

Celebrating Our Public Life

Public Service: Why Do It?

By Ted Pease

Few of us perk up in eagerness at mention of an upcoming local city council meeting or evening public hearing. But there are some who do.

This being Election Month 2018, Senior News decided to take a look at Our Public Life — what connects us as a community.

The term community comes from “common,” of course, or what a people share. The term “commonwealth,” an old British term dating from the 15th century, combines community with an old word for well-being, and that’s what we have in the patient, giving and big-hearted people who give of their time and energy to benefit the rest of us.

So why do they do it? “It’s a dirty job, but somebody’s got to do it,” one Eureka official joked, then added, “Don’t quote me.”

So, personal responsibility is part of it. Another factor is a desire to be part of decision-making, not to be left out. Put another way, “If you’re not at the table, you’re on the menu.”

We asked several Humboldt public servants — elected and volunteer, paid and unpaid, who contribute to our public well-being. Why do they do it?

“A wise lady once told me, ‘Ya get what ya give,’ and I totally agree,” said former Eureka Mayor Nancy Flemming, who has spent a career in public service. Executive director of the Sequoia Humane Society since 2011,

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PUBLIC ENGAGEMENT STARTS EARLY in Humboldt County. For many Humboldters young and old, “public life” means personal engagement in issues that matter to them. In this case, students and their parents were among those calling for action in Arcata following last February’s school shooting in Florida, where 17 students and teachers were killed. Ted Pease photo.

We’re All in This Together

By Patrick Cleary

When I moved to Humboldt County from New York City in 1997, I was struck by the difference one person can make here.

In New York, I was one of eight million people, and the size and scale of things were overwhelm-

ing. Here, I was promptly recruited to join the local water district board, and helped to upgrade our tiny little water system so that we had a generator (and therefore water) when the power went out. It made an immediate difference to my life and that of my

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SINCE 1981

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THEN & NOW

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**Cora Wright’s House
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Tedtalks: Our Public Ethos

By Ted Pease

John F. Kennedy famously articulated an enduring ideal for American public service and engaged citizenship at his inauguration as 35th U.S. president in January 1961.

"My fellow Americans," he said, "ask not what your country can do for you — ask what you can do for your country."

It was an inspirational message that still reverberates for many, nearly 58 years later — the gold standard of what it means to be an American.

But even as those aspirational standards seem to have slipped on the national level in 2018, they are thriving in Humboldt County, where the level of civic engagement at the grassroots level is higher than the national average.

During this month containing a national election and Veterans Day, Senior News looks at some of our friends and neighbors for whom JFK's credo is a part of their lives. It's a way of being in the world that seems to thrive here.

Patrick Cleary, the executive director of the Humboldt Area Foundation, was struck by this Humboldt ethos when he first arrived from New York City in 1997. "I was struck by the difference one person can make here," he said. It's no accident that Cleary directs a philanthropic organization designed to help individuals make a difference.

Traditionally, seniors have always been highly represented among voters and the

civically engaged, whether because they have more wisdom or time in their old age.

But JFK's standard of personal responsibility permeates the young here as well, demonstrated by the large numbers of Humboldt State students who sign up for the Peace Corps, or the crowds of school-age kids who turn out to march for science or to protest gun violence and school shootings.

Here on the North Coast, people seem particularly inclined to stand up and be counted, whether they run for public office, join community groups, volunteer to pull invasive ivy in the woods, or turn out to march for causes they believe in.

We set out by asking, "Why do they do it?" And I'm not sure we've found the answer. Maybe there's something special in the water here. Maybe it's the fog, the vapors rising from the redwoods or from our other vibrant plant products.

But there is some reason that so many Humboldters, both native and transplanted, are so willing to pitch in and help each other, speak out about what they believe, get involved.

As former Eureka Mayor Nancy Flemming says, "Ya get what ya give."

It's just one of the things that makes life in Humboldt so fulfilling.

Ted Pease is editor of Senior News.

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Community Volunteer Asks ‘If Not Me, Then Who?’

By Terry Uyeki

I was a bit of a latecomer to community volunteer work, not stepping up until I was a mother of school-aged children.

It was in southern Colorado, almost 30 years ago in a small town about the size of Arcata. I was one of a handful of people who initiated discussions about community support for a youth recreation center, and we eventually became the founding board that got a Boys and Girls Club started in our town.

Why? Because having a safe and fun place for youth to go after school was important for our community (and my son benefitted as well). This involved countless meetings in the evening, time that was not quality time with my children. It was our sacrifice, mine and my children's, but I truly felt it was my civic duty to help this effort in our town.

That was the public case for a Boys and Girls Club in our town. But why did I jump in? In a small town, it often boils down to, “If not me, then who?”

It was rural living that propelled me decades ago — typically there is not a



SHE BELIEVES — Terry Uyeki, front-center with the “We Believe” sign, gets involved in her community — in this case on the Arcata Plaza with supporters of Professor Christine Blasey Ford during the Brett Kavanaugh Supreme Court hearings. Shaun Walker photo courtesy of the Eureka Times-Standard.

group of people waiting in the wings to get something going, as there might be in the city. Sometimes it is you who needs to step up to make something happen.

At the beginning a new venture, there may not be accolades for good work, because until your proposed

idea makes good, you and your fellow do-gooders have to make the case to the rest of the community.

That was how I met the man who became my husband. As city manager of Alamosa, Colorado, Michael Hackett was a person we needed to get on our side to access a taxpayer

fund for youth recreation. So one never knows where one's lobbying efforts may take them.

Over 25 years later, the Boys and Girls Club of the San Luis Valley has served thousands of youth, and counting.

Fast forward to life on the North Coast: Since moving here 12 years ago, I have found community with a wealth of riches — rich with the arts, music, political and social justice, and environmental activism.

The same rule applies to making our community — and our country — a better place to live: What needs to be done? What needs to be said? If not me, then who?

Terry Uyeki, 65, of McKinleyville was one of the organizers of the 2017 Eureka Women's March. She talks about community organizing in the Deep South in an OLLI Brown Bag Lunch presentation, “*Informing Your Advocacy: Road Trip with a Mission*,” Nov. 5, noon to 1:30 p.m., at the Hospice of Humboldt Conference Room.

WE'RE ALL IN THIS TOGETHER. . . From Page 1

friends and neighbors.

Here in Humboldt, there are many ways for people to serve. We have 31 school districts, 19 water districts, 40 fire districts, and many municipal committees and commissions. There are over 900 nonprofits ranging from many one-person offices to the large critical enterprises such as St Joseph Hospital and Coast Central Credit Union.

So many needs, but what is impressive to me is the number of people who do volunteer locally. I think there

are many reasons why. For me, there are many rewards. The people I have met while volunteering are some of my favorite folks, and many have become friends. They are sometimes the busiest people I know, but as the old adage goes, “If you want something done, give it to a busy person.”

There is also the reward of knowing that what I have done makes a difference in the life of someone else. I will often be stopped by people I don't know and thanked for something I was involved with. We rarely

accomplish anything without others, and my public service has taught me how to play well with others.

Public service builds community. I love seeing people from different backgrounds, or opposite political views, working together on a fund-raising event. I love that Humboldt's relative geographic isolation breeds a sense that we're all in this together.

If you have never tried public service, there are many ways to get involved. The most important step is to consider what your interests are.


If you love education, check out a school board meeting, or maybe contact Humboldt Literacy Project. The Volunteer Center of the Redwoods has many opportunities.

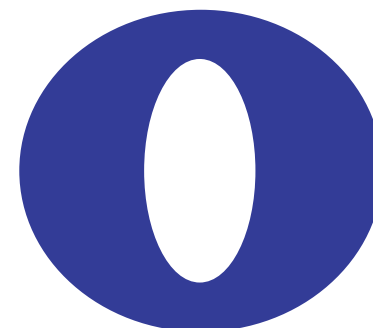
If the first one isn't a fit, try something else. You will be glad when you find something that does.

Patrick Cleary of McKinleyville is executive director of the Humboldt Area Foundation.



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 **YES ON**
MEASURE



Protect Essential Public Safety Services

Top Community Priorities:

- Maintain 911 Emergency Response Times
- Provide Services for the Victims of Child Abuse
- Maintain/Prevent Cuts to Rural Ambulance Services
- Provide Mental Health Services for Children
- Ensure there are Sheriff's Deputies On-Duty 24 Hours a Day

Did you know? With limited funding, volunteer fire departments/ firefighters play critical roles in protecting life and property in Humboldt County. Renewing Yes on O will continue to support these volunteers and maintain resources/training that better and more safely protect County residents.

Renewing Measure Z as Measure O restores protective and counselling services for victims/witnesses of child abuse – funds that have been severely reduced in recent years. Measure O will help protect children that have been victims of horrible crimes.

Renewing Measure Z as Measure O fights drugs/narcotics, like meth in our County, which continues to be a problem. Measure O helps fight drug-related crimes, eliminate meth labs and provides drug prevention/ rehabilitation services.

Renewing Measure Z as Measure O is fiscally accountable. Measure O continues to require Independent Citizen Oversight and financial audits to ensure funding is spent efficiently and as promised to voters.

Measure O simply renews existing voter-approved local funding for sheriff's patrols, rural ambulance, fire protection, crime/drug prevention, road maintenance, service for abused children, and mental health services – without raising taxes.

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Adam Jager, Retired CHP Captain

Bobby Kane Jr., Yurok Tribal Police Chief

David Lehman, Retired Humboldt
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Justin McDonald, President, Humboldt
County Fire Chiefs' Association

Randy and Lisa Mendosa, Retired Police
Chief and City Manager for City of Arcata

Floyd Stokes, Chief Blue Lake Tribal Police

Diana Totten, Southern Humboldt Tech Rescue

Ronald Waters, Retired Eureka Police
Department Lieutenant

Lon Winburn, Fire Chief, Fortuna
Volunteer Fire Department

Eureka Chamber of Commerce

McKinleyville Municipal Advisory Committee

Humboldt County Democratic Party

Humboldt Central Labor Council

Blue Lake Rancheria

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Stephen Madrone - Humboldt County
Supervisor Elect 5th District

Partial List

Paid for by Yes on Measure O, Sponsored by The Humboldt County Deputy Sheriffs' Organization

ASK THE DOCTOR

Being Pressed Down

By Jennifer Heidmann, M.D.



In the 1400s, depression was an astronomical term, referring to the angular distance of a star below the horizon. It comes from the Latin, “to press down.”

The psychological meaning is consistent with being pressed down, and also perhaps with a star not shining as brightly as it might at another angle. Whatever the origins of the word, it remains one that people are often hesitant to talk about because of fear of stigma.

Physicians and psychologists who treat depression use specific criteria to diagnose it. These include depressed mood or loss of interest in activities for more than two weeks, a change from baseline that affects ability to function. Symptoms might include sadness, irritability, fatigue, weight changes, sleeping a lot or sleeping less, and feeling guilty or worthless.

There is a risk of self-medication (often with alcohol or other drugs) when people are depressed or anxious. Unfortunately, these substances can actually make depression and anxiety worse due to their effects on brain chemistry.

How do we know something is a clinical depression and not just stress or a rough patch in life? A big part of clinical depression is the way it can affect relationships and functioning. If someone loses interest in activities, people and hobbies that they have always enjoyed, this is worrisome. Also, if concentration and focus are off, you can see decreased performance in work, school and daily tasks (like keeping

house, cooking or balancing the checkbook).

Depression can occur without any inciting reason, but can also be triggered by a stressful event. When someone has a big stress, it is expected they will have symptoms of depression, but this should not persist to the point of causing physical and functional decline over time.

Since there is not a specific blood test or X-ray, diagnosing depression can be complicated. Symptoms of depression can be due to other causes. When depression is diagnosed, it should be in the context of a discussion with and exam by your doctor.

It can occur along with chronic illnesses, and the symptoms of depression could actually be due to something else. It is important to sort this out in order to choose the best course of treatment.

How do we treat depression? There are many medication options. Not everyone needs medication, but for those who do, it can be very helpful and even lifesaving. The medications improve levels of mood-affecting hormones in the brain, like serotonin, norepinephrine and dopamine.

Other options for treatment include talk therapy and exercise. Talk therapy alone can work as well as medications, and combinations may work even better. Exercise also affects brain hormones that help stabilize mood, and is a good way to treat anxiety as well. Some people have depression associated with the decreased daylight in winter, known

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Flu Shots Save Lives

“Flu vaccinations save lives,” said U.S. Surgeon General Jerome Adams to kick off a national influenza vaccine campaign in September.

Can’t get much clearer than that.

“Those 80,000 people who died last year from the flu, guess what?” Adams said. “They got the flu from someone,” probably who didn’t get the vaccine.

That 2017 death toll from the flu was the highest in 40 years, but more than half of Americans still ignore the surgeon general’s advice that *everyone* over age 6 get a shot. That would include 99.99 percent of those reading this newspaper.

Only 47 percent of Americans get vaccinated, short of public health officials’ target of 70 percent. College students are the least vaccinated group — only 8 percent to 39 percent

of those smart college kids get flu shots, which may make associating with Humboldt State or College of the Redwoods students hazardous.

People resist flu shots for three reasons: 36 percent think they’re healthy enough without it; 30 percent don’t think the vaccine is effective; and 31 percent are afraid of needles.

People 65 and older are at the highest risk of complications from flu, and getting the flu can increase chances of heart attacks, a 2018 study found.

The vaccine is not 100 percent: you can still contract the flu after getting a shot, but the illness will be milder, doctors say. You *cannot* get the flu from the shot, however. That’s a myth.

So call your doctor or pharmacist. Get a shot.

—Ted Pease

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HEAVENS TO BETSY—BY BETSY GOODSPEED



Better to Laugh Than Cry

By Betsy Goodspeed

In the 1960s and '70s, tens of thousands of young Americans were drafted into the military for the Vietnam War when they turned 18. They had no say in the policies that determined whether the nation would be involved in a bloody war overseas.

Only Georgia allowed 18-year-olds to vote in 1943, and Texas objected to lowering the voting age from 21 to 18 when Richard Nixon certified the 26th Amendment in 1971.

That may have affected my view of elections. When the Supreme Court had to step in to determine who would be president, I stopped watching the nightly news.

Years of working in television taught me that TV news editors have vast libraries of video clips and images to insert as needed.

For instance, I've seen editors patch in the image of a Red Cross truck to complete a story. And I've called in important stories that needed to be told, only to see heart-warming tales about dogs on the evening news.

My only personal experience with an election occurred when I was elected Honorary Mayor in Sun Valley, California, in my 30s. That meant my smiling picture was in the local paper, cutting ribbons at grand openings.

Later, my yoga teacher became the actual mayor of Ojai. I joined

the effort to have the Coca Cola machines removed from the schools. (My only cavities are a result of free Coke from my days on the set of Spike Jones's weekly radio show, sponsored by Coke.)

My yoga teacher/mayor, Suza Francina, got dozens of bike racks installed so there would be fewer drivers in Ojai, and then she published "The New Yoga Over Fifty," which got more approval than her health-oriented ideas.

My current view of elections is that the candidate who talks the most about the issues and throws the least mud is the worthiest to represent the voters. But I feel like I'm carrying a flickering gas lamp in search of an honest soul.

Perhaps that's because I'm going on 93, and my favorite entertainment is watching hummingbirds chasing around the feeder outside my front window. We call them call Tiny, Serena — and, of course, Rex, because he looks like a nervous wreck.

Fortunately, on this Election Day, I've learned to laugh at the things I used to cry about.

—
Betsy Goodspeed, 92, of Eureka is a harpist and singer, former radio and television performer, and author of many books. She cast her first vote when she was old enough.



"Joe would be a great addition to Eureka's city council. He has always been concerned with the interests of the senior residents of Eureka."

—Esther Allen, Retired RN,
American Cancer Society volunteer



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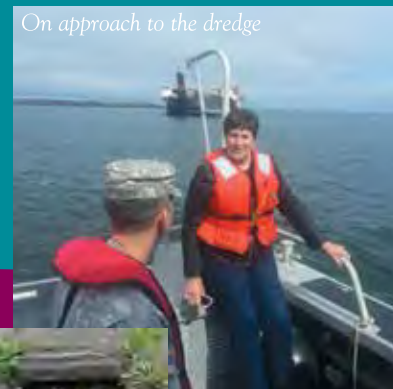


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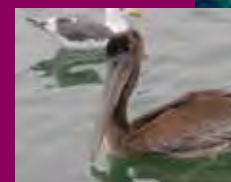
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Grand Jury: Making a Difference Is Hard, Rewarding

By John Heckel

My former colleagues Sam and Pearl Oliner suggest in their well-researched book, "The Altruistic Personality," that there is one important factor that distinguishes people who take action from people who do not.

People who act in a given set of circumstances are people who recognize that they are in the presence of a moment when they can make a significant difference, a difference in one person's life or in the general life of their community.

Let me introduce you to three people from Eureka who stepped up when they were presented with such a moment. All three volunteered for the Humboldt County Civil Grand Jury because they believed they could make a significant difference here in

our community.

Tim Hafner, a union president and shop steward for some 30 years, served on the grand jury from 2014 to 2016.

"The wonderful feeling of accomplishment that many hours of hard work produced was so meaningful that I chose to do a second term," Tim said. "The great satisfaction of seeing our many hours of blood, sweat and tears transformed into our final, printed and bound report was simply amazing."

All three of my grand jury friends, in fact, served for two terms. Each was convinced in their first year that their service made a difference, and that feeling led them to volunteer for

a second year.

Jim Glover served from 2015 to 2017. "I can tell you it is hard work," he said, adding that hard work "adds meaning to your life." Jim points out that it was significant for him to realize that, at 69, he could and would "continue to contribute to the community."

Bernadette Cheyne, a retired theater professor from Humboldt State University, recounts why she volunteered for the grand jury from 2016 to 2018.

"The grand jury was an excellent outlet for my energies," she said, "one which challenged me to step up to the plate, remain focused and involved, grapple with some important issues, and interact with an interesting

variety of individuals."

All three of my colleagues were drawn to the hard and important work of grand jury service because they were convinced their involvement would make a difference. I think they would agree that it is a good thing that making a difference entails hard work. It shouldn't be easy; it should be challenging.

Knowing that the work you do makes a difference is exhilarating.

John Heckel, 71, of Eureka is a retired Humboldt State University professor who served two terms on the Humboldt County Civil Grand Jury, 2013-2015, his second as foreman.

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PAINTING THE OCEAN

BY MARGARET KELLERMANN

Two Stories to Change the World

You've seen that silly poster: *There's no 'I' in TEAM.* Here's a new one: *Sure, but there's a U in COMMUNITY.* It's not a very poetic statement, but it relates to the grinding news cycles we're experiencing.

When my friends and I meet, we often share deep frustration with the latest news. But if they shrug, saying they're powerless, with so many issues flooding in, I might relate a short story or two:

Ten years ago, my son wasn't interested in voting: "I can't change the world," he said. I encouraged him to find one political issue he was passionate about, and he pursued one social justice issue like a pit bull.

In 2013, he was asked to join a little start-up company that might now turn the tide of the nation — Crowdpack.com. Check it out before the midterm elections. My son is fostering global change, exactly what he thought he couldn't do.

A few years ago, an African-American friend (I'll call her Grace) and I spent a day together in northern Humboldt. We visited several stores and a diner. At every stop, I noticed employees helping others but ignoring us.

We waited at counters for 10-15 minutes as workers walked away and stood talking with others. To our waitress, who stood a distance away, I called, "We just want to pay for our meal. Can you help us?"

She stared at me blankly. "I've

never seen such rude treatment," I said to Grace. "It's been happening all day long."

"Welcome to my world," Grace replied.

Her statement first shamed me — for good reason — and then galvanized me. Now I look for chances to serve my non-white friends kindly, respectfully, in ways they should always be served.

What else can I do in this community to help exterminate racial injustice? I'm working on that.

In the Book of Esther, Mordecai tells his niece, the queen, not to be silent at a critical time in history, asking, "Who knows but that you have come to your royal position for such a time as this?"

We may tell ourselves, I'm not in a royal position; I'm powerless. But in contrast to a world mired in poverty, any American with a house and car lives like royalty. The upside to today's shock-and-awe news is that individuals are creating grassroots coalitions, working powerfully on single issues that matter to them.

Here's another poster slogan: *Change the world. Choose one thing.*

Margaret Kellermann's latest novel for readers 8 and up, *Annie California*, is now out in paperback and on Kindle at amazon.com. Schedule a book reading at bluelakestudio.net/contact.

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The League of Women Voters: Expanding Democracy Since 1956

By Rollin C. Richmond

A democracy cannot work well if people don't vote.

In the 2016 presidential election, according to the U.S. Election Project, nearly half of eligible voters (46.9 percent of approximately 231,556,622 people) did not vote.

This past Sept. 25th was National Voter Registration Day, and the organizers just reported that, nationwide, more than 800,000 people were registered on that day. That is progress.

The League of Women Voters of Humboldt County (LWVHC) has played a similarly significant role in our county. Led by a hard-working, 17-member volunteer board of directors, the LWVHC is a grassroots citizen network, directed by the consensus of its members. See the League's website at lwv.org/california/humboldt-county, or visit the League's pages on Facebook and Twitter for information.

Our mission: "The League of Women Voters, a nonpartisan political organization, encourages informed and active participation in government, works to increase understanding of major public policy issues, and influences public policy through education and advocacy."

This group of 187 women and men has worked since 1956 to inform and encourage Humboldt voters to support and preserve our democracy. Formed from the Suffragist Movement of the early 1900s that sought the vote for

women, the modern League's objective is to expand participation in the democratic process, and to give a voice to all Americans. Men have been members since 1973.

The League also helped Humboldt citizens register to vote on National Voter Registration Day, running four voter registration sites and adding about 65 voters to the rolls.

An important source of information for voters in next week's Nov. 6 election can be found on Voters Edge California. Find a link on the Humboldt LWV home page. The page includes a list of all candidates running for offices in California and Humboldt County, as well information about propositions on the ballot.

The League of Women Voters of California website has recommendations on these ballot measures at lwvc.org/news/our-voting-recommendations-november-ballot-measures. The League is completely nonpartisan and does not endorse particular candidates or parties.

If you are not a member of the LWVHC, please go to our website, listed above, and sign up. We are delighted to have new members, and particularly need more men.

—
Rollin C. Richmond, *president of Humboldt State University from 2002-2014, is president of the Humboldt League of Women Voters of Humboldt County.*

"There's only one true deciding factor in this year's elections: 50-plus voters."

—AARP

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—Virginia Bass, Humboldt County Supervisor

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AGING IS AN ART — BY JOHN HECKEL

This Old White Guy

The last month or so of news headlines — Supreme Court hearings, sexual assault allegations and the turmoil that seems to be our present governmental system — have made me feel like an old white guy.

These feelings do not come very often, so when they do they deserve my attention and reflection. Allow me to share some of the results of that reflection.

I feel like an old white guy when a woman's reality is discredited, when women's stories are discounted, ridiculed or disbelieved.

I feel like an old white guy when my brothers do not admit to what they know in their hearts to be the truth — that they cannot and will not believe women.

I feel like an old white guy when women's stories are politicized, twisted and reshaped for personal or political gain, regardless of political persuasion.

I feel like an old white guy when we, as men, fail to demonstrate the most simple courtesies inherent in active listening. When we are so concerned with what we have to say that we do not listen. Active, engaged listening takes a great deal of energy and cannot be done if we are already busy formulating our interruption or response.

We interrupt women. We discredit their ideas.

I feel like an old white guy when I hear us express disdain for the concerns of any disenfranchised minority, when we are so full of our own sense of privilege that we cannot muster the energy or courage to walk a mile in someone else's shoes.

I feel like an old white guy when I see us thinking in binary terms, when we create the "other," when we speak using terms like "us" and "them," and not "we." When our own fear of the current rate of social and psychological change causes us to vilify an "other," and when that vilification blocks the necessary process of our own self-reflection.

I feel like an old white guy when we lose healthy respect for truth and logic. It seems so long since those were valued, like another lifetime.

I am not without hope, however. My literary senses know we must first do battle with the guardian of the cave, if we are to be found worthy of engaging the dragon therein. I know that both cave and dragon exist within me, and that the important struggle is a personal struggle. I want to be found worthy to engage that dragon.

The only question is whether can I get past this old white guy guardian.

—
John Heckel, Ph.D., a regular Senior News columnist and chair of the Senior News Community Advisory Council, is a retired HSU theater and film professor with a doctorate in psychology.

"I feel like an old white guy when a woman's reality is discredited..."

Natalie Arroyo

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- ✓ **Courageous and kind leadership with long-term vision**

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A vote for me is a vote for forward-thinking, balanced and research based policies that put people first!

For more information, visit:

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NOVEMBER 6TH - CITY-WIDE ELECTION DAY!

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HSRC News 707 443-9747 • www.humsenior.org*Celebrate November's special holidays with your friends at Humboldt Senior Resource Center*

Thanksgiving Comes Early

Enjoy a Thanksgiving feast with your friends at one of Humboldt Senior Resource Center's senior Dining Centers on Wednesday, Nov. 14. The menu includes traditional Turkey Day favorites — oven-roasted turkey, mashed potatoes and gravy, marshmallow-topped yams, green beans, broccoli salad, cranberry sauce, and pumpkin pie. A meatless alternative will be also available.

For reservations for the Veterans Day, Thanksgiving or any other meal, contact your preferred dining center:

- Arcata: call Vanessa at 825-2027
- Eureka: call Cathy at 443-9747
- Fortuna: call Launa at 725-6245

Lunch begins at 11:30 a.m. in Eureka and at noon in Fortuna and Arcata.

Menus are subject to change without notice. For those 60 and older, \$3.50 is the suggested donation, or \$6 for those under 60. No senior will be denied a meal if unable to donate.

Honoring Veterans

The Mad River Community Veterans Honor Guard will come to HSRC's Senior Dining Center on Friday, Nov. 9, at 11 a.m. to conduct a flag-folding ceremony, followed by a special celebration meal of pot roast, mashed potatoes and gravy, veggies, roasted garlic sourdough, and pumpkin custard.



THE HONOR GUARD — Humboldt veterans fall in outside the Arcata Veterans Hall with Warren Tindall (far left), the founder and organizer of the Humboldt County Honor Guard. The Honor Guard comes to HSRC to honor veterans with a flag ceremony on Friday, Nov. 9. Ted Pease photo.

Fight the Flu with Diet, Exercise This Season

By Tasha Romo

It's cold and flu season again. Older adults, whose immune systems may be less effective in fighting off infection, are at a higher risk of getting the flu and developing complications.

Besides the usual cold-like symptom, influenza can result in secondary complaints from ear infections to pneumonia.

Proper handwashing and flu shots can help head off illness. You can also strengthen your immune system with regular physical exercise and assess-

ing your diet.

Exercise doesn't have to be difficult to be helpful. Find something that you enjoy doing that helps build strength and stamina, such as S.A.I.L. (Staying Active & Independent for Life) classes, Tai Chi, or Laughter Yoga, which are offered at the Humboldt Senior Resource Center and at many other locations throughout the community.

Adding more protein to your diet can also help your body fight infection. Antioxidant-rich foods such as

nuts, berries and dark greens also help, as does increasing your vitamin C intake.

"Vitamin C, a powerful antioxidant, has been shown to boost immunity and reduce cold and flu symptoms by 85 percent," advises Five Star Senior Living, a national senior living services provider. "A healthy immune system can also help fight the flu virus before it attacks."

CalFresh can help improve your

Continued on Page 14



Humboldt Senior
Resource Center

707-443-9747

www.humsenior.org

Health & Care Management Programs

Adult Day Health Center

Alzheimer's Services

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(MSSP)

Redwood Coast PACE

a Program of All-inclusive Care for the Elderly

Nutrition Programs

Dining Centers in

Arcata, Eureka, & Fortuna

Home Delivered Meals

Activities Programs

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ARTIST OF THE MONTH AT HSRC

The featured artist in the Humboldt Senior Resource Center through the end of December is McKinleyville abstract artist Reuben T. Mayes, whose colorful canvases will brighten

the Center lobby for the holidays.

Mayes, 27, calls his website “Art in My Work Boots” because he insists on wearing boots while painting, just like his hero, famed abstract impressionist Jackson Pollock, who said his heavy boots made him feel grounded and connected to the Earth.

Abstract impressionism is a style characterized by rapid and forceful strokes of paint, expressing feelings and emotions. From his studio in the Vance Building in Old Town Eureka, Mayes utilizes just such an energetic style in his artwork, resulting in splashes of color.

His painting, “Day in LA,” pictured here, depicts the metropolis in a spontaneous swirl of color and movement.

“All of Reuben’s work is abstract and expressive of the artist’s spontaneity,”



FLU SEASON. . . From Page 11

diet this winter. For those who qualify, CalFresh can provide funds to purchase fresh fruits, vegetables, whole grains and lean meats, as well as many other food items. Monthly CalFresh benefits are issued on an electronic benefit transfer card that can be used at most grocery stores, discount chains, farmers’ markets and neighborhood stores.

Applying can be as easy as a phone interview rather than having to show up in person. Most applicants can have savings, a house and cars and still potentially qualify. Part of

your housing costs may be deducted from your income to determine your eligibility. Seniors and people with permanent disabilities can also deduct medical expenses. You are not eligible if you receive the Supplemental Security Income (SSI) in California, but Social Security Retirement or Disability benefits are OK.

For more information, call the CalFresh hotline at 877-410-8809.

Tasha Romo is HSRC nutrition and activities program manager.

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November 2018

 **Humboldt Senior
Resource Center**
Nutrition & Activities Program

Senior Dining Center Menu

FIRST WEEK

- Nov. 1 Chicken Cacciatore
- Nov. 2 Mexican Chicken Stew

SECOND WEEK

- Nov. 5 Dining Centers closed
- Nov. 6 Lemon & Dill Fish
- Nov. 7 Meat Loaf
- Nov. 8 Chicken Cordon Bleu
- Nov. 9 Pot Roast-**Veterans Day**

THIRD WEEK

- Nov. 12 Dining Centers closed
- Nov. 13 Chile & Cheese Egg Bake
- Nov. 14 **Thanksgiving Meal**
Roast Turkey w/Gravy, Mashed Potatoes, Stuffing, Yams, Cranberry Sauce, Broccoli Salad, Green Beans, Whole Wheat Roll, Pumpkin Pie

- Nov. 15 Taco Salad
- Nov. 16 Chicken Noodle Casserole

FOURTH WEEK

- Nov. 19 Dining Centers closed
- Nov. 20 Old Fashion Goulash
- Nov. 21 Butternut Squash Ravioli
- Nov. 22 **All Sites Closed**
- Nov. 23 **All Sites Closed**

FIFTH WEEK

- Nov. 26 Dining Centers closed
- Nov. 27 Chinese Chicken Salad
- Nov. 28 Sloppy Joe
- Nov. 29 Cheese Tortellini
- Nov. 30 BBQ Chicken-
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ROUNDUP . . . From Page 1

Flemming was mayor for 12 years, also serving on the California Coastal Commission and a term as Rio Dell's city manager.

Perhaps it's part of her DNA: Flemming's mother and grandmother were teachers, her dad was a social worker, one granddad was a Methodist minister and another grandmother was a nurse. "I have always believed negativity is a form of laziness, and I want my life to be the antithesis of that," she said.

Paul Pitino was elected to the Arcata City Council in 2004, but his local activism started more than 20 years before. "I first got involved in local issues when I moved to Arcata in 1993 and found no convenient, safe way to walk with my 4th grader to our local school," Pitino said.

Pitino then "worked to prevent a sprawling development from happening in the farmland next to Arcata," and joined Arcata's Transportation Safety Committee.

He sees himself as a "balance" in Arcata. "I remain on the Council today as a voice for the part of the population that rents, are low-income, seniors and students," he said. "My belief is that as we raise up the bottom of the economic pyramid, all residents benefit."

What motivates Humboldt Baykeeper Jennifer Kalt is a deep desire to protect the environment. "I wanted to work toward a better world," she said. "I find it very rewarding to work in a field where people are driven by the common good, whether it's environmental protection, social service, or justice and equality."

For Susan Hansen, volunteering is "a win-win proposition" that lets her pursue her own passions while also making a difference. "I was very close to my grandparents," she said, which explains her involvement on

the Humboldt Senior Resource Center board of directors, and with Redwood Coast Village and the Humboldt Area Foundation's Senior Citizen Fund.

Her parents and grandparents taught her a love of music that eventually morphed into work with the Eureka Symphony. As she was starting her career, Hansen struggled with finding childcare, and her daughter faced the same issues. So after retiring from Humboldt State, she worked on the board of directors of the Child Care Council (now Changing Tides).

"Sometimes, though, I volunteer just because something needs doing," she said. "Giving is also receiving in knowing that you've made a difference in someone's life."

Humboldt Supervisor Virginia Bass agrees. Getting into politics was an accident, she said. "If I had thought too much about it, I would have probably talked myself out of running. But I love what I do."

"My real satisfaction comes from helping everyday people solve everyday problems. It makes it all worthwhile to know I have personally made a difference in someone's life."

For Libby Maynard, "There's nothing like a strong personal agenda to move a social movement forward." In her case, she and Brenda Tuxford — co-founders of the Ink People Center for the Arts in Eureka — wanted access to an etching press for their own art.

"While our initial impulse was self-serving, it didn't take long to generalize it to serving artists of all disciplines, and then the whole community," Maynard said. "We witnessed the power of the arts to change (and save) lives. That's pretty rewarding."

—
Ted Pease is editor
of *Senior News*.



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LIVE VIGOROUSLY

BY JOAN RAINWATER-GISH

Staying Motivated

To me, and probably to her husband, Rick, Linda Lee can be exhausting to keep up with. But I love her approach to keeping fit and I wanted her to share it with you.

Linda Lee, 76, of Arcata, is a retired elementary special education teacher, and an avid exerciser.

Q: What is healthy aging, to you?

Linda: My biggest motivating factor for keeping physically and mentally fit

is our four grandchildren who live close by, and two grandchildren who live in Portland. All six are 10 and younger. I spend two afternoons each week with them — one day with the 8- and 6-year-old cousins, and the other day with the 4-year-old twins.

Hanging out with them keeps me young. I bought a bicycle last year so we could ride the bike trails together. Whoever said, “once you learn how to ride a bike. . . .” I am still working at becoming more confident.

Q: What is your approach to keeping fit?

Linda: For my physical self, I lift weights twice a week for muscle strength. Once a week I take Pilates to maintain flexibility and Tai Chi for balance. For my cardio, I hike two days a week.

What keeps me motivated is not only the variety of exercise, but also the people I am with. All of these ac-

tivities I do with groups, and I need a group to motivate me to exercise.

For my mental fitness, I take accordion lessons. My teacher would be happier if I practiced more every day, but he understands where I am going with this. I am not starting my own polka band.

Also, I think travel can be stimulating mentally so I never pass up an opportunity to travel.

Q: Any advice you might pass

“For my mental fitness, I take accordion lessons.”

on to other seniors who want to keep active and independent?

Linda:

When I retired, I made the choice to “keep moving.” For me, I want to do as much as possible for as long as possible. I have found many opportunities to exercise. It does take exploring to find the right fit.

Q: How have you changed your lifestyle as you are aging?

Linda: I have not really made significant changes yet. Last year, I thought I should eliminate one activity so as to have more downtime. But I couldn’t find one I wanted to give up. I’ll figure that out when that time comes.

Joan Rainwater-Gish, 76, of Eureka is a certified personal trainer and group fitness instructor who leads senior exercise classes.

Contact: jrainwater-gish@suddenlink.net.

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November

Community Calendar

Harvest Choir

The Arcata Interfaith Gospel Choir and band will perform joyful, inspiring songs at its annual Harvest Concert, Saturday, Nov. 3, at 7 p.m., Arcata Presbyterian Church, 11th & G, Arcata. Tickets — \$15, \$12 for seniors/students, and free for kids 5 and under — are available at Wildberries in Arcata, The Works in Eureka, and online at AIGCfall2018.brownpapertickets.com. Info at 633-8781

Race & Cranberries

The Equity Alliance of the North Coast will hold a special holiday Racial Equity Roundtable, "Race at the Holiday Table: Strategies for Passing the Cranberries While Interrupting Racism." Thursday, Nov. 1, 5:30-7:30 p.m. in the Emerson Room at the Humboldt Area Foundation on Indianola Road in Bayside.

Baskets & Rummage

The Clarke Historical Museum holds its annual basket appraisal and rummage sale, Saturday, Nov. 3, from 10 a.m.-4 p.m. at the museum, 240 E St. in Old Town Eureka. Cultural appraisals are \$5 per basket. Proceeds from the appraisals and rummage sale benefit the museum. Info at 443-1947 or clarkemuseum.org.

Chamber Concert

The Chamber Players of the Redwoods present their first concert of the season on Sunday, Nov. 4, at 2 p.m. at Christ Episcopal Church, 15th and H, Eureka. Local professional musicians present works by Schubert and female composers. Free admittance with suggested donation.

Fig Twig Holidays

For "hand-crafted, shabby chic, vintage, up-cycled market that showcases home, holiday decor and handmade one-of-a-kind items," try out the Fig Twig Holiday Market at the Ferndale Fairgrounds on Friday, Nov. 9, from 4-8 p.m., and Saturday, Nov. 10, from 10 a.m.-4 p.m. Info at figtwigmarket.com.

Fortuna Holiday Crafts

Come to Fortuna for the 17th annual River Lodge Holiday Crafts Faire on Saturday and Sunday, Nov. 17-18, 10 a.m.-3 p.m., at the River Lodge Conference Center. Unique, locally handmade gifts from 30+ North Coast crafters and fine art by local artists. Café Court by Fortuna High Culinary Arts Class. Info at 725-7572.

Senior Independence

Representatives of several local agencies — including Redwood Coast Village, Humboldt Senior Resource Center, McKinleyville Senior Center, Mad River Adult Day Care and others — will conduct a panel discussion on resources to help seniors stay in their homes. Thursday, Nov. 1, 6-7:30 p.m. at the Church of the Joyful Healer, 1444 Central Ave., McKinleyville. For info or a ride, call 839-5691.

Homesharing Snack & Chat

The Homesharing Snack & Chat is a space where anyone interested in homesharing can talk with others who are also interested in sharing housing. Come Sunday, Nov. 4, from 3 to 5 p.m. to the Area 1 Agency on Aging, 434 7th St. in Eureka. For info, call 707-442-3763, or go to www.a1aa.org/homesharing.

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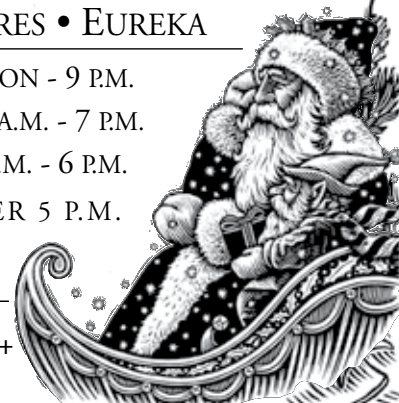
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United Healthcare Advice

Humboldt and Del Norte seniors who received a letter from UnitedHealthcare announcing that it will no longer offer Medicare Advantage plan coverage need to make some decisions about their Medicare coverage.

HICAP, the Health Insurance Counseling & Advocacy Program, will offer a workshop on coverage options on Thursday, Nov. 1, at 4 p.m. at Area 1 Agency on Aging, 434 7th St. in Eureka. The discussion will include Medicare supplement and prescription drug plans to consider in order to prevent gaps in Medicare coverage. For more information, call HICAP at 707-444-3000

As part of the changes in 2019 to AARP's UnitedHealthcare Medicare Supplement Plan, the popular SilverSneakers fitness program at health clubs and fitness centers has been canceled, effective Jan. 1.

Many facilities will offer a plan members 50 percent reduction off regular club memberships.

The AARP supplemental plan will offer some new services beginning in January, including 24/7 phone access to nurses, dietitians and medical social workers, as well as phone connection to wellness coaches.

For information on AARP's Medicare supplement changes, call 888-887-5963.

“While public service improves the lives and the world around you, its greatest reward is the enrichment and new meaning it will bring your own life.”

—Arnold Schwarzenegger, former California governor.

ASK THE DOCTOR . . . From Page 5

as seasonal affective disorder. Prescription lamps for light therapy can help with this.

Untreated depression can lead to a poor quality of life, loss of productivity, fractured relationships and death. Suicide is a risk, and this risk can increase at first when antidepressants are started, so close follow-up with the your doctor and supportive family or friends is important.

Depression and other mental health issues are common and need to be discussed openly so people can get the support they need. Like any other illness, there are treatments and resources available.

Humboldt County has a 24-hour crisis hotline for psychiatric emergencies: 707-445-7715, and online at humboldt.gov.org/1760/24-hour-Crisis-Services. The national suicide

prevention hotline is 1-800-273-8255, or suicidepreventionlifeline.org/. Another resource for support around depression and other mental health issues is the national Alliance on Mental Illness (NAMI), at nami.org/Find-Support.

As we head into winter months and the holiday season, try to be mindful of those who may have worsening depression, and consider offering a helping hand.

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

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Online Resource for CA Seniors

California's Department of Insurance has launched a website that collects useful information on services and resources for seniors and their families.

The California Senior Gateway (www.seniors.ca.gov) focuses on fraud and financial abuse, with

sections on Avoiding and Reporting Abuse & Neglect, Preventing Fraud, Financial Abuse & Common Scams, a handy top-10 tips on financial fraud, health care and other topics.

Officials estimate that seniors nationwide were defrauded of as much as \$36.5 billion last year alone.

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Cora Wright's Home, a Grand Eureka Landmark

By Katie Buesch

Eureka's H Street is one of my favorite streets, largely because of the beautiful homes that grace the wide avenue. Each has its own unique character and interesting back-stories surrounding the colorful people who built and lived in them.

One of these is a grand, red shingled home at 1230 H St. I had driven past it for a few years before my work at the Clarke Historical Museum led me to investigate further. That's when I uncovered the story of Cora Wright's home for an upcoming exhibit.

The original occupants of 1230 H were two locally famous individuals around the turn of the century: Cora and Charles Wright. Cora Hough Wright (1868-1948) was born in Martinez, California, and moved to Eureka in 1888 after marrying Charles Wright, a jeweler originally from Michigan.

Before leaving the Bay Area, Cora was trained in painting by Manuel Valencia, a well-known landscape and Mission scene painter in Marin County.

In Eureka, Charles ran a successful jewelry shop, and Cora operated a painting studio out of their home. The Dutch colonial-style home was built in 1905, with custom stained glass windows designed by Charles Wright himself. It included a spacious upstairs studio where Cora painted and taught classes.

Cora was a prolific artist, producing a



THIS OLD HOUSE — Like most of Eureka's grand old homes, 1230 H St. has a fascinating back-story. The imposing red-shingled edifice at the corner of 13th and H was built in 1905 for two people prominent in Eureka history. Charles Wright was one of Eureka's foremost boosters, jewelers — "the F Street Jeweler" — and opticians. His wife, Cora, was a nationally known landscape artist who taught painting in her third floor studio. At right are the Wrights with their son, Karl, and family dog. Below, one of Cora's Humboldt landscapes that will be among the 14 included in the Clarke Museum's show of her works, Nov. 3 through December. Photos courtesy of the Clarke Historical Museum.

plethora of works on canvas and ceramics featuring still life subjects, redwoods, and scenery from the Klamath River area. She was very popular in Humboldt County, and her works were collected by



Amelia Carson (wife of lumber baron William Carson) and Clarke Museum founder Cecile Clarke.

Some of her artwork was even displayed in Humboldt County exhibits at state and international exhibitions, including the Panama Pacific International Exposition (1915), California State Fair (1926) and the Golden Gate International Exposition (1939).

The works of other popular woman artists like Emma Freeman also appeared at some of the same expositions, establishing a visually striking representation of Humboldt County to visitors at the expositions, and

encouraging tourism to Humboldt County around the turn of the century.

After the Wrights' deaths, the house was owned by California State Sen. Arthur Way and his wife, Dorothy. It was later restored by Sandra and Gerry Peterson and, in 2001, the Clarke Museum loaned a number of Cora Wright's artworks to the owners of her house for viewing during a museum fundraiser.

The paintings have since been returned to the museum and will be on display along with Cora's ceramic plates Nov 3 through December in celebration of Cora Wright's 150th birthday.

—
Katie Buesch is registrar-curator at the Clarke Historical Museum on E Street in Old Town Eureka. Contact her at 443-1947; caitlyn@clarkemuseum.org.

New Redwood Caregiver Resources in SoHum

Redwood Caregiver Resource Center will expand its services into southern Humboldt beginning Tuesday, Nov. 6, with monthly Caregiver Support Groups in Garberville on the first Tuesday of each month from 1-3 p.m.

The monthly caregiver sessions will be held in partnership with Heart

of the Redwoods Community Hospice in their meeting room, 464 Maple Lane, Garberville

The sessions are offered at no charge, funded in part through a partnership with Area 1 Agency on Aging's Family Caregiver Support Program. They are open to anyone caring for a loved one with cognitive

impairment or an older adult with disabilities. Donations are happily accepted.

RCRC also offers support groups in Arcata, Eureka, Fortuna, McKinleyville and Crescent City, and other services for family caregivers in Humboldt and Del Norte counties, including information, consultation,

training, assessment, counseling and respite care.

For more information, call 707-443-9747 x3220, or email Erin McCann at exm@redwoodcrc.org.

—
Erin McCann, MSW, is a family consultant with Redwood Caregiver Resource Center in Eureka.

Letters to the Editor

Health Care for All

To the Editor:

The column by Dr. Jennifer Heidmann in the September edition of Senior News ["Patient Rights & Responsibilities," page 5] was of great interest, especially her point #7, which underscores the importance of understanding how communities depend on everyone having good health. She says that a national health plan with universal coverage, accessible to all, is a must.

A recent forum at the Labor Temple in Eureka revealed that even some of our mayoral and city council candidates express misunderstanding and misinformation on the subject, to the detriment of us all. Just one example: the claim that a universal healthcare system would be "too expensive."

We know from our own assemblyman, Jim Wood, that we are already spending some \$400 billion per year in California for health care. A detailed, 90-page report from PERI (Google "SB 562 Pollin Report") last year addressed the application of a single-payer system in California, and determined that the cost would be, at most, \$331 billion. This is due to savings from cutting out profit, overhead and unnecessary bureaucratic costs rampant in corporate health insurance involvement.

Media reports continue to spread the erroneous claim that the cost of health care for all Californians would be \$400 billion — as much as we are already spending on with our broken system.

One thing is clear: the current healthcare non-system is a runaway train without a station. Estimates are that in a decade our costs will be half a trillion dollars. It's not that we "can't afford" a single-payer system; the reality is we can't afford *not* to have it.

Thank you, Dr. Heidmann, for your support.

Patty Harvey, *Director, Health Care for All – Humboldt, Willow Creek*

'Rents Too Damn High'

To the Editor:

"THE RENT, THE RENT IS TOO DAMN HIGH!" is the chant of groups across California. Vote Yes on PROP 10 in the November 6th election to repeal the 1995 Costa-Hawkins loopholes that landlords use to raise rents to exorbitant heights.

The repeal would give back power to cities to create rent-control laws. Many people can't afford to buy their homes. If rents continue to skyrocket, they won't be able to rent, either.

Rent-control laws won't reduce current rents, but will limit future rent increases to a capped rate.

With housing costs completely out of control in California, now is the time to repeal Costa-Hawkins. Vote Yes on Prop 10.

Nancy Mohney, *Arcata*

HARP for Humboldt

To the Editor:

HARP — the Humboldt Alliance for Responsible Planning — proved its worth over the past month in raising public awareness of the issues surrounding a proposal to build a 6-story, 100-room Hyatt casino-hotel on the bluff at the Trinidad Rancheria.

The grassroots citizens' group was formed to foster community involvement in this kind of large land development proposals.

Hundreds of residents came to informational meetings to learn more about the Rancheria's plans, and to express concern about the size of the project, its design, and the 19,000 gallons/day the planners want from the Trinidad water district.

To learn more about HARP, visit HumboldtAlliance.org.

J. Bryce Kenny, *Trinidad*

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

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Wanted: Who Is Your Hero?

Next month, Senior News will feature stories about our personal heroes — people in our lives who have made a big difference.

It might be Abe Lincoln. Or Mighty Mouse. Barbra Streisand. Or your dad.

For example, my Great-Aunt Aggie is one of my heroes. She was born in 1899. Even

after I “grew up,” I would drive from college to visit her. We’d play cards, smoke cigarettes and drink Manhattans (well, mine was a beer). And we’d talk. Aggie had stories to tell.

Tell us about your hero. Contact Senior News editor Ted Pease: 443-9747, x1226 or tpease@hum senior.org

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Coming in Senior News

• **December:** *You're My Hero.* Who do you consider the heroes in your life? Your grandmother? Abraham Lincoln? The guy who makes you coffee? And who are unsung heroes in our community?

• **January** is a month for *New Beginnings*. Senior News will tell stories about starting over, beginning anew, hope for the future. Do you have a story to tell? Call editor Ted Pease, 443-9747, x1226.

Senior News

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