including locally generated biomass power, plus wind and solar power from projects up and down the West Coast. Customers who choose to “opt up” can receive 100 percent renewable electricity for just a few dollars extra each month.

Our program strives to provide value for everyone in the county. We have been contacted by some seniors who live in mobile home estates and other master-metered communities, where individual tenants are not empowered to choose their energy provider. We encourage you to talk with your park’s owner/manager about our program, or feel free to refer them

to us with any questions or concerns about how Community Choice Energy works.

As a not-for-profit public agency, RCEA can invest net revenues from our program in greening the local energy grid. We’re partnering with PG&E, the county, and Humboldt State University’s Schatz Energy Research Center to build a solar-powered microgrid with energy storage at the airport in McKinleyville.

This project will support emergency preparedness for the airport and adjacent U.S. Coast Guard facility, while producing enough excess energy to feed into the grid and power additional homes and businesses.

RCEA also is creating a public-pri-

vate partnership to develop offshore wind generation on floating platforms 20 to 30 miles off our coast. The seas off Humboldt County have some of North America’s strongest winds, and Humboldt Bay is uniquely suited to host the onshore infrastructure needed to support such a project.

We have also launched a pilot program to help local government agencies install solar panels and improve their energy efficiency.

For more information about our program, check out our website at redwoodenergy.org, or call 269-1700.

—

Richard Engel is director of power resources at Redwood Coast Energy Authority in Eureka.



“He is dedicated and knowledgeable, and I support his reelection.”
Rep. Jared Huffman, D-San Rafael



“Ryan is a tireless advocate for Humboldt County and he’s constantly fighting for the people he works for.” **California Senator Mike McGuire**



“He is a dedicated professional with the unique ability to forge relationships with partners and stakeholders across party lines.” **Assemblymember Jim Wood**



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George Wheeler, McKinleyville Community Services District

John Corbett, McKinleyville Community Services District

Dennis Mayo, McKinleyville Community Services District

Rich Grissom, Fieldbrook Elementary School District Trustee

Jack Sheppard, Fieldbrook Fire Chief

Tim La Londe, Willow Creek Fire Dept. Chief

Blue Lake Rancheria

Hoopa Tribe

Trinidad Rancheria

Don Harling, past McKinleyville Community Services District

Dr. Bill Wennerholm, past McKinleyville Community Services District

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“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, attending and contributing to fundraisers as well as securing financial support from the business community. I strongly support Ryan for 5th District Supervisor.” **Molly Borja, Volunteer, McKinleyville Senior Center.**



Sofie, Kim and Ryan with Pepsi

Sharks, Pirates, Aliens & Peas — Oh, My!



KINETIC KRAZINESS — Since 1969, the annual Kinetics Race “For the Glory!” has become one of Humboldt’s zaniest signature events. Here’s a sampling of some of the action from recent years, clockwise from above: Ken Beidleman’s amazing shark (Mark Larson photo); Team Fro’s & Peas (Ted Pease photo); the Lost Coast Mutineers (Mark Larson photo); Team Planet X in Ferndale (Matt Filar photo); and June Moxon’s whimsical Pink Elephant (Mark Larson photo) circling Arcata Plaza. See many more photos of the amazing and sometimes misguided human-powered sculptures at “Celebrating 50 Years of Kinetic Glory,” an exhibit by seven local photographers, at the F Street Foto Gallery above Swanlund’s Camera 527 F St. in Eureka, opening in July.



Competing 'For the Glory' Over 50 Kinetic Years

By Dawn Thomas

Ask anyone in Humboldt County who won the first Kinetic Sculpture Race, and they will probably mention Hobart Brown. In 1969, the Ferndale sculptor built the Pentacycle, considered the first kinetic sculpture vehicle.

Upon seeing it, fellow Ferndale artist Jack Mays challenged him to a race. Brown talked up the contest to everyone who stopped by his Ferndale gallery. The Eureka Times-Standard published a photograph of then-Congressman Don Clausen pedaling the Pentacycle, and news of the race spread. Folks as far away as Washington sent in entry forms to compete against Brown's creation, and a crowd of 10,000 showed up on Mother's

Day to view the spectacle.

Neither of the original contenders finished the 2-block course down Ferndale's Main Street. The Pentacycle collapsed, as did Mays' Tank. Bob Brown (no relation), lying prone in his fabulous smoke-belching, egg-laying machine, The Tortoise, beat out the rest of the 12-sculpture field to win the first Kinetic Sculpture Race.

The race outgrew Main Street when a contingent of sculpture racers calling themselves The Ferndale Explorers Club challenged Brown to a 26-mile, all-terrain, amphibious camping trek. He accepted, and The Field's Landing-to-Ferndale Cross-Country Sculpture Race was born.

There were only three entries that year: The Kinetic Yo-Yo with Jim Ottaway, Joe Koches and Larry Eifert took 21 days to finish the course. Mays and Brown joined forces aboard Bandini Walking on Water,

which pretty much sank. That left Dan Sisemore's Watergate Streaker as the 1974 victor.

Today's Kinetic Grand Championship evolved from that relatively modest cross-country race into an event attracting 100 sculptures or more, and now covering 50 miles of pavement, sand dunes, Humboldt Bay and Highway 101 in a grueling three-day human-powered marathon from the Arcata Plaza to Ferndale. Since 1969, the race has changed dates, locations and sponsors many times, but racers and organizers have managed to preserve the humor and McGuyver-y character of Hobart Brown's original vision: A unique spectacle that draws a cult following of "adults having fun so children will want to grow up."

Last May, in the 49th running of "the triathlon of the art world," the Trilobike Test Kitchen took home the top prize as Stephen McHaney and Team Trilobike wrested the Grand Champion trophy away from four-

time winner Tempus Fugitives, which capsized in Humboldt Bay.

Brown died in 2007, but his wacky vision lives on in a spectacle that is copied in other venues. But none matches the original Humboldt version. The Kinetic Grand Championship launches for the 50th year from the Arcata Plaza at noon on Memorial Day weekend, Saturday, May 26. Come on out to the Plaza, Deadman's Drop, Humboldt Bay, or Ferndale to cheer on your favorite racers.

Why do it? Our battle cry, uttered by legendary Rutabaga Queen Barbara Ludwick, says it all: "For the Glory!"

Dawn Thomas, 51, of Santa Rosa is a kinetic sculpture racer and author of "Kinetic Kompendium: 50 Years of Kinetic Sculpture Racing." See kinetickompendium.com for book info, and for 2018 race details, kineticgrandchampionship.com.



'GLORY,' THEN & NOW
In 1969, glorious race founder Hobart Brown and his Pentacycle lost the first Kinetics Race on Ferndale's Main Street to Bob Brown and his Tortoise (left). Forty-nine years later, Stephen McHaney and Team TriloBike pedaled the flashy Test Kitchen to the 2017 Kinetic Grand Championship. In this year's 50th running of the kooky race from Arcata to Ferndale . . . who knows?

Left photo courtesy of the Hobart Brown Collection. Trilobike photo by Matt Filar.

Opinion & Commentary

Protect Mobile Home Owners

By Uriela Mitchell

Senior mobile home parks have become cash cows for corporate investors, threatening housing for many Humboldt senior and low-income mobile home owners.

Investment firm Park Street Partners says on its website, “With 10,000 baby boomers entering retirement each day on a fixed income with little to no savings, the demand for affordable housing should reach a fever pitch in the coming decade, . . . [increasing] the need for the most affordable housing option our nation has to offer: mobile home parks.”

Yet these same corporate investors who anticipate demand for affordable mobile housing are also destroying its affordability. Tim Sheahan, president of the National Manufactured Home Owners Association (NM-HOA), says, “The major concern with senior mobile home parks in recent years is that ownership has moved from ‘mom and pop’ management to corporate groups. And for most of the corporate owners, the main goal is to maximize profits.”

Most Humboldt seniors who live in mobile home parks own their own home and pay a monthly rent for the plot of earth it sits upon. While rents typically remain stable under “mom and pop” ownership, prices can escalate quickly under corporate ownership, resulting in gentrification and the economic eviction of residents.

Because it is extremely costly to move a mobile home (there are almost no available spaces to move

to anyway), it is nearly impossible for owners to move their home when rents rise. They become captives of mobile home park owners.

Jurisdictions around the country are passing laws to stabilize space rents for mobile home owners, and to preserve affordable housing.

We are fortunate that Humboldt County and the City of Arcata have recently done just that. Arcata’s Mobilehome Rent Stabilization Ordinance (RSO), adopted in November 2017, is not as robustly protective of mobile home owners as the Humboldt ordinance, but it is currently undergoing a revision.

Mobile home affordability advocates have asked the city to amend its ordinance to give mobile home owners the ability to veto costly capital projects that potentially make Arcata mobile home parks unaffordable, especially for seniors living on low and fixed incomes.

Mobile home parks are the largest segment of non-subsidized affordable housing in the United States, providing a crucial affordable retirement living option for seniors. If you live in Arcata, tell your city council to help us keep it that way.

Uriela Mitchell of Arcata is president of the Golden State Manufactured-home Owners’ League Super-Chapter 1859, and a resident of the Lazy J Ranch.

Don’t Shut the Door on Housing

By George Clark

Few issues are more intractable than housing fraud, which has flourished since the long-forgotten 1980s crash and bailout. When I ran for Eureka City Council in 2008, it was déjà vu to witness the same entrenched privileged minority from the development industry, and their lobbyists, still enjoying undue influence over government officials by overwhelming public meetings, and by funding candidates willing to oppose policies that would maintain adequate housing for all economic classes, harming our economy and primary source of job creation — consumers.

Why?

According to U.S. Sen. Elizabeth Warren, D-Mass., manipulating scarcity in housing inflates prices, making it easier to “trick and trap” desperate families into bigger homes. Developers, land attorneys, bankers, speculators, brokers, realtors, title companies, insurers and debt collectors benefit most when higher priced homes are planned, built, sold and repeatedly foreclosed. Each foreclosure generates lucrative fees, fines and profits based upon the home’s inflated value, until the victims run out of resources, and entire economies collapse.

The 2008 housing fraud, collapse and bailout, led to the worst economic decline since the Great Depression, yet there hasn’t been a single media report on the extraordinary number of local foreclosures and bankruptcies, nor has one victimized family been interviewed.

Concealing the social impact of insatiable human greed perpetuates ignorance, bigotry and blame that’s resurfacing today against the victims who are made destitute, a hallmark of the 1930s Depression, when the California Highway Patrol operated checkpoints stopping victimized U.S. families deemed “too poor” from entering the state.

Development weighted toward higher-cost housing has left Humboldt County with abysmal home-affordability rates, hundreds of millions of dollars in unfunded infrastructure liabilities, and a destabilized economy that forces families to live with parents and grandparents. Foreclosed and bankrupt families, with nowhere to go, become homeless among Main Street’s empty storefronts, shuttered motels and vacant lots.

Fortunately, California has taken the lead in starting to remedy all this with Senate Bill 2, which places a modest fee on all real estate transactions to fund low-income and homeless housing. SB2 will be insufficient, however, as long as local governments continue to participate in housing fraud and a corrupt developer occupies the White House. Are this June’s supervisor candidates advocating for fair housing policies, or the status quo?

George Clark is a retired Eureka business owner and 2008 City Council candidate.

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.

Letters to the Editor

Aging Gracefully

How do we age gracefully? As we age, our desires and needs for different types of housing change. Affordable housing and sound planning are good tools for providing housing that makes sense for an aging population.

Many seniors say that one approach with great merit is mixed use development, with housing located close to groceries and other small stores, as well as parks, open space and trails. Arcata's Plaza Pointe is one example of senior housing with access to many nearby services.

In McKinleyville, residents have said at many meetings and in their community plan that they would like to see a Town Center with mixed-use development, including senior housing. The landowner has said she hopes that the community will develop this Town Center. In addition to housing, there would be small businesses on the ground floors, trails, pathways, perhaps a small outdoor concert venue, ponds, and landscaping throughout. It would be an economic engine for the community, while creating a special space in the center of the town.

Having housing designed for seniors, with nearby services and open space, can go a long way toward helping us age gracefully.

Stephen S. Madrone, *Trinidad, candidate for 5th District Humboldt County Supervisor*

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A Grand Time to Serve

To the Editor:

At two critical times of the year, Humboldt County citizens need to step up and be counted.

The first is at election time, as June 5 primaries for the November mid-term elections approach. The second critical time is for the impaneling of the new Humboldt County Civil Grand Jury, and the time to volunteer to serve is now.

I have served on our grand jury twice, once as the foreperson. That service was one of the most rewarding, stimulating and creative experiences of my life.

Applications are available on the Humboldt County website, or at the offices of the Humboldt County Civil Grand Jury at the courthouse in Eureka. Deadline is the end of May.

Please consider serving and making a difference in how our local government functions.

John Heckel, *Eureka*

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Coming in Senior News

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

- **June:** "Animal Stories" looks at animals — from pets to mules — in Humboldt life.
- **July:** "Locally Grown" looks at green Humboldt businesses.

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