



National Guard, Arcata, late 1800s.
Palmquist Collection, Humboldt State University.

Honoring Their Service

New Troops, New Life At the Arcata Veterans Hall

By Leonard Shumard

An infusion of young veterans has recently resurrected the Arcata Veterans Hall at 14th and J streets. What is unusual about this is that the younger and older veterans groups have merged almost seamlessly.

Our Warrior veterans group is made up of veterans of all branches and dates from World War II to present. Members include a WWII Marine veteran of the Solomon Island campaign, and a Navy veteran who served in three wars — WWII, Korea and Vietnam — on three different Iowa-class battleships.

We also have a retired Navy chief who served over 30 years, many of them on submarines. There are also veterans of the Korea, Vietnam and Middle East wars.

The Young Vets and their Auxiliary cook a nice lunch for the Warriors once a month, and treat their elders with all due respect.

The older veterans welcomed the young bucks from Hum-

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Humboldt veterans representing McKinleyville, Hoopa, Fortuna, Garberville, Arcata and Eureka gather outside the Arcata Veterans Hall. Ted Pease photo.

Louie Thomas' WWII Tangerine Lesson

By Ted Pease

Lewis "Louie" Thomas has many sharp memories and compelling stories to tell of his time in combat as a Coast Guard gun captain in the Pacific during World War

II, but he smiles at one of his most enduring experiences, involving two tangerines.

The tale echoes the 1954 film "The Caine Mutiny," in which Humphrey Bogart

plays a Navy captain who is pushed off the deep end over the theft of his personal store of fresh strawberries.

As Eureka native Thomas, 92, remembers it, he was a

somewhat wild kid of 18 or 19 in 1944, serving aboard a Coast Guard troop transport ship, the Leonard Wood. The ship had just left Funafuti, a Polynesian atoll on the equator.

"The captain had this fresh fruit," he said. "Tangerines. They weren't going to give any of us fruit, so one night I went down to the freezer and

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SINCE 1981

HEALTHY LIVING

THEN & NOW

LETTERS

Published by
HUMBOLDT SENIOR RESOURCE CENTER

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JOYCE HAYES, PUBLISHER

TED PEASE, EDITOR
707-443-9747, ext. 1226
tpease@humsenior.org

ELIZABETH WHITLEY
ADVERTISING COORDINATOR
707-443-9747, ext. 1227
ewhitley@humsenior.org

HSRC Board: Jim Davis, president, Jim Aste, Elan Firpo, Jack Irvine, Kathryn Dunning, Nancy Dye Leer, Richard Hanger, Susan Hansen, Sue MacConnie, Nanette Medin

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Tedtalks: Confessions of a Peacenik

By Ted Pease

Like many Americans, my wife and I recently watched the powerful PBS documentary on the Vietnam War by Ken Burns and Lynn Novick. It was sobering, even depressing.

And, I think, it is must-see TV for anyone, whether you lived through that time or not.

For anyone past a certain age, the 10-part series brings back difficult memories and emotions from what was a time of intense social upheaval. For some, Vietnam-era memories are still so raw 40-plus years later that they can't watch the documentary.

I lived through those days, but I didn't have as full an appreciation for what 2.7 million young American soldiers saw and did and endured in Vietnam as I do now after watching the Burns/Novick documentary.

It's not just the violence of the war that is so difficult to see, but watching the lives of the young people on both sides destroyed by political leaders who misled them — and us — is infuriating.

My perspective on military vets also has been broadened by meeting local veterans of Vietnam and other U.S. wars as part of putting together this month's Senior News, which celebrates November and Veterans Day by honoring those who served, their families and friends.

Jeff Sterling, a 33-year-old former Marine who heads the Arcata Veterans Hall, talks from his own experience about the sense of

separation between veterans and civilians when soldiers come home and try to take up their old lives. He says it's an isolation that comes of soldiers' experiences, whether in combat or not, that most of the public just don't get.

So it is with a sense of appreciation for what they gave that Senior News honors the thousands of Humboldt veterans who served. As President Abraham Lincoln said in his Gettysburg Address, we honor those who "gave the last full measure of devotion," those who died and those who, thankfully, did not.

Also in this issue:

- A sobering report that the "vast majority" of victims of the Napa/Sonoma wildfires were 70 and older caught in their homes. This is a reminder that seniors who live alone need plans in place to help them in case of emergency (page 17).

- Last month's "The Family Tree" issue couldn't accommodate all the genealogy articles submitted. So here are two more, (pages 15 & 16).

- And we bid a fond farewell to columnist Bob Morse, who has written about death and dying topics in Senior News for more than four years. As Bob heads off on new enterprises, we will try out new columnists. This month: Betsy Goodspeed (page 6).

—
Ted Pease is editor of Senior News.

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'An American Hero' Remembers D-Day

By Kathrin Burleson

John Credico remembers the D-Day Invasion. In 1926, he enlisted in the U.S. Navy at the age of 17, and served as a gunner on a Landing Craft Vehicle Personnel carrier that carried troops to Gold Beach on the coast of Normandy, France.

Taking Gold Beach, one of the five landing targets of the Allied invasion of German-occupied France on June 6, 1944, was the responsibility of the British Army, and Credico's ship transported Welsh troops to the invasion. It was an intense experience, knowing that these young soldiers faced terrible odds.

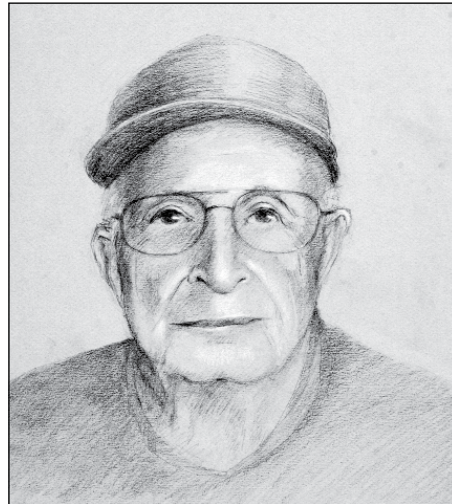
Credico remembers making the sign of the cross in front of one Welsh soldier as he passed to hit the beach.

The Welshman paused, looked at him, and asked, "Yank, do you think that is going to help?"

Credico replied, "It has always helped me before." His love of country and faith in God sustained him throughout the war.

His unit's next mission was to take wounded American soldiers off the beaches to Navy hospital ships offshore. Credico, now 91, still recalls the courage and dedication of these wounded Americans.

"They were all different ages and had different wounds," he said, "but



Kathrin Burleson's portrait of WWII Navy gunner John Credico, 91, of McKinleyville is one of the artist's 170 drawings that make up her collection, "Faces of American Heroes: Portraits of Humboldt County WWII Veterans," which resides at the Clarke Museum in Eureka. Submitted by the artist.

they were all brave men." The ship also took German prisoners from the beaches to hospital ships and then on to England.

Shortly after the war, Credico married his high school sweetheart, Josephine, and the couple raised four children. Josephine died last year after 69 years of marriage.

Even now, more than seven



A memorial listing the names of 234 Humboldt service members who died in World War II occupies the north wall of the observation lounge upstairs at the Arcata-Eureka Airport in McKinleyville, the work of Trinidad artist Kathrin Burleson and curated by Ben Brown of the Clarke Historical Museum in Eureka. Ted Pease photo.

decades after the war, he still thinks of his time in the service. "Even though it has been 73 years, I have vivid memories of bravery, mentoring, kindness, loyalty and, of course, sadness," he said. "And above all, an amazing love for our country."

John Credico is a patriot, a man of faith, an American hero, and an example of what makes America great. To him and the other veterans who have served this country and fought for freedom, we owe a debt of gratitude that can never be paid.

Kathrin Burleson is a Trinidad author and artist who has completed portraits of 170 Humboldt County veterans, which are in the permanent collection of the Clarke Historical Museum in Eureka and on display at the World War II Memorial at the Eureka-Arcata Airport in McKinleyville. She is also co-founder of the North Coast Honor Flight, which transports local veterans to veterans memorials in Washington, DC.

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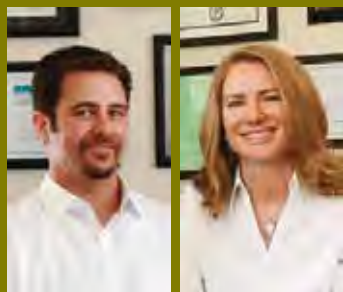
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WWII Tangerine Lesson . . . from Page 1

took two tangerines.”

He was caught, of course. “The captain sentenced me to 20 hours in the freezer,” he said, still laughing about the tangerines more than 70 years later. “But that taught me a lesson never to take anything that doesn’t belong to me.

“I learned my lesson and it stuck with me for life,” Thomas said. “My kids learned the same lesson.”

Not all of Thomas’ war experiences were so benign. He was injured in New Guinea, and saw action from Australia to the Philippines to Japan.

His ship accompanied Gen. Douglas MacArthur, transporting troops and supplies as the five-star commander of the Pacific Allied forces made his way toward the eventual Japanese surrender.

“I was in Leyte, in the Philippines, when they dropped the two bombs” on Hiroshima and Nagasaki, Thomas recalled.

“I told the captain that I’d been out there for more than two years, and asked if he would send me home.” Thomas caught a ride to Tokyo, where he found deck space on the USS Gen. William

Mitchell for the ride across the Pacific to San Francisco.

“There was no bunk space,” he said, “so I slept outside on life preservers all the way home. We got to San Francisco in the fog.”

The Billy Mitchell was a hospital ship, filled with wounded. “Not all of them made it,” Thomas said. “By the time we reached San Francisco there were five empty bunks. War is hell. A young person grows up fast.”

When the Mitchell reached San Francisco, authorities ashore turned the ship back two or three times, Thomas said, as the country awaited word of the armistice signing from Tokyo.

“The bridge was packed with people and cars,” cheering and yelling as the Billy Mitchell became the first U.S. troop ship to pass under the Golden Gate Bridge after the Japanese surrender, he said.



Coast Guard Gunner’s Mate 3rd Class Louie Thomas (ret.) was part of a commemoration aboard the Navy landing craft USS LCI(L) 1091 in 2012 on the Eureka waterfront, shown here with his WWII uniform and a photo of him at his station aboard the USS Leonard Wood in the Pacific in 1944. Photo courtesy of Louie Thomas.

“It was quite a moment,” he said.

—
Ted Pease is Senior News editor.



The 58,272 names of American service members, including eight women, who died or are MIA in the Vietnam War are listed in chronological order on the Vietnam Veterans Memorial, starting from 1959 and ending in 1975. Visiting the Wall — or its half-scale replica, seen here during a 2015 Loleta visit — is a powerful moment, as you search for and find a familiar name. Mark Larson photo.

ASK THE DOCTOR

Gun Violence

By Jennifer Heidmann, M.D.



As a physician, I am charged to be a scientist, a diagnostician, a healer and a comforter. I am also charged to be a protector of public health. This is part of the oath I took along with the rest of my medical school class when we started our first year of studies, in our crisp, short white coats.

When I think about public health, I think of what impacts our population as a whole, and what threatens the well-being of our community locally, countywide, statewide, nationally and even worldwide.

I have written about the single biggest public health crisis (worldwide) of our time — climate change. I have written about the importance of diet and exercise to reduce risk of ailments such heart attacks, strokes, cancers, dementia, obesity, chronic pain and depression. All of these ailments rank high in the causes of reduced life span and quality of life.

There is a lot of evidence available for us to understand the impact of climate change and vascular diseases, cancer, dementia, obesity and mental illness. But it is harder to assess another threat to public health — gun violence — because scientists are banned by the federal government from researching the health impact of gun violence.

Around 30,000 Americans die every year from gun violence. It is one of the nation's top causes of death, yet one of our most under-researched health issues. I repeat: We have a public health epidemic, but research scientists have one

hand tied behind their backs in trying to reduce the death rate of Americans from guns, whether large-scale attacks like last month's Las Vegas concert massacre, which killed 59 and left more than 500 injured, or the random killings that occur daily across the country.

Some facts related to gun violence, based on data from the Centers for Disease Control:

- 93 Americans die from gun shots every day, on average.
- About 186 Americans are wounded every day.
- 7 children are killed daily.
- 50 women are shot daily by their intimate partners.
- Our gun homicide rate is 25 times higher than other countries that are as developed as we are.
- Black men are 14 times more likely than white men to be killed by gun violence.

So far in 2017, there have been 273 mass shootings in our country, defined as four or more people shot/killed in same place/time.

I am in the business of healing and, along with my colleagues, of advising the public on the best way to maintain their health. We must start treating gun violence as a public health emergency, and demand that research be done and action be taken to reduce the risk of Americans being killed and injured by gun violence — just as we must do our best to fix anything we can that negatively impacts the health of our

Continued on Page 19

Going to the Doctor? Speak Up!

The patient-doctor relationship is unlike any other. While we may have no qualms about questioning our car mechanic, shopping around for roofers, or switching to a new plumber if the other guy doesn't work out, we're a lot less assertive with our healthcare professionals.

And that's not always healthy.

Former health reporter Bob Brody talked about "Why I Almost Fired My Doctor" in The New York Times recently. Even after 20 years with the same physician, Brody found himself deferring to his doctor, even when he wasn't getting his questions answered.

"What to do?" he wondered. "After all, this was my health here. . . . Was I going to risk my longevity to avoid hurting my doctor's feelings?"

In Humboldt County, where there are too few physicians to go around, we may be extra hesitant to stand up for ourselves, especially when it takes so long to get in to see the doctor in the first place, and then she is so obviously rushed for time.

An April 2017 national survey found that many older patients are frustrated by the lack of time their doctors spend with them, or that they don't seem to listen.

So be assertive. Even your overworked doctor will tell you that failing to speak up isn't good for you.

—Ted Pease

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— BY BETSY GOODSPEED

Living in the 'ALF'

I admit that I'm not typical of the average resident of an ALF. Assisted Living Facilities used to be called "old folks homes" (OFH), and the care has probably improved since I visited my grandmother in one. But after experiencing three kinds of ALFs, it appears that the ratio of lucid to senile residents might be the same.

I tell my kids I'm doing research. Everything I do is an exercise to determine when to adjust and when to attack the weird lack of logic of growing older. One's senses can get screwed up as one ages, and a sense of humor is vital to maintaining sanity.

I was confident that I'd be OK, because I can play the piano for sing-alongs, or lead writing workshops. But I discovered to my dismay that the only activities at my ALF that interested me had been discontinued due to lack of interest.

Upon learning that a vintage "Lone Ranger" radio show would be performed at my ALF, I was thrilled to be assigned a leading role and asked to supply music cues. But then the Lone Ranger quit when the director added singing commercials and put hats on the players "for visual interest." (Tonto's hat had pink feathers.)

All was well again, though, when our Lone Ranger showed up for the next rehearsal because he forgot that he had quit.

Fortunately, I can spend time in an alternate world of writing, where I've found more truth in writing fic-

tion than in our current world reality. The nightly TV news confirms that we live in national disorder, which is downright depressing.

So I focus on the miracle of getting wiser instead of sillier as I approach 91.

I know I am still learning because I can search the Internet for all kinds of information and solve complex problems — like correcting my mailing address for my credit card. I'm still gaining knowledge, and believe that asking questions is more important than getting fast answers.

Writing things down helps. My aunt wrote about owning the first motorcar in Ft. Collins, Colorado, and told about how her father became a circuit judge and invented musical instruments. Memoirs aren't written for oneself, for heaven's sake, they're for great-grandchildren.

So I write my blog, and dream that my ALF neighbors will show up to sing great songs from the 1940s and '50s, or to share their creative writing.

Back in 1947, I toured with Spike Jones and the City Slickers, so I know that anything could happen. That was when laughter became more important to me than applause.

—
Betsy Goodspeed, 91, a resident of Alder Bay Assisted Living in Eureka, is a writer, blogger and former professional singer and musician.

The Conscience of the Military Man

By Mike Turek

"Being in a military is like being a citizen of a totalitarian state. Nobody gives a damn who you are and what you think."

In June of 1968, I was a senior in high school with a draft card and no plans for college. So I enlisted in the United States Air Force. Three months later, my military career began at Lackland Air Force Base, Texas.

Six weeks of basic training, learning how to fold my underwear and make my bed correctly. The drill sergeants ran us ragged, playing their psychological games and constantly reminding us that "Gooks" and "Commies" were our enemies.

After basic, I was assigned to technical school at Sheppard Air Force Base, Texas, for nine months learning the intricacies of teletype machines and cryptographic equipment. Then I reported to Wheeler Air Base, Oahu, Hawaii, for 36 months.

By 1970, I was fed up with the military, agreeing with Charles Simic, U.S. Army veteran and poet, who had grown up under communism in Eastern Europe. "Being in a military is like being a citizen of a totalitarian state," Simic said. "Nobody gives a damn who you are and what you think."

With the illegal invasion of Cambodia, the Kent State Massacre, the Vietnam Veterans Against the War Winter Soldier Campaign, the expanding air war, and growing calls to end the Vietnam War, I became involved in the G.I. Movement Against War and Militarism.

A group of G.I.s decided to organize and, with help from the Hawaii People's Coalition for Peace and Justice, we planned an anti-war demonstration. On a Sunday in May 1971, 70 of us active-duty G.I.s demonstrated against the Vietnam War and militarism at the front gate of the Schofield Barracks Army Base.

My superiors knew immediately I had participated in the demonstration. What we did was legal — active-duty personnel could attend demonstrations in the United States as long as they were not in uniform. But within weeks, I was reassigned from Hawaii to the front lines of the Cold War at Thule Air Base, Greenland.

I was lucky. Many other G.I.s who stood up for their beliefs ended up in jail, or were given bad discharges. I just got a year at the North Pole.

For more information about the G.I. antiwar movement see, "Soldiers in Revolt; GI Resistance during the Vietnam War" by David Cortright, and "Dangerous Grounds: Antiwar Coffeehouses and Military Dissent in the Vietnam Era" by David L. Parsons. There are also two documentaries available: "Sir! No Sir!" (documentarystorm.com/sir-no-sir/) and "FTA, The Show The Pentagon Couldn't Stop."

—
Mike Turek, 67, of Eureka served as an Air Force airman (E4) from 1968-1972.

New Troops, New Life . . . from Page 1

boldt State University's Student Veterans Association, and their friends and spouses, into the Hall. In return, the Young Vets have breathed new life into the old veterans organizations — the American Legion and the Veterans of Foreign Wars. Membership is rising, and many new events are hosted by the Arcata Veterans Hall.

Jeff Sterling, one of the Young Vets, is a big part of that. At 33, the former Marine lance corporal is the Hall's commander and manager.

"It's a mix, now," Sterling said. "We have the most diverse group of veterans. The new guys are bringing new energy."

Because of their service and their common experiences, Sterling said, veterans need each other's company. "It's a blessing," he said.

The Arcata Hall is also home to the Mad River Community Honor Guard, which is made up of volunteers who perform services for military funerals, and

also provide color guards for parades and other special events. The Hall also hosts Veterans Day celebrations and the Marine Corps Birthday Ball.

The Hall is also seeking a local community member to donate a used van to help transport vets to events and meetings.

I would encourage any veterans to come to the Arcata Hall's veterans lunch at noon on the first Wednesday of the month to meet other vets who share your experiences and values, because we are truly a band of brothers. Semper Fi!

Leonard Shumard, 68, from Trinidad, was a squad leader with the First Marines in Vietnam from 1967 to 1968. He also founded the Arcata Warriors Group, and is a member of the American Legion, the VFW, and the Marine Corps League. He can be reached at cplshumard@yahoo.com.



NOW SERVING — Arcata Veterans Hall members recently cut, finished and installed a new redwood bar top, thanks to the teamwork of (from left) Leonard Shumard, Barry Alton (front), Travis Holt, Lt. Cdr. John Grobey, Hall Commander Jeff Sterling, Adam Ramsey, Phil Irvine and Nick Kilgore. Photo courtesy of Leonard Shumard.

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SONGS WE TELL EACH OTHER

BY MARGARET KELLERMANN

Peaceful Resistance: Anything but Simple

With six U.S. Coast Guard veterans in my family, we've had an active officer without a break for 73 years.

My father, Rear Adm. Robert Durfey, was the first. A decorated war hero, he's still venerated by those who served under his command while his Coast Guard cutter Rush patrolled waters off Vietnam, 1970-71. However...

"I don't want to kill people," Dad told his father, explaining why he left the Naval Reserve in 1944. During World War II, peaceful resistance was anything but simple. Dad saw the Coast Guard as a peaceful way to serve: rescuing people at sea. Dad's Quaker mother probably inspired the switch.

But wars are like city buses. If you missed one, there's another coming soon.

In 1970, at age 45, Dad took command of the Rush, a 378-foot white ship with an orange stripe. It occurred to me at age 11 — as Dad's ship sailed

away, all of us bravely waving — that patrolling in wartime with a ship painted like a target was wrong.

Soon after arriving in Vietnam, the Rush, with other Coast Guard cutters in an all-out gunfire battle, sank a weapons-loaded trawler bound for the Viet Cong, on Thanksgiving Day. That Easter, the same thing happened. On hearing these reports, I wondered: You're supposed to rescue your enemies after blowing up their boat, right? If you rescue them, won't conversation be awkward, even if somebody onboard knows Vietnamese?

Years after Dad died, we learned of the Rush's daring night attempt in a monsoon to rescue POWs from a camp up the Mekong River. The rescue was aborted: even Navy SEALs onboard couldn't fight the monsoon to launch their boats. That aborted rescue might have been Dad's biggest unspoken heartache.

Meanwhile, in 1970s California, people chanted, "Peace!" We kids

were instructed not to tell anyone Dad was in Vietnam. Often when neighbors or teachers found out, they rejected us. We came home from church one day to find our garden hose snaked through our mail slot, flooding the rooms. Our tulips were uprooted, thrown on our doorstep.

The Rush returned to flags waving, tugs spraying water cannons as the ship passed under the Golden Gate Bridge.

At a commendation ceremony, where Dad received a Bronze Star and two Gold Stars, I whispered, "Congratulations, Dad." He shook his head slightly, looking at me so sadly that his silent message stays with me: Not all veterans are warmongers; not all peacemakers can stay out of a war they don't believe in.

Margaret Kellermann is working on *Book Two of a children's novel*.

You can reach her at bluelakestudio.net/contact.

Country Walks: 5 Haiku with Birds

Wren on asphalt road
broken egg she will not leave
hatched my heart of stone

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—Nance Naven, Eureka



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Testing for Risk of Falling

A free program to test seniors' mobility, balance and risk of falling will be offered by Humboldt State University biomechanics lab staff on Thursday, Nov. 9, at the Arcata Community Center.

Professor Justus Ortega, director of the HSU Biomechanics Lab, and his staff work with individuals to develop solid measures of their balance, muscle strength, movement and sensory abilities to reduce the risk of falls.

The assessments include multiple parts. "We try to get an understanding of your fall history, and identify the variables in your life that may be associated with tripping and falling," Ortega said.

The appointments will include interviews about participants' fall history, living arrangements and medications that may affect balance; tests of lower body muscle strength and flexibility; assessment of physical mobility; a balance test and sensory evaluation.

"Then we give you a report card, and recommend exercises to improve your balance and mobility," Ortega said.

A grant from the Humboldt Area Foundation underwrites about 100 of these tests. The assessments are part of the HSU Fall Prevention Program, and will be from 11:30 a.m. to 1:30 p.m., Thursday, Nov. 9. You must schedule an appointment by calling 826-5973.

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Re-elect TRACY COPPINI FOR CR Trustee



**I'm asking for your
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Estelle Fennell – Humboldt County Supervisor
Billy Honsal – Sheriff
Kathryn Smith – Former CR President
Jack Lakin – Past Ferndale Unified School District Superintendent/Principal
CR Trustees: Colleen Mullery
Sally Biggin
Bruce Emad
Tom Ross

John Burke – Former CR Trustee
Julie Houtby – Member of CR AG Advisory Committee

See more endorsements on Tracy's Facebook page...

Paid for by: Tracy Coppini for CR Trustee 2017 FPPC#1398620
720 Coppini Lane, Ferndale, CA 95536

Reelect Tracy Coppini to CR Board of Trustees

As former president of College of the Redwoods, I fully support Tracy Coppini for re-election to the CR Board of Trustees. Trustee Coppini has the necessary experience and knowledge of current issues and challenges facing community colleges in California.

Kathryn G Smith, retired CR president/superintendent

*Excerpts
from endorsement
letters to Editor,
Times Standard*

Reelect Tracy Coppini to CR Board of Trustees

...through the years of our friendship I have known him to be a strong family man who is hard working in all that he does. Please vote for Tracy Coppini who I feel will continue to work to make College of the Redwoods the best that it can be...

Shannon Miranda, Fortuna

Reelect Tracy Coppini to CR Board of Trustees

Tracy has a clear understanding of the role of a Community College in meeting the needs of its students. During these years of uncertain state funding for education, Tracy has helped maintain fiscal stability for College of the Redwoods and at the same time provide an array of programs and classes for a diverse student population.

Jack Lakin, superintendent/principal (retired), Ferndale Unified School District

Vote Coppini for College of the Redwoods District 1

Tracy has served in this capacity for the last twenty years and I would love to see him continue his support for traditional academics as well as career and technical education. As an agriculture teacher at Eureka High School...I understand how valuable it is to have a strong career technical education program at our local community college.

Alissa Sarvinski, Ferndale

Follow
Tracy on Facebook
at Tracy D Coppini



Coppini Right choice for College of the Redwoods

As a former student of CR and a member of the CR Agriculture Advisory Board, I know the importance of CR's role in our community and am certain that Tracy Coppini is the right individual to continue to serve District 1 as a board member. Please join me in supporting Tracy's re-election.

Julie Houtby, member of CR AG Advisory Committee

"I'm fed up to the ears with old men dreaming up wars for young men to die in."

—George S. McGovern (1922-2012), 1972 presidential nominee



AGING IS AN ART — BY JOHN HECKEL

Role Models for the Living

People are dying. The older I get, the more they die.

Now I know what the suggested reality is — that at 70 years of age, I simply know more people who are dying, people who have led lives that have intersected with mine. But I also remember a younger version of myself who knew no one who had died.

Somewhere, deep inside, that younger version of myself still exists.

I also have more encounters with people who have terminal diseases. Who know their deaths are close at hand, who no longer have the luxury of fooling themselves about the inevitable.

That younger version of myself had no such experiences.

As I fall into Fall and look forward to Thanksgiving, I intend to grieve with a gratitude that comes from knowing I have friends and family who have shown the way, who have modeled the death and dying process for me. I both grieve and give thanks for the ever-increasing number of role models.

That younger version of myself had no need of such role models.

As we age and experience more death around us, we the elders who live on have a community responsibility to grieve, to praise, to tell the life stories of those who have moved on. During the feast that is Thanksgiving, no football games for me, thank you, I intend to share with family and friends the story of my mother and father.

I have not yet decided which parts of their full and adventure-some lives to share, but I plan to tell their story so that it amuses, enlightens and emboldens those who listen. Thanksgiving was their favorite holiday.

As the coming holiday season approaches, I have learned to take time to walk on the beach. The ocean invites grief. Near the ocean, I allow myself to fully embrace the loneliness that accompanies grief.

That younger version of myself avoided and feared that loneliness.

If I don't grieve what I miss, I don't admit to what I love. Thanksgiving has become a time to declare what I love and grieve what I miss, which are acts that commit me to life. May I hold and embrace that younger version of myself and model for him a way to grieve what and who I miss, praise what I love and understand their interconnectedness.

In so doing, may that younger version of myself gain the strength and courage to accompany me on the journey that has become my aging process.

Postscript: I would be remiss in writing about grief not to recognize the loss of our neighbors to the south — in Santa Rosa, Sonoma and Napa. I grieve for you.

—
John Heckel, Ph.D., a

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

On the Ground in Vietnam

By Dave Rosso

In 1964, I was facing the draft and decided I'd rather join the Air Force and see the world. I went to Texas: basic training in San Antonio, computer school in Wichita Falls, and an Air Force finance office in Amarillo.

Then I was assigned to Vietnam. Before leaving Amarillo, I was given training with an M-16 rifle, which was pretty new then. Training consisted of firing a clip of 20 rounds at a target, disassembling the rifle and putting it back together. That was it.

I landed in Tan Son Nhut Air Base in Saigon. It took nine days before I was able to fly to my base at Cam Ranh Bay. I watched rockets in the hills at night and heard the explosions.

Cam Ranh Air Base was all sand. Sand in our clothes, sand in our food, sand in our cots.

There were only enough M-16s for a third of our squadron. We were broken up into three sets of troops for alert. When we were on alert we got our M-16s, two clips of 20 rounds and a helmet. Then we headed to a bunker of sand bags in the dark and waited for the all clear.

On Oct. 26, 1966, President Lyndon B. Johnson came to visit, and toured the base standing in an open jeep. He shook the troops' hands, including mine.

I joined the Cam Ranh Choraleers choir, and we sang for the troops in the base hospital and flew to Clark Air Base in Manila to sing for the troops at a concert and at the base hospital.

Ed Sullivan sent a crew to film us singing in light rain at Cam Ranh for the December 1966 Ed Sullivan Christmas Show. And I saw the Bob Hope USO show. That was a thrill.



Airman 2nd Class Dave Rosso was assigned to an Air Force finance office as a clerk at Cam Ranh Air Base in Vietnam. Photo courtesy of Dave Rosso.

On Christmas Day, we hosted a truckload of Vietnamese orphans. When we took them back to the orphanage, I could not help but wonder how many of them were orphans because of us.

When my year in Vietnam was up, I left the 120 degrees of Southeast Asia and served my last year in Upper Michigan, where the temperature dropped to 30 below.

When my four years in the service were over, I attended American University in Washington, D.C., and joined anti-war demonstrations. Then I was hired by United Press International and covered anti-war demonstrations.

—
Dave Rosso, 74, of Eureka, served in the U.S. Air Force from 1964-68, mustering out as a sergeant and becoming a journalist for United Press International.

1910 California Street, Eureka CA 95501

HSRC News707 443-9747 • www.humsenior.org

Learn to See RED Every Friday

By Teresa Oliveri

As a military mom, RED Friday is a movement that is near and dear to my heart. RED Friday stands for “Remembering Everyone Deployed,” often accompanied with the catch phrase, “Until they all come home.”

As of June 30, there were approximately 300,000 U.S. troops serving outside of the United States. Some were stationed overseas in bases in Europe, Japan and South Korea.

Others were in multiple sites, including “hot spots” throughout the globe. For example, approximately 37,000 are stationed or deployed in 20 Middle Eastern countries.

These men and women represent the U.S Army, Navy, Air Force and Marines.

“The mission of RedShirtFridays.org is to show support for our servicemen and servicewomen,” the group’s website says. “We are not a political organization. We do not care whether or not one supports or does not support our nation’s specific military missions.

“We care only about making our support of our servicemen and servicewomen known to our fellow Americans and the world. We wish to let our servicemen and servicewomen know we support their sacrifice and that we will not forget them; we will do this by wearing red every Friday.”

It is important to remember that this campaign is not a political statement, and that citizens of all political persuasions participate.

I wear red every Friday in support of my son, Eric, who is in the Air Force and will deploy soon. It is my statement of solidarity and support of all of those serving our country away from home and family.

Teresa Oliveri is director of the Health Care Services at the HSRC.

“We know how to win wars. We must learn now to win peace....”

—Stephen E. Ambrose, author,
“Band of Brothers”

Veterans Honored

Humboldt Senior Resource Center’s three Senior Dining Centers will honor military veterans on Friday, Nov. 10, the day before Veterans Day.

The Mad River Community Veterans Honor Guard will conduct the Veterans’ Honor Ceremony, including the sounding of taps and the folding of the flag in the traditional 13-fold ritual, at 10:45 a.m. at the Eureka Dining Center. Bob Ebenstein will assist in honoring each branch of the military with music.

Service members also will be remembered and honored at the Arcata and Fortuna dining sites with pictures and stories, and a special lunch will be served at all three dining centers. (See *HSRC Lunch Menu* on Page 15.)



Warren Tindall, 91, of Bayside founded the Mad River Community Veterans Honor Guard, which has conducted scores of ceremonies for departed veterans and community groups. He will bring the Honor Guard to HSRC on Friday, Nov. 10. Ted Pease photo.

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




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NOVEMBER SENIOR CENTER ACTIVITIES

Humboldt Senior Resource Center in Eureka

1910 California Street • www.humsenior.org

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

For more information call Barbara at 443-9747 x1241

Every Weekday

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

Every Monday

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/SAIL by Beth and Lois
2:30-4	Memoir Writing Class

Every Tuesday

10-11	Harry's Bingo (<i>not Nov. 7</i>)
11:30-12:15	Lunch – <i>Menu page 15</i>
12:30-1:30	Bunco (<i>not Nov. 7</i>)
12:15-2:15	Pinochle
2:10-3:10	FABS/S.A.I.L. by Beth & Lois
Nov. 7 & 21	Ukulele Play 'n Sing
Nov. 28	CalFresh Info and sign-ups w/Food for People
Nov. 28	Stamp Club

Every Wednesday

11:30-12:15	Lunch – <i>Menu page 15</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. by Beth & Lois
Nov. 1 & 15	Caregiver Support Group
	Alzheimer's Library, 1901 California St., Bldg. B, 2nd Flr., Eureka
Nov. 8	Emblem Club serves lunch
Nov. 8	LeAnne Moroni performs
	— <i>Menu page 15</i>
Nov. 8	LeAnne Moroni performs
Nov. 15	Foster Grandparents Program
Nov. 15	Commodities distribution

Wednesday (cont.)

Nov. 15	11:30-12:15	Thanksgiving Meal
Nov. 22	10:30-11:30	Fred & Melissa perform
Nov. 22	10:30-11:30	Medication Interaction & Consultation

Every Thursday

	10-11	Grocery Bingo: Bring 1 grocery item
	10-11:30	Intermediate French class
	11:30-12:15	Lunch – <i>Menu page 15</i>
	1:15-2	S.A.I.L. w/ Muriel
	2:10-3:10	FABS/S.A.I.L. by Beth & Lois
Nov. 2 & 16	10-12	Genealogy group
Nov. 16	12:30-1:30	Covered CA/Medi-Cal assistance drop-in clinic
Nov. 23	CLOSED	Happy Thanksgiving

Every Friday

	9-10	Falun Dafa
	10-11	Beginning Tai Chi Movements
	11-12	Beginning Yoga
	11:30-12:15	Lunch – <i>Menu page 15</i>
	1-4	Bridge Games
Nov. 3	11-11:30	John Nelson & Friends
Nov. 10	10:45-11:30	Bob Ebenstein will perform
Nov. 10	10:45-11:30	Mad River Honor Guard provides Veterans Honor Ceremony (<i>See page 11</i>)
Nov. 17	11:30	Birthday Celebration
Nov. 17	1:30-2:30	Conscious Living Book Club
Nov. 24	CLOSED	Happy Thanksgiving

Saturday

Nov. 4	Noon	Sassy Seniors-Adels
Nov. 18	Noon	Nooners-Village Pantry

Fortuna Dining Center

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

Lunch: Tuesday-Friday at noon - *Menu page 15*

Tuesday

	12:00	Lunch
Wednesday	12:00	Lunch
	5-8	BINGO
Nov. 15	12:00	Thanksgiving Lunch Christ Lutheran Church 2132 Smith Lane, Fortuna

Thursday

	12:00	Lunch
Nov. 2 & 16	12-1:30	Caregiver Support Group United Methodist Church Fireplace Room 922 N Street, Fortuna <i>For info call 443-9747</i>

Friday

	12:00	Lunch
Nov. 17	noon	Birthday Lunch

The Fortuna Dining Center will be closed for the Thanksgiving Holiday, Nov. 23 & Nov. 24.

McKinleyville Senior Center

Azalea Hall • 1620 Pickett Road

Open Monday-Friday 9 a.m.-4 p.m.

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Every Monday

	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
Nov. 27	11-12	Low Vision Workshop

Every Tuesday

	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

Every Wednesday

	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
Nov. 1	10-11	Genealogy
Nov. 15	10:30-11:30	Executive Board Meeting
Nov. 29	12-1	Monthly Luncheon: Sloppy Joe, Coleslaw, Dessert \$5 (<i>sign-up by 11/22</i>)
Nov. 29	1-2	Heart Healthy Club & Sweet Spot

Every Thursday

	9:30-10:30	S.A.I.L. Class
	10:30-12	Pinochle Lessons
	10:40-11:40	Stretching
	12:30-3:30	Bingo
Nov. 2	11-11:45	Pea Soup & ½ Egg Salad sandwich \$3
Nov. 9	11-11:45	Meatball Soup & ½ sandwich \$3
Nov. 16	11-11:45	Hot Dog & Sauerkraut \$3
Nov. 23	CLOSED	Thanksgiving Day
Nov. 30	11-11:45	Lentil Soup \$3

Every Friday

	8:30-9:30	Tai Chi
	10:30	Walking Group at Hiller Park
	1-4	Pinochle
Nov. 10	CLOSED	Veterans Day
Nov. 24	CLOSED	Thanksgiving Holiday

Arcata Community Center

An HSRC Dining Center

321 Dr. Martin Luther King Jr. Parkway

Lunch: Tues.-Fri. at noon - *Menu page 15*

Call Vanessa at 825-2027

Mondays

Nov. 13 & 20	11-12	Silver Quills Writing Group
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Every Tuesday

	9-11	Katie's Krafters
	10-11	Senior Swim hour \$5 fee (<i>prior registration required</i>)
	10-11:15	Karaoke
	11	Bread distribution
	12:30-2	Bead Jewelry Class
Nov. 1	10-11	Blood pressure check
Nov. 7, 21	10-11	Caregiver Support Group Mad River Community Hosp. Minkler Education Room 3800 Janes Road, Arcata <i>For info call 443-9747</i>
Nov. 14 & 28	10	Walking Group w/Mary Ann
Nov. 28	2	Arcata Marsh Slow Walk

Every Wednesday

	10-11	Chi Gong- <i>RSVP 443-8347</i>
	11	Bread distribution
	10-11	Tai Chi for Arthritis Advanced
	11:30-12:30	Tai Chi for Arthritis Beginning
	10-11:15	Karaoke
Oct. 11	10-11:15	Dance with Old Gold Band

Every Thursday

	9-10	Tai Chi w/Tim (\$3 <i>donation</i>)
	9-11	Katie's Krafters
	10-11:15	Chair massage (<i>donations accepted</i>)
	10-11	Senior Swim Hour \$5 fee (<i>prior registration required</i>)
	12:15-1:15	Learn Tech with Brett
Nov. 2	9-2	Smart Driver AARP class
Nov. 9	11-12:15	Cal Fresh Sign-up assistance
Nov. 9	11:30-12:30	Fall Risk Assessment
Nov. 16	10:15-11:15	Swing 'n' Sway Trio
Nov. 16	10:30-11	Commodities Distribution
Nov. 23	CLOSED	Thanksgiving Day

Every Friday

	10-11:30	Ping Pong with Pete
Nov. 3	9-2	Smart Driver AARP class
Nov. 10	10-11:30	Site Advisory Council
Nov. 10	10-11:30	Veterans Day Celebration
Nov. 17	11:15-12:15	Birthday Celebration Lunch
Nov. 24	CLOSED	Thanksgiving Holiday

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—Sebastian Junger, author



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Thanksgiving Dinner

HSRC dining centers will celebrate Thanksgiving early this year with the traditional turkey and fixin's served on Wednesday, Nov. 15, at dining sites in Arcata, Eureka and Fortuna.

The Arcata Senior Dining Center has partnered with the Rotary Club of Arcata for 37 years to sponsor the Turkey Day luncheon, with entertainment at 11:30 and lunch service beginning at noon.

At HSRC in Eureka, musician Bob Ebenstein provides entertainment from 10:30-11:30 a.m., when lunch is served.

And the Fortuna Dining Center will offer its holiday meal at Christ Lutheran Church, 2132 Smith Lane, at noon.

Call for reservations: In Arcata, 825-2027; Eureka, 443-9747; and Fortuna, 725-6245.

Healthcare Enrollment Cut

If you are shopping for health insurance under the Affordable Care Act (ACA), heads up!

The Trump administration has cut the 2018 enrollment period in half from last year. Open enrollment starts Nov. 1 and ends Dec. 15 — six weeks instead of three months.

Further, assistance to help you navigate ACA options also has been cut: the HealthCare.gov website will be shut down for "maintenance" every Sunday from midnight to noon (except Dec. 10). Outreach and advertising to explain the programs has been slashed by 90 percent, and the budget for ACA "Navigators," trained to help you shop for coverage, has been cut by 41 percent.

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Beware: Not All Old Family Stories Are True

By Catherine Mace

An only child is rarely relegated to the kids' table at family gatherings. Like a sponge, I absorbed my grandfather's stories about his family while I sat quietly with the grownups. I heard about travels, pioneering in Humboldt and lots of interesting people.

He shared his books, scrapbooks and pictures, and I became fascinated with "old things." My guilty secret was getting into my great-grandmother's trunk up in the attic when no one was looking.

Fast-forward 20 years, and I was introduced to the concept of proving the genealogical stories. After my grandmother died, I found my grandfather's Sons of the American Revolution papers. To join the Daughters of the American Revolution, I had to provide documentation of my family connections to the Revolution, because family stories might not all be true.

From that point on, I was hooked. I could be a detective and find out about my family to prove as many stories as possible.

One of my grandfather's favorite stories was about his grandfather, Alonzo Monroe, and Army Lt. U.S. Grant, who had been posted to Fort Humboldt in 1854. He told about drinking together, and about riding together out past the Elk River. One time, according to the story, the river was high, but Grant refused to find a better fording place,

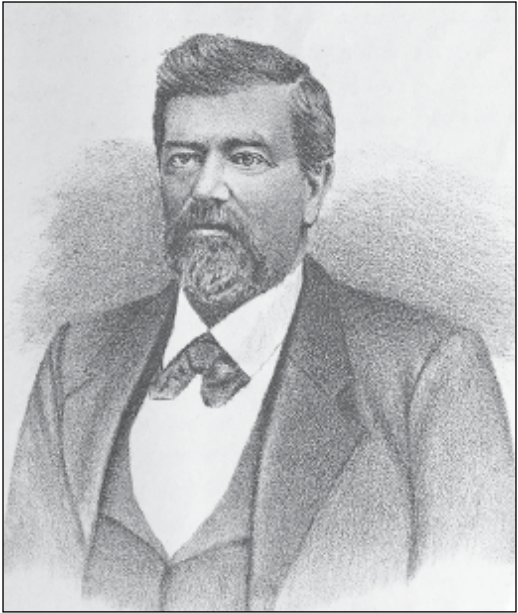
and charged through the water, declaring that he never turned back.

As I learned more about Grant's short stay at Fort Humboldt, I tried to check the dates that A. Monroe was in Eureka. Then someone gave me an article from the Trinity County Historical Society that mentioned A. Monroe was a county supervisor living in Weaverville during the time that Grant was in Humboldt. Family story busted!

What was the rest of the story? Why had my grandfather made up something like that? My dad had no answers. He had believed his dad, and did not exactly thank me for finding the truth.

When I cleaned out my father's house, I found his grandfather's box of papers and letters. In it was a talk he had given to an annual meeting of the Society of Humboldt County Pioneers about another member's friendship with Grant. There was the story, adopted by my family.

Catherine Mace, 73, of Eureka is president of the Humboldt County Historical Society, and a member of Humboldt County Society of Pioneers and the Redwood Forest Chapter of the Daughters of the American Revolution.



Thomas H. Monroe Sr. (left), the author's grandfather, is shown in his WWI uniform around 1918. At right is an engraving of his grandfather, Alonzo Monroe, from an 1882 history. Photo courtesy of Catherine Mace.

November Dining Menu

FIRST WEEK

Nov. 1 Dining Centers closed

Nov. 2 Bratwurst

Nov. 3 Chicken Curry

SECOND WEEK

Nov. 6 Dining Centers closed

Nov. 7 Baked Potato Soup

Nov. 8 Honey Baked Chicken & Apples

Nov. 9 Baked Lemon & Dill Cod

Nov. 10 Roast Beef w/Gravy
—Veteran's Day Celebration—

THIRD WEEK

Nov. 13 Dining Centers closed

Nov. 14 Meat Loaf w/Gravy

Nov. 15 Roast Turkey w/ Gravy
—Thanksgiving Holiday Meal—

Nov. 16 Chile & Cheese Egg Bake

Nov. 17 Chicken Cordon Bleu
—Birthday Celebration with Cake—

FOURTH WEEK

Nov. 20 Dining Centers closed

Nov. 21 Greek Chicken & Orzo

Nov. 22 Butternut Squash Ravioli

Nov. 23 ALL SITES CLOSED

Nov. 24 ALL SITES CLOSED

FIFTH WEEK

Nov. 27 Dining Centers closed


Nov. 28 Chicken Gumbo

Nov. 29 Tamale Pie

Nov. 30 Caprese Chicken

People 60+ are invited
\$3.50 suggested donation
For those under 60 there is a fee.
No one 60+ will be turned away for lack of funds.

LOW-FAT OR NONFAT MILK IS SERVED WITH EACH MEAL



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Nutrition & Activities Program

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Family Adventures — I Was Born to Do Genealogy

By Bruce M. Smith

I love the adventures of family history and research. Some folks ask why I spend so much time working at genealogy projects. I believe it's genetic — I was born into it.

I was born in the 1930s on the outskirts of Akron, Ohio, where our home was on the edge of Portage Path, leading in a few city blocks to abolitionist John Brown's home and museum. To the east were the remains of the old Ohio Canal, and to the south and west were seemingly endless wild open fields, forests and the Portage Lakes, rich in Indian history and presence. It was a great place for an imaginative young man to dream, explore and enjoy.

My family instilled a sense of pride and wonder in me about our family history with stories of ancestors' travels through time. I inherited a keen sense of wonder and excitement thinking about great-great-grandparents all the way back to the Dutch arrival in New York in 1605 on the Hudson River, and other ancestors in Plymouth Colony



The author's great-grandparents, Hiram Howland (1839-1919) and Sarah Emma Quick (1856-1945), at their farm on 360 acres in the Catskill mountains in upstate New York. Photo courtesy of Bruce Smith.

in 1620. The potential for adventure in research and exploration ran high, and kept my interest throughout childhood.

I often wrote down stories and items of interest, putting them in a

cigar box until I had time for serious investigation. That time arrived when, in our early 50s, the family was raised, and my wife and I could take advantage of more free time.

We joined the Redwood Ge-

nealogy Society in Fortuna, took a class from the late Evelyn Dieke, and learned the basics of family research. A whole new world opened up for us.

We shared feelings of joy, awe and completion as we embarked on our quest. It was rich, fun, exciting and rewarding to know our family history. Some of the exciting stories gave us a greater sense of ourselves, and of the history of the nation as well.

It was thrilling to learn of early family who were sea captains, travelers, doctors, business owners, adventurers and farmers. The quest continues, and the candle burns brightly.

Bruce M. Smith, 79, of Bayside is a widower and active member of several genealogy groups, including DIPS — Digging Into Past Stories — at the Humboldt Senior Resource Center. His wife, Meredith, created and taught DIPS for many years through OLLI at Humboldt State University.

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Many Elders Among Wildfire Victims

Most of the 42 people confirmed dead (as of late October) in the wildfires that swept Napa, Mendocino, Yuba and Sonoma counties were seniors, according to various reports.

The “vast majority” of those killed by the firestorms that surprised many residents in their sleep were 70 or older, the Associated Press reported.

“Some had just celebrated marriages of half a century or longer. They spent their time volunteering and playing with grandchildren. A few had lived through both world wars,” wrote the AP’s Julie Watson. “Several were couples who died together, including childhood sweethearts who had grown old together.”

The inferno that swept nearly 200,000 acres, led by Santa Rosa’s brutal Tubbs fire, also destroyed nearly 8,000 homes and other buildings, ranks as the state’s most destructive wildfire. An estimate 90,000 people were evacuated, many returning to find devastation.

Many of those elders who were killed were trapped in their homes, apparently trying to rescue each other. The oldest victim was a 100-year-old World War II veteran, Charles Rippey, who authorities said seemed to be trying to reach his 98-year-old wife, Sara, when the roof collapsed and the blaze engulfed the house.

“This situation has been so tragic on so many levels,” University of Southern California gerontology professor Caroline Cicero told the AP. “Couples who have been living together for 30, 40, 50 years, especially in their 80s and 90s, definitely might have just realized this is the end.”

—Ted Pease

North Coast Co-op Events

November 1 • Wellness Wednesday

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

November 7, 14, 21, 28 • Senior Day

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

November 23 • North Coast Co-op Closed

Both stores will be closed all day for Thanksgiving.



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November Community Calendar

Shiny Rocks

The annual Humboldt Gem and Mineral Show comes back to Redwood Acres Nov. 3-5 with a silent rock auction, geode cutting, demos of flint-knapping, cabochon-making and faceting. Plus vendors with gemstones, rocks, lapidary tools and equipment, beads, fossils and mineral specimens, and a special T-Rex, Peck’s Rex skull exhibit. Adults \$3, kids \$1.

Humboldt History

Pierson Building Center’s ongoing speaker series offers three talks with historian Jerry Rohde in November: “Hark, Hark. The Park,” Nov. 3 at the Freshwater Community Guild; “Going Up the River,” Nov. 10 at the Dow’s Prairie Grange; and “Saloons, Stores & Schools,” Nov. 17 at the Clarke Museum. All events are Fridays at 7 p.m., free.

Dare to Prepare!

Humboldt County’s helpline, 2-1-1, will conduct an afternoon “Dare to Prepare!” training session to help us think about what we’ll need in case of an emergency. From treating drinking water to packing a survival kit, taking care of pets and how to use a fire extinguisher, come get ready. Saturday, Nov. 4, 12-4 p.m. at the Adorni Center in Eureka. Fire trucks, CHP cruisers, face-painting and free hot-dogs for the kids. Call 2-1-1 or 441-1001 for info.

Arcata Marsh Watercolors

Painter Paul Rickard will present his show, “Watercolors of Arcata Marsh,” at the Arcata Marsh Interpretive Center on South G Street through December, with an opening reception on Sunday, Nov. 12 from 1-4 p.m.

Affordable Art Fair

Paintings, crafts, jewelry, fabric art and other original artwork by Humboldt artists will be available at an Affordable Art Fair fundraiser at the Eureka Center for Spiritual Living, 239 Buhne St., on Saturday, Nov. 4, from 10 a.m. to 4 p.m. Everything will be \$100 or less for affordable gift-buying, and proceeds benefit the center.

Intertribal Gathering

The 36th annual Northwest Intertribal Gathering and Elders Dinner to celebrate elders and veterans takes place Saturday, Nov. 11, from 10 a.m. to 7 p.m. at Redwood Acres in Eureka. Free turkey dinner for elders (55+), plus tribal dances, drumming and music, Indian arts and crafts, and a special program honoring veterans. No charge for the gathering; \$8 for the dinner for those under 55. Volunteers are needed. Contact the Northern California Indian Development Council at 445-8451 or info@ncidc.org.

A Fungus Among Us

The Humboldt Bay Mycological Society holds its 39th annual Thanksgiving festival of fungus, the annual Mushroom Fair at Redwood Acres, Sunday, Nov. 19, 11 a.m.-4 p.m. More than 300 species of local fungi, both edible and toxic, educational exhibits, cookbooks, guidebooks, gear and more. Adults \$3, kids 12-16 \$1.

Fishy Biology

Former HSU fisheries professor Ron Fritzsche will present “The Biology of Some Humboldt Bay Fishes” in a free lecture at the Arcata Marsh Interpretive Center on South G Street, Friday, Nov. 17, 7:30 p.m.

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ASK THE DOCTOR . . . From Page 5

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Visit these resources that help make a difference and save lives: Everytown for Gun Safety at everytown.org, and the Brady Campaign to Prevent Gun Violence at bradycampaign.org. And contact your elected representatives under "Government" at the California state government website — ca.gov — or at 916-653-6814, and encourage

them to pursue commonsense gun legislation. —

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

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Mad River's Garden Grows

By Carol McFarland

In the garden they created and cultivate, Mad River Adult Day Health participants, their families, friends, and staff gathered in the sun in September to celebrate their new garden shed, covered with their own hand-painted murals depicting their handicraft and gardening skills.

April Joyce, R.N., of Adult Day Health Care of Mad River, a separate non-profit organization adjacent to Mad River Community Hospital, explained how the Garden Shed Project came about.

"Several years ago, someone broke into the garden area and took all of the tools, soil amendments and plants," she said. "We needed a shed."

Barbara Georgiana, board member, donated the shed, and Virginia Moyer, the activity coordinator, and volunteer Mark Bennett decided participants and staff should decorate it.

The Mad River Adult Day Health program is a medically based program that serves 35 to 40 participants in two areas, day services and activities, and Alzheimer's/dementia care, with a staff of 25 including nurses, physical therapists, a social worker, and aides.

Carol McFarland of Arcata is a former newspaper-woman and retired English teacher.

"Within the soul of each Vietnam veteran there is probably something that says, 'Bad war, good soldier.' Only now are Americans beginning to separate the war from the warrior."

—Max Cleland, Vietnam veteran and former U.S. Senator

The Salmon Creek School in Tiny ‘Be-AT-trice’

By Jerry Rohde

Any of you who have driven on Tompkins Hill Road south of College of the Redwoods will surely have noticed the bright red and white Swiss Hall just north of the junction with Hookton Road.

It is neatly maintained and commands attention from its perch above the road. It was not always a hall, but it took those clever Swiss to effectively camouflage its original identity.

In 1890 and later, the building was the Salmon Creek School, with E.B. Greenough as its teacher and A.W. Franks as its clerk. It was located in the tiny town of Beatrice, named for the local postmaster, Beatrice “Bertie” White. Her family had a ranch on the future site of College of the Redwoods, and her father, William, sold his produce to the soldiers at Fort Humboldt in the 1850s and 1860s.

The town of Beatrice was centered around the junction of Tompkins Hill Road and Hookton Road, with the town’s railroad station next to the tracks.

Conductors on the Northwestern Pacific trains took to pronouncing the town’s name as “Be-AT-trice” in order to make sure that passengers heard the name. At the town of Beatrice, Nebraska, conductors did the same thing. The Nebraskans probably copied their Humboldt County counterparts, since this area is known for its ingenious innovations.

Another example of ingenuity occurred just a mile or so south of the Salmon Creek School, where John Dolbeer first tried out his famous invention, the Dolbeer steam donkey, in 1881. Soon Dolbeer’s donkeys were replacing oxen as the motive power in the woods, and logging technology took a great leap forward.

Before Beatrice White’s nickname had come to prominence, the town was called Salmon Creek, after the large stream that ran through it. There was a Salmon Creek Hotel to go with the school, and before that there was the Willowbrook Ranch, about

a mile north of the school, where travelers could stay overnight. Hauling goods between Ferndale and Eureka was a two-day trip, so that stopover at Willowbrook was a necessity.

When the Salmon Creek School was converted into the Swiss Hall, wings were added on either side, so that the building’s ranked windows and traditional rectangular shape were eliminated. But one feature remained to hint at the structure’s original identity — the flag post that still stands in the schoolyard, as it does in other traditional scenes of pedagogy, such as the Eel River School on Cannibal Island Road.

Before the wet season sets in, why not take a trip and see them both?

—

Jerry Rohde is the author of five books on regional history who has never met an old barn he didn’t like, nor driven past an old road he didn’t have to follow.



THEN & NOW — The Salmon Creek School on what is now Tompkins Hill Road, shown here in 1890, once was the center of education in the tiny town of Salmon Creek, which changed its name to Beatrice in 1884. Named after postmistress Beatrice “Bertie” White, whose family’s ranch later became the grounds of College of the Redwoods, the little town was a bustling place in the late 1800s as the Northwestern Pacific RR came through, and John Dolbeer tried out his famed Dolbeer steam donkey there. But that was then. The Humboldt Swiss Club Hall took over the school building in 1980s.

Jerry Rohde photos.

Reading Service Gets New Home

By Shari Roeseler

In Spring 2016, Joan Sikkens, executive director of Humboldt County's Reading Service of the Redwoods (RSR), contacted the Society for the Blind in Sacramento about acquiring RSR.

Sikkens and community volunteers founded RSR in 1998 to provide access to printed information and community events for individuals with vision loss or other impairments that affect their ability to read print. RSR operated from a small office in Arcata for 18 years.

When Sikkens decided to retire, the RSR board decided either to find another agency to operate the service or to close it. About 100 Humboldt residents use RSR services.

Sacramento-based Society for the Blind reviewed RSR's programming, needs and volunteer interest, and decided to acquire RSR, incorporating it into its Access News Telephone Reader program on Jan. 1.

Access News offers 24/7 service and a choice of nearly 200 publications at no cost to listeners. Humboldt volunteers continue to read area publications, including Senior News, on Access News, joined by 250 other volunteer readers from northern California.

To sign up or to volunteer, email accessnews@societyfortheblind.org or call 916-889-7519.

Society for the Blind is glad to be able to preserve this service for the hundreds of people on the North Coast who live with vision loss, blindness or other challenges that make reading print difficult.

Shari Roeseler is executive director of the Sacramento Society for the Blind.

Letters to the Editor

Harm from Woodstove Smoke Not Trivial

To the Editor:

The harm that seniors face from pollution caused by woodstoves is not trivial. A multitude of peer-reviewed research studies have clearly shown that people over 65 years of age are a particularly high-risk group.

For example, a study of small cities in British Columbia similar to those on the North Coast found that when pollution from woodstoves was at its highest, the risk of seniors having heart attacks rose by 19 percent.

Fine-particle pollution of the sort caused by wood burning is closely linked in numerous studies with increased risk of asthma attacks, heart attacks, strokes, cancer, dementia and premature deaths, even at levels that are below regulatory safety standards.

It has been shown that neighbors of wood-burning households can routinely be exposed to levels of

fine-particle pollution 100 times higher than for others in the community. A research review study concluded that the relative health effects from pollution are stronger when the source of the pollution is residential wood burning.

The significant medical costs related to pollution from wood stoves have been documented. It is especially bad for elders with heart, lung and neurodegenerative conditions, who face even higher health risks from pollution caused by wood burning.

There are seniors in our community who are exposed to wood smoke pollution for months on end, year after year, causing physical illness, financial strain and distress. Those seniors and their families deserve compassion too.

Ellen Golla, Trinidad

Bus Stop Problem

To the Editor:

The Eureka Transit Authority's decision to remove the bus stop in front of Kmart on South Broadway after the store closed has created an ADA [Americans with Disabilities Act] problem.

Now there is no bus stop on the Gold route between Herrick Avenue and McCullens Avenue. I am visually disabled, and it's dangerous for me to walk along the highway to get to visit my relatives at Sunset Memorial Park [3975 Broadway].

The ETA has taken my concerns to heart, and are thinking about where else they can put a bus stop near the cemetery.

Patrick Brown, Eureka

Missed Opportunity

To the Editor:

I was surprised and disappointed that in Dr. Heidmann's long article focusing on antibiotic overuse ["Antibiotics: Prevent the End of an Era," October 2017] she did not even mention antibiotic hand soaps, which certainly contribute to the serious related problem of antibiotic resistance.

She missed an opportunity to educate people about how unnecessary and problematic these soaps are, and how there are alternatives made with natural ingredients with antibiotic properties (e.g. lavender oil).

It also would seem important to include information about how taking partial prescriptions contributes to antibiotic resistance.

Linda Medoff, Arcata

Letters Policy: Senior News welcomes letters to the editor. To be considered for publication, letters 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 please@hum senior.org or mail to Senior News, 1910 California St., Eureka CA 95501.

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