



The Family Tree

Sea Captains, Witches and Mom's Cedar Chest

By Deborah Baskette

My mother's cedar chest was probably the inspiration for my interest in family history. I loved it when she would open it up and pull the treasures out — old jewelry, coins, linens, books — every one with a story attached.

I've always enjoyed history, and when history involves your family, it becomes even more interesting. I was fortunate enough to have a distant cousin who had created a genealogy for my mother's side of the family.

At first, I was fascinated to read about the distant ancestors who fought in the Revolution, or the sea captains of Maine. Later, I developed a distinct fondness for the great-great-grandmother who could spit tobacco juice and hit a fly, the ancestor who was accused of witchcraft, and the one who had his throat cut twice in fights, but died of natural causes.

The respectable ones were okay, but the others were fascinating. I've never understood why people are embarrassed by

Continued on Page 9



HUMBOLDT HISTORY — The Humboldt Historical Society, at 8th and H streets in Eureka, has been collecting local historical records since 1947. Staff shown here in the Society's bookstore include (from left) Pam Service, Bonnie Petersen, Jim Garrison, Morgan Harvey and article author Deborah Baskette. Ted Pease photo.

Obituary: 'But success did not seem to attend him'

By Allison Grundman

As a child, I was always interested in the family stories that I heard from my parents and grandparents. As a young adult, I never had the time to write those stories down, and

regret it to this day.

Once my children were in college, I finally had time to search for my ancestors, and learned to do genealogy research when working on an

application to join the Daughters of the American Revolution. The DAR required proof of birth, marriage and death for each generation back to the Revolutionary War patriot

from whom I am descended. I was hooked.

Fast-forward a few years. My father was visiting, and mentioned that his great-grandfather died in

Arcata. Wow! I hadn't done any research on that side of the family. As I was from the San Joaquin Valley, I hadn't realized that we had ancestors

Continued on Page 4

SINCE 1981

Published by
HUMBOLDT SENIOR RESOURCE CENTER

HEALTHY LIVING

Ask the Doctor
Page 5

THEN & NOW

1912 Road Trip
Page 21

LETTERS

'Bottom' Explained
Page 22

Sr. News

Published monthly since 1981 by



Humboldt Senior
Resource Center

Circulation 13,000

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Advertising: Call Elizabeth Whitley at 443-9747, ext. 1227, or visit www.humsenior.org.

Submissions: Senior News may accept unsolicited readers' stories, up to 400 words. Contact the editor, Ted Pease, at 443-9747, ext. 1226, or tpease@humsenior.org at least one month prior to the desired publication issue for details.

Subscriptions: Subscriptions are \$20 a year. Credit cards and personal checks are accepted. Call 443-9747 or mail to 1910 California St., Eureka, CA 95501.

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Tedtalks: Scaling the Family Tree

By Ted Pease

Chasing your ancestors can be heady stuff, even addictive, as many of the contributors to this month's Senior News attest.

Mostly, we don't take the time to think about it as we live our daily lives, but each of us is just a dot on a continuum that extends all the way back to some caveman named Ooog. We may not know anything about that ultimate ancestor, but everyone probably can name at least a few generations back.

I am no genealogist, but I know a little — my father's forebears came to Massachusetts from England in the 1600s; later, there was a black sheep in the family named Benedict Arnold. My mother's people immigrated just three generations ago, and I regret that I know nothing about those relatives back in Sweden.

Even though I don't pay that much attention to the family history, we do have furniture passed down from earlier generations. The tall, drop-front desk that stands in our front entryway is usually covered with spare change, dog leashes, car keys and mail. It belonged to my great-great-grandfather Seth, a Western Massachusetts country doctor in the 1800s. It feels good to have Dr. S. Pease in our home.

There are avid genealogists all over Humboldt County, including one group just downstairs — the DIP (Digging Into the Past) group here at the Humboldt Senior Resource Center meets twice a month to talk about their own family searches.

Then there's the Redwood Genealogical

Society in Fortuna, and genealogy classes through OLLI. The Humboldt County Historical Society in Eureka is a great resource not only about Humboldt history, but it also houses a comprehensive genealogy library.

Tracing family trees is all about uncovering our own compelling stories. Sometimes, digging into the past can be disappointing or anticlimactic as longstanding family myths are debunked. Sometimes the search turns up hordes of unknown cousins, and the family tree grows bigger.

As our contributors this month discuss, learning about the sea captains, saloon-keepers and, in my case, notorious traitors who came before us is fun.

Genealogists are part historian, part researcher, part detective, part dreamer, part storyteller. As our contributors describe, whatever the result, climbing the family tree connects us to both the past and the future.

Ted Pease is editor of Senior News.

On the Front: The photo on the top of Page 1 depicts the Douarin family of Blue Lake enjoying an afternoon outing, date unknown, on what was then the 13-acre Blue Lake from which the town took its name. The lake was created from flooding of the north fork of the Mad River in 1861, but disappeared in the 1920s when the river changed course. The photo is used courtesy of the Humboldt State University Library Special Collections.

IN THIS ISSUE THE FAMILY TREE FEATURES

Sea Captains & Witches....1
An Unfortunate Obituary .1
Searching for Grandpa.....3
Historian & Detective6
Check the Y-DNA.....7
I'm not a Cherokee18

COLUMNS

Tedtalks.....2
Ask the Doc: Antibiotics....5
Morse: Living with Death .6
Kellermann: Zach's Fall8
Heckel: Beautiful Sarah...10

CALENDARS

Senior Centers 12-13
Community Events17

HSRC NEWS

My 'Second Mom'11
New Lobby Art Show14

& ETC. . .

Healthy Living5
Babysitting Grandkids.....10
Older, but not Elderly16
Alzheimer's Walk.....20
Humboldt Then & Now ..21
Letters to the Editor.....22
Hacked.....24

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Zinsser's Lament

"One of the saddest sentences I know is, 'I wish I had asked my mother about that. I wish I had asked my father about that.'"

"Writers are the custodians of memory so it's extremely important to get to people, interview your parents, your grandparents. Don't worry what anybody else thinks. The important thing is to be a recorder of the past."

"But it's very important work, I think, writing family history, whether anyone ever sees it or not."

—William Zinsser
(1922-2015),
writing teacher, 2006

The Search for Great-Grampa Warren

By Marleen Genzoli-Hall

I started doing genealogy when I was about 13 because I was fascinated by eye color, specifically my parents' brown eyes and my own blue eyes.

I drew a chart on a big piece of butcher paper and started quizzing my parents. What color eyes did great-grandpa have? It was even more interesting because as I was asking questions about eye color, I was told family stories, and learned about relatives I had never met.

I soon learned this was called genealogy. I loved it. Solving a mystery is fun, and looking into your past can sometimes bring to light current living relatives. Even more fun.

Case in point: My grandfather, Warren Davis, who was adopted by his paternal grandmother and step-grandfather. Warren married my grandmother, and they had three children before divorcing.

Warren ended up moving to the East Coast, where he remarried and had three more children. The only hitch was that they didn't know about us here on the West Coast, and I didn't have any clues where or who they were when I started researching my family.

I spent many years perusing library archives, looking for clues to the missing family members. The hunt was never far from my mind, and kept me going and interested in genealogy literally for decades.

Forty years later, my aunt found two photos. Casually, she says, "Oh, those are my half-brother and sisters, Connie, Sheri and Warren Jr." At last, NAMES!

I did a fast search on the computer and found 268 addresses for Warren Davis. I put together a letter with a self-addressed and stamped post card to see if I could find my grandfather or his kids. I wrote all 268 Warrens on my list, and about 195 returned the post-cards, all saying, Sorry, not me.

I had given up hope when three new addresses showed up, so I put more letters in the mail. In about a week I received two letters, one from Warren Davis Jr, and one from Sheri. There was a phone number included with the letters and a request to call, as they wanted to know more. Since then, there has been a reunion and several trips between California and Maryland.

Finding Mom's siblings has been the highlight of my genealogy searching. I learned my grandfather passed away in the mid-'70s, but the East Coast family was able to fill us in on his missing last years, and we were able to fill them in on what for them were his missing beginnings.



The author's grandfather, Warren Davis, in the 1950s in Maryland. Photo courtesy of Marleen Genzoli-Hall.

The hunt for my grandfather's biological parents and more cousins continues.

—
Marleen Genzoli-Hall,
59, of Ferndale,
is editor of *Redwood Researcher*,
the quarterly magazine
of the Redwood Genealogy Society.

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‘But success did not seem to attend him’ . . . from Page 1

in Humboldt County.

Dad and I went up to the Arcata Cemetery to see if we could find our ancestor, Isaiah Brown Herrick. The gentleman at the cemetery couldn’t find a burial record, and suggested looking for an obituary at the Arcata Union newspaper office. I.B. died in 1893, and the paper was a weekly, so it didn’t take long to find the obituary in a June edition.

This is one of my favorite pieces of information that I have found on an ancestor. It was written in the wonderful language of the day.

Death of I.B. Herrick

Another Humboldt pioneer has gone to his long home. I.B. Herrick died at the Union Hotel on Thursday night. For the several months past, deceased had been in failing health, being troubled with a complication of lung and heart trouble that interfered with his breathing. About ten days ago he left for the mountains, hoping that a change would help him, but he did not experience any relief, and was brought back in a wagon, arriving in Arcata on Thursday. He was suffering intensely, but being endowed with the courage of a Spartan he bore his sufferings in the face of death in a most remarkable manner, and conversed between his gasps for breath up to a short time before he breathed his last.

His daughter, Miss Laura, arrived on the



Pomona on Thursday, and left immediately for the mountains to be with him, but the wagon that bore her father to Arcata was passed by the cars on the way to Blue Lake. A telephone reached her shortly after arriving there and she hastened back to Arcata, arriving some hours before her father died. The young lady is prostrated over the sad event, and was only to inform

us, through paroxysm of grief, that she would take the body below with her today, and that the remains would be interred in Oakland.

Deceased came to Humboldt in the early 50s being quite a young man. He first settled on Redwood but was driven in by Indians, and his property destroyed. He then served with the mountaineers, after which he kept a livery stable in Arcata. Later he was engaged in business in Eureka and New River, but success did not seem to attend him. He was a native of Maine, and about 58 years of age.

I laughed so hard as I read I.B. Herrick’s obituary. Despite being endowed with “the courage of a Spartan,” he was labeled what we now call a loser. But it gave me a great start on putting the “flesh on the bones” of this ancestor.

I went to the Susie Baker Fountain collection at the Humboldt County Library and looked up his name. Even though he was an “unsuccessful fellow,” there were a number of entries for I.B. What a wonderful thing that people, such as Susie Baker Fountain, collected bits of history for our posterity.

After 25 years of genealogy research, I’m still having fun climbing my family tree.

Allison Grundman of Fortuna is president of the Redwood Genealogical Society.

Property Tax Deferments

The state of California is soliciting applications from seniors and others to defer taxes on their principal residence.

The Property Tax Postponement Program (PTP) assists homeowners in financial need by indefinitely deferring their property taxes, according to State Controller Betty T. Yee.

Last year, California homeowners received \$2.2 million in property tax relief. Homeowners must show an annual income of no more than \$35,500 and have a minimum 40 percent equity in their home to qualify.

Applications are available online and are accepted starting Oct. 1. Call 800-952-5661 or email postponement@sco.ca.gov for information.



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ASK THE DOCTOR

Antibiotics: Prevent the End of an Era

By Jennifer Heidmann, M.D.



As we approach fall and winter, we can expect more illness, especially respiratory problems. The best way to protect ourselves and our community is to wash hands frequently and get the influenza vaccine.

When illness does occur, it is tempting to turn to antibiotics. Sometimes they are the ticket, but often they are not. Many respiratory illnesses are due to viruses, which do not respond to antibiotics. Some infections will clear without antibiotics, as is often the case with sinusitis (which can get better with decongestants, analgesics and time).

But what's the big deal of taking antibiotics in case they might help?

Antibiotics likely were used even in ancient times, with traces of chemicals with antibiotic properties found in archaeological bone samples. In 1904, Paul Erlich noticed certain chemicals affected some microbial organisms. He wanted to find a drug to treat syphilis, and found an agent called Salvarsan, and then Neosalvarsan. It is good to know snappy drug names are not just a phenomenon of the modern era. Until penicillin came about, Neosalvarsan was the most frequently prescribed drug.

In 1928, Alexander Fleming found that molds had some antibacterial effects. One mold, penicillium, was eventually studied, and some Oxford University scientists developed a protocol that led to the

production of penicillin for human use in 1945.

The history of antibiotics is fascinating, but now we have to worry about whether antibiotics themselves could become a thing of the past.

Bacteria can mutate and evolve, which can lead to resistance to antibiotics; they are more likely to become resistant if antibiotics are used a lot. We are seeing more drug-resistant organisms, and there is a chance we will find ourselves with infections that no longer respond to any antibiotic we have.

Overuse of antibiotics includes inappropriate prescribing for viral infections, or for infections that can resolve without the need for antibiotic treatment. Besides the respiratory and sinus infections I have mentioned, urinary tract (bladder) infections are also over-treated with antibiotics, and are the most common reason for antibiotic prescriptions.

It turns out, however, that urine can normally have some bacteria growing in it, just living there and not causing problems. It is important not to check for infection of urine unless there are specific symptoms of concern, notably pain with urination, flank pain and fever. Older women and people living in nursing homes are at special risk for over-prescribing of antibiotics for bladder infections. Many people with urinary discomfort and bacteria

Continued on Page 19

Healthy Food Choices

By Tasha Romo

Your body and its nutritional needs change through your 60s, 70s, 80s and beyond. The National Institute on Aging has some advice on food choices:

- Drink plenty of water — With age, you may lose some of your sense of thirst, but you need to stay hydrated.
- Make eating a social event — Meals are more enjoyable when you eat with others.
- Know how much to eat — Limit portion sizes.
- Eat for your teeth and gums — Try softer food such as cooked or canned unsweetened fruit, low-sodium soup, or tuna.
- Ask about vitamin supplements — Food is the best way to get the nutrients that you need, but your

doctor will know if you need vitamin supplements.

CalFresh can help with funds for healthy foods for those who qualify. CalFresh is easy to use — monthly benefits are issued on an electronic benefit transfer card, like a credit card, that can be used at most grocery stores and farmers' markets.

Applying is as easy as a phone call. Most applicants can have savings, a house and cars, and still qualify. Those who receive a State Supplementary Payment (SSP) along with Supplemental Security Income (SSI) are not eligible, but those with Social Security Retirement or Disability benefits are okay.

For more information, call the CalFresh hotline at 877-847-3663.



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POINT OF DEPARTURE—BY BOB MORSE

Living with Death

Few of us have regular contact with death, and society tends to shelter most of us from the reality. First responders and palliative care physicians are obvious exceptions. But perhaps the profession with the most intimate relationship with dying and grieving is that of minister to the faithful.

In order to learn what it's like to intercede in such situations, I spoke with Matt Messner, pastor at the Faith Center Foursquare Church on Bay Street in Eureka. I assumed that Matt, with a large congregation of around 2,000 members, would be called on to serve in situations where death was imminent.

Indeed, he said it's definitely a big part of what he does. He said he often works with people at "... every stage of dying, death, working with families," and, of course, presiding over memorials and funerals.

He and the other pastors at Foursquare are "exposed to the crisis of death and dying and the other crises of life much more frequently than most people." This can be challenging emotionally, he admitted.

"You have to have true empathy with what the people are going through in the experience of death and dying," he said. "That's a heavy burden to carry, especially when you are exposed to it over and over."

But Matt has ways of processing

the experiences that allow him to remain open and available.

"Each situation needs a different response," he said. However, "I am almost always talking to a Christian who has a hope of something beyond this life. You can sense that in them . . . a peace, as opposed to someone who is fearful."

I asked Matt about his views on the afterlife. "It's a bit of a puzzle of interpretations," he said, but he finds his views rooted in the scriptures.

"You have to have true empathy with what people are going through in the experience of death and dying."

"I do believe in hell," he said, although "I am not a fire-and-brimstone kind of guy."

Matt sees death as the "absence of the body . . . in the presence of the Lord." There is, he said, "... a

peace and freedom from suffering." Ultimately, "We believe in the bodily resurrection."

But don't put off thinking about death until the end, Matt counseled. "I try to develop a sense that eternal life doesn't begin with death, but is part of life. Understanding that causes all the superficial things of life to fall away."

Bob Morse is owner of Morse Media, a Eureka web development company. He has had a longtime interest in cultural attitudes toward death. His articles and more information on the subject can be found at speakingofdeath.com.

Part Detective, Part Historian

By Tim Kilburn

In 1983, when my grandmother died, I inherited the genealogical work she and her sister had done relating to their side of the family, the Moores. Their work was done before computers and the Internet. Quite a feat, in my mind.

When my father's brother was killed in Lebanon in 1986, I received cards and letters from a number of people, including some Kilburn cousins I hadn't known. Previously, I'd had no knowledge of my surname family, the Kilburns, for my father did not know his father. Therefore, I had no photos, stories or other family memorabilia from the Kilburn side.

When I retired, and Humboldt had a couple of long, rainy winters, I decided to pursue my family tree.

Unlike my grandmother, I had a computer and an Internet connection. I purchased a number of reference materials, including a work concerning the Kilburn family published in 1856, attended some classes, and joined online organizations and local genealogical groups.

In searching family trees, one becomes part detective, part historian, and learns to discriminate and how to organize the information that comes your way.

I learned that Thomas and Frances Kilbourn (one of the many variations of Kilbourne going back to the 1400s, meaning "cool stream") and their five children settled in Wethersfield, Connecticut, in 1635, after crossing the

Continued on Page 19

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Think It's All Relative? Check the Y-DNA

By Michael Cooley

Traditionally, a family history researcher would look at two families with the same last name living in the same area, and make a judgment as to whether they were related. Documents such as wills, census records and family Bibles would make or break the claim. There's now a new, virtually infallible tool: DNA testing.

There are three basic kinds of DNA: the Y chromosome (Y-DNA), passed down from father to son; mitochondrial DNA (MT-DNA), inherited by all children from their mothers; and autosomes (chromosomes 1-22), which are inherited in equal parts from both parents in combinations unique to each child. (The results of the latter are called admixtures.)

This article looks at Y-DNA.

Arriving in Humboldt County from Santa Cruz in 2009, I learned about a Cooley family that has been here for about 100 years, descendants of Daniel Cooley, a farmer born in Virginia in 1765. Old genealogies state that Daniel was a brother of my ancestor Edward Cooley, a man born in Virginia

in 1763 of probably abolitionist sympathies. There was reason to believe the relationship. Both Virginians, their families later lived near one another in Kentucky and Missouri.

There are no records that prove this claim of relationship, so I reached out to a local Cooley and nabbed a bit of his DNA.

Y-DNA carries the male sex gene. Obviously, women do not have one and contribute nothing to a son's Y-DNA. It comes from the father as a virtual clone. Mine looks like my dad's and his like his dad's, and so on.

In this case, the Y-DNA of a descendant of Edward Cooley's brother, James (1772-1821), looks exactly like mine, even though we're fifth cousins twice removed. Not only does the Humboldt Cooley Y-DNA look remarkably different, it looks exactly like other known descendants of Daniel.

In other words, Daniel's descendants share one Y chromosome, and Edward's descendants another. Daniel and Edward, therefore, could not have been

brothers, and I have no claim on the Humboldt County Cooleys. Mystery solved.

What I've learned about the Y comes from testing through familytreedna.com. Ancestry.com does not test Y-DNA, and 23andme.com provides only low-resolution Y chromosome testing, sufficient to disprove the relationship between Daniel and Edward, but not good enough to prove the relationship between Edward and James.

Other mysteries can be solved through other DNA testing, but only the Y will tell you something about your surname, and it requires a sample from a male from an uninterrupted male line.

So be sure you know your objectives before you test. Ask an expert.

Michael Cooley, 67, teaches genealogy and genetic genealogy through the Osher Lifelong Learning Institute (OLLI). Contact him at michael.cooley@humboldt.edu.



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SONGS WE TELL EACH OTHER

BY MARGARET KELLERMANN

How Zach Fell Down the Stairs

During a family gathering in his Virginia cottage, my dad's dad, "D-D," asked me in his gentle drawl, "Margaret, did I ever tell you about how Zach fell down the stairs? He was about 12, your age."

"Who's Zach?" I asked.

D-D pointed to a huge folk painting of a serious boy patting his dog. "That's my father, Zachary, or Zach. You were named after his sister, Margaret, age 17..."

The room got foggy. D-D was reciting our Virginia history again. Our family tree conversations concerned tangled roots and branches, all tied to the Civil War. When my head cleared, D-D was saying, "... Battle of Williamsburg ... May 1862 ... John Lea, a Confederate captain, was carried badly wounded from the battlefield by George Custer."

"Wait. The same Custer as General Custer's Last Stand?"

"Yes, Custer was a young second lieutenant at this time, a Union soldier, but known North and South for his bravery. He and John Lea recognized each other as West Point classmates. Here, they'd fought on different sides in the same battle. Custer treated him kindly as a prisoner, bringing him gifts.

"Lea was transferred to Williamsburg's Bassett Hall, the home owned by Zach and Margaret's father, Goodrich Durfey. That summer, Margaret had nursed John back to relative health. Somehow they'd become engaged."

"Wait. Margaret was 17, she was John's nurse, and John asked her to marry him?"

"That's right."

"And Margaret's dad said yes?"

"Goodrich said yes. Now, don't you want to know how Zach fell down the stairs?"

"Yes."

"When Zach heard the famous Union soldier Custer was arriving at his house, Zach ran from the top of the landing to be the first to greet him. Instead, he fell down the stairs. And what did Custer see when the door opened? Zach in a heap in the front hall."

"Did Custer laugh?"

"I doubt he did not."

"Oh."

"The evening wedding at Bassett Hall was lovely, according to Custer's letter home. John Lea wore his Confederate-gray uniform. Custer stood beside him in his Union blues, as best man."

"And then . . . did they shoot at each other outside?"

It seemed like a logical question, but D-D chuckled. "No, Margaret, they remained friends. Custer stayed there for many days. The group played cards, sang, and played the piano . . ."

The room got foggy again. I was thinking what a great movie this would make.

Margaret Kellermann, a regular Senior News columnist, reports that this piece of history is true, as corroborated by letters from Custer, books and articles on the subject.

"There is no king who has not had a slave among his ancestors, and no slave who has not had a king among his."

—Helen Keller (1880-1968), author and activist

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Sea Captains, Witches . . . from Page 1

the hell-raisers in their family tree. We all have them.

My own work began in the 1970s when I was in high school, when genealogy was all done with letters, typewriters and a rare long-distance call. In the Internet age, information is much more available, although, like anything else on the 'Net, it pays to be careful. Not everyone does the work to back up their research with documentation.

My family research eventually led me to the Humboldt County Historical Society. While looking for information, I transcribed a journal that my grandmother had donated before I was born.

That was it — I was hooked. I worked as a volunteer for three years before becoming an employee. In my spare time, I still transcribe journals, because although it's still fun to read the originals, a digital transcription can be quickly searched for information, or sent by email to researchers.

Most of our genealogy library was created by Marilyn Milota. She spent years searching county records and putting together binders full of births, deaths and marriages (and much more). This unique resource is indexed and alphabetized, which makes local family history easier for researchers. There's a good reason the Marilyn Milota Genealogy Library is named after her.

If you want to research your local family, come and see us at HCHS. We'd love to help you get started.

Deborah Baskette, 60, of Fortuna, a fifth-generation Humbolter on both sides of her family, is Humboldt Historical Society office manager.



The Humboldt County Historical Society resides in the former home of Helen Wells Barnum, built in 1902 at 8th and H streets in Eureka. Photo courtesy of the Humboldt County Historical Society.

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AGING IS AN ART — BY JOHN HECKEL

Celebrating Beauty with Sarah Katherine

Born 6:44 a.m., Aug. 12, 2017. Weight 7 lbs., 11oz. (I understand that is big.)

Welcome to this world, Sarah Katherine.

What with the 8.1 earthquake in Mexico, and the hurricane devastation in Houston, Florida and the Caribbean, and, of course, the fires, smoke and heat in our own back yard, I am scared. I am tempted to live my life scared.

Author Martín Prechtel proposes an alternative to living scared when he suggests that beauty is anything seen, felt or realized that charms or delights the better part of us into wanting to live on, in order to see, feel and understand more, without the frightened part of us being in charge of what it wants the world to be.

Sarah Katherine is that beauty.

Grandchildren help us to see beyond our own mortality. What you see in this photo is a 10-day-old child being held by an awestruck 70-year-old. We are of this same world, yet we are not of this same world. We look deeply into each other with reverence.

There is something about the end of life looking into the eyes of the beginning of life. I imagine we look into each other with wonder and awe; as we approach the end of life we marvel at the potential of life, and as we enter life we are humbled by its vast experience.



Your own children are too self-reflective; you still feel the pride, or maybe the guilt and shame of how you guided or misguided them. You see in their faces the reflection of your own hopes, desires and failings. But with grandchildren, you have the freedom to look with wonder and amazement.

You may not have known that Sept. 10 was National Grandparents' Day. Maybe you didn't even know the day existed. Well, thanks to Jimmy Carter and Marian Lucille Herndon McQuade, the holiday has existed since 1979. And now, thanks to Sarah Katherine, I will get to celebrate that day every year.

That day will serve as a reminder to me to take in the beauty that is inherent in all new grandchildren, each and every day. To allow their beauty to "delight and charm" the better part of us, the part of us that wants to live and help shape a healthier future for all those new grandchildren.

Thank you, Sarah Katherine.

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

Babysit the Grandkids, Live Longer

There's good news out of Berlin for grandparents who babysit their grandchildren: Seniors who care for children live longer, researchers say.

The Berlin Aging Study focused on 500 seniors who were 70 or older. The results may not be surprising: Grandparents who babysit their grandkids are more physically active and less stressed.

"We know that as you age, you want to stay physically active. You want to stay socially engaged. You want to be cognitively stimulated," said Dr. Ronan Factora of the Cleveland Clinic. "All those things allow you to age well."

Over a 20-year period, the study found, seniors who cared for their grandchildren or for others had a lower risk of death than those who did not.

The social and emotional interaction involved in caring for others is also important in keeping the brain engaged and in reducing stress, which is known to contribute to a higher risk of dying, Factora said.

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Grateful for My 'Second Mom'

By *Becky Madison*

For most of us, getting married includes gaining a second mom, because we do marry our husband's family when we marry him. Let me tell you about my "Mom."

She is small, but mighty. Tokiko Madison stands only a little over 5 feet tall, but has enough personality for two women. She has a huge sense of humor, a love of fun, and an incredibly generous heart. I don't know anyone like her.

Mom was born and raised in Tokyo, lived through the horrors of WWII, married an American GI after the war, and was ostracized by her family for five years for marrying "the enemy." When she and her husband (my father-in-law) moved to the United States, they had to live with his parents in rural Humboldt County on a chicken ranch. She spoke no English, and within a year of moving here nearly died giving birth to her first child, my husband.

Talk about change and stress.

Despite hardships, they raised two amazing children and built a comfortable life for themselves through a lot of hard work and by standing together as a team.

Mom was lonely when she came here, and so she knows how it is with other young Japanese women in her community, for whom she becomes a second mom. She seeks them out through friends and

the local community college. She invites them over for green tea, serves them home-cooked Japanese meals, speaks their first language with them and gives them a place to feel loved.

Mom has always been a matchmaker, and introduced one of my nephews to one of "her girls." They have been happily married for years now. She understands the importance of women helping women, especially younger ones who need a friend, advice, or a listening ear.

When I began writing this, I realized what an amazing second mom Tokiko has been for more than 40 years. She recognizes that others have the same needs she had as a young woman, wife and mother, and she takes the initiative to make sure others aren't as lonely as she was in a foreign land.

Mom is now the only parent my husband and I have left, and we are blessed to have her. Her life is an example of the importance of us women reaching out to others. You never know what a cup of tea, the touch of a hand or a heartfelt smile can do.



HSRC program participant Tokiko Madison

Becky Madison, 58, of Lakeport has been Tokiko's daughter-in-law for more than 36 years.

An earlier version of this appeared on her website, secondmom.me, where Becky regularly posts about being a mom to her daughter and a "second mom" to other young women.



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

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Page 12

October 2017 • Senior News

OCTOBER 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. <i>For more information call Tasha at 443-9747 x1228</i>		
Every Weekday	8:30-4 9-3 12-3	Library Senior Service Office Billiards
Every Monday	9:30-10:30 10-12:30 11-1 1:15-2 2:10-3:10 2:30-4	Karate with Jerry Bunch Mah Jongg Back to Basics Line Dancing S.A.I.L. w/Muriel FABS/SAIL by Beth and Lois Memoir Writing Class
Every Tuesday	10-11 11:30-12:15 12:30-1:30 12:15-2:15 2:10-3:10 3:30-4:30 Oct. 3 & 17 Oct. 3	Harry's Bingo (<i>not Oct. 3</i>) Lunch – <i>Menu page 15</i> Bunco (<i>not Oct. 3</i>) Pinochle FABS/S.A.I.L. by Beth & Lois Tai Chi for Arthritis (<i>Fee required</i>) Ukulele Play 'n Sing Octoberfest w/Ray, Dave & Lois
	Oct. 24 Oct. 24 Oct. 31 Oct. 31	11:30-1 6-9 10:30-11:30 11:30-12:15
	CalFresh Info and sign-ups w/Food for People Stamp Club Accordianaires perform Halloween Party	
Every Wednesday	11:30-12:15 1:15-2 1:30-3:30 2:10-3:10 11-11:30 Oct. 4 Oct. 4 & 18	Lunch – <i>Menu page 15</i> S.A.I.L. w/Muriel Intermediate Line Dancing FABS/S.A.I.L. by Beth & Lois Ella & Sam Sing-a-Long Caregiver Support Group Alzheimer's Library, 1901 California St., Bldg. B, 2nd Flr., Eureka
	Oct. 11 Oct. 11	11:30-12:15 11-11:30
	Emblem Club serves lunch LeAnne Moroni performs — <i>Menu page 15</i>	

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 Oct. 31	Lunch Halloween Lunch
Wednesday	12:00 Weds. Oct. 4	Lunch BINGO Music w/Bill & Corena
Thursday	12:00 Oct. 5 & 19	Lunch 12:1:30 Caregiver Support Group United Methodist Church Fireplace Room 922 N Street, Fortuna <i>For info 443-9747</i>
Friday	12:00 Oct. 27	Lunch noon Birthday Lunch

Senior News • October 2017

McKinleyville Senior Center

Azalea Hall • 1620 Pickett Road Open Monday-Friday 9 a.m.-4 p.m. <i>azaleahall@att.net • 839-0191</i>		
Every Monday	8:30-9:30 10:30 12-3:30 Oct. 9 Oct. 30	Tai Chi Walking Group at Hiller Park Computers* (*call for availability) Party Bridge CLOSED-COLUMBUS DAY Low Vision Workshop
Every Tuesday	9-11 9:30-10:30 10:40-11:40 12:30-3:30 1:30-2:30	TOPS S.A.I.L. Class Stretching Bingo Exercise
Every Wednesday	8:30-9:30 9-12 10-12 10:30 1-4 Oct. 4 Oct. 18 Oct. 25	Tai Chi Computers* (*call for availability) Needlework Walking Group at Hiller Park Pinochle Genealogy Executive Board Meeting Monthly Luncheon: Ribs & Potato Salad \$5 (*sign-up by 10/20) Heart Healthy Club & Sweet Spot
Every Thursday	9:30-10:30 10:30-12 10:40-11:40 12:30-3:30 Oct. 5 Oct. 12 Oct. 19 Oct. 26	S.A.I.L. Class Pinochle Lessons Stretching Bingo Taco Soup & cornbread \$3 Corned Beef, potato & cabbage soup & 1/2 sandwich \$3 Stuffed Pepper \$3 Pea Soup & 1/2 sandwich \$3
Every Friday	8:30-9:30 10:30 1-4 Oct. 27	Tai Chi Walking Group at Hiller Park Pinochle Full Board Meeting (Open Meeting)


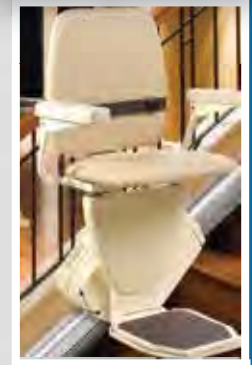

“Genealogy: Where you confuse the dead and irritate the living.”
—Unknown


Page 13

Arcata Community Center

An HSRC Dining Center 321 Dr. Martin Luther King Jr. Parkway Lunch: Tues.-Fri. at noon - Menu page 15 <i>Call Vanessa at 825-2027</i>		
Mondays	Oct. 9 & 23	11-12 Silver Quills Writing Group
Every Tuesday	9-11 10-11 10-11 10-11:15 10:30-11:30 11 12:30-2 Oct. 3, 17	Katie's Krafters Blood pressure check Senior Aqua Aerobics \$5 fee at HealthSport-Arcata (prior registration required) Karaoke Gentle Yoga (<i>ends after 24th.</i>) Bread distribution Bead Jewelry Class Caregiver Support Group Mad River Community Hosp. Minkler Education Room 3800 Janes Road, Arcata <i>For info call 443-9747</i> Walking Group w/Mary Ann Halloween Party Arcata Marsh Slow Walk
Every Wednesday	10-11 11 10-11 10-11 Oct. 11	Chi Gong-RSVP 443-8347 Bread distribution Tai Chi for Arthritis Advanced Karaoke Dance with Old Gold Band
Every Thursday	9-10 9-11 10-11:15 10-11 10-11 12:15-1:15 12:30-1:30 Oct. 12 Oct. 19 Oct. 19	Tai Chi w/Tim (\$3 donation) Katie's Krafters Chair massage w/Pete (donations accepted) Senior Swim \$5 fee-HealthSport (prior registration required) Learn Tech with Brett Tai Chi for Arthritis w/Kathy Cal Fresh Sign-up assistance Swing 'n' Sway Trio Commodities Distribution
Every Friday	10-11:30 Oct. 13 Oct. 20 Oct. 27	Ping Pong with Pete Site Advisory Council Sing-Along w/the Half Notes Birthday Celebration

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Street Art Meets Fine Art

Spray paint artist Roxanne Darby of Scotia is the featured artist in the Humboldt Senior Resource Center lobby gallery this month through November.

The Georgia native's work combines the spray paint art of street graffiti with traditional artistic themes to create unique pieces from landscapes to fantasies.

The self-described "eclectic" artist, whose work is collected as "Beautiful Rendition" (BeautifulRendition.com), also makes jewelry and clay sculptures, and works in multi-media art.

Darby donates many of her works to char-



ities, including the Humboldt Historical Society, Miranda's Rescue, Hospice of Humboldt, and Bikers Against Child Abuse.

The HSRC lobby show opens Oct. 2 and is free and open to the public.

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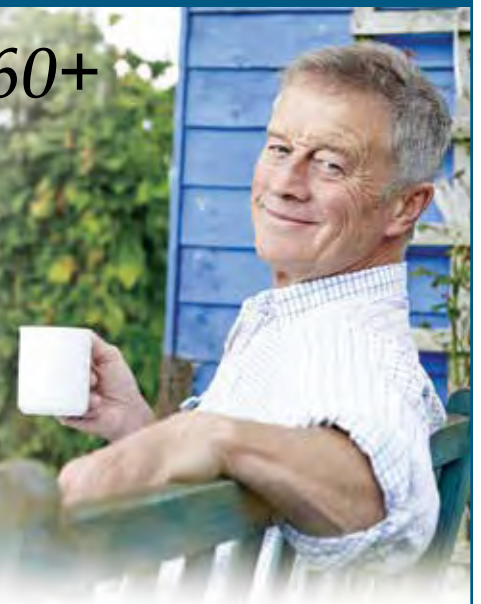


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October Dining Menu



Humboldt Senior Resource Center

Nutrition & Activities Program

FIRST WEEK

Oct. 2 Dining Centers closed

Oct. 3 Bratwurst

Oct. 4 Chicken Curry

Oct. 5 Summer Berry Salad

Oct. 6 Salisbury Steak

SECOND WEEK

Oct. 9 Dining Centers closed

Oct. 10 Glazed Meatloaf

Oct. 11 Lemon & Dill Fish

Oct. 12 Beef Burgundy

Oct. 13 Taco Salad

THIRD WEEK

Oct. 16 Dining Centers closed

Oct. 17 BBQ Pork Rib

Oct. 18 Mediterranean Chicken

Oct. 19 Butternut Ravioli

Oct. 20 Stuffed Cabbage Casserole

FOURTH WEEK

Oct. 23 Dining Centers closed

Oct. 24 Tayler’s Broccoli Cheese Soup

Oct. 25 Seafood Cioppino

Oct. 26 Karen’s Blackberry Salad

Oct. 27 Sloppy Joes-*BirthDay Cake*

FIFTH WEEK

Oct. 30 Dining Centers closed


Oct. 31 Pot Roast- *Happy Halloween*

People 60+ are invited

\$3.50 suggested donation

For those under 60 there is a fee. NO ONE WILL BE TURNED AWAY FOR LACK OF FUNDS.

LOW-FAT OR NONFAT MILK IS SERVED WITH EACH MEAL



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Aging Is Inevitable, But We Don't Have to Be Elderly

By Betsy Goodspeed

Let me explain the difference between The Aging and The Elderly, because unless you have the good sense to die when helplessness strikes, Elderly is where you could end up.

Aging is inevitable — it starts the minute we're born and continues until we die. But The Elderly are different: They accept infirmity, and call senility "forgetfulness" as they run from fear of dementia. They can only look back; they can see no future. Conversation with them requires patience.

Aging, on the other hand, can result in wisdom (if your intention is to become wiser). It's vital to know that you have a choice, and that the reward is worth the effort.

But here's the important part: The longer you wait, the less chance you will have of making that choice. Brain cells are in a constant state of renewing, and they require fuel for thought just as our bodies require nutrition vs. junk food, or breathing clean air.

Yoga has taught me that unless I'm stretching, I'm shrinking. Now I also know that unless I'm exercising both my left and my right brain, I could become mindless. Unless you take the time to focus on logic and reason, your mind is shrinking as time passes.

Images of the elderly sleeping at the dining table, trying to eat soup with a fork, or staring at their room key to find their new home will haunt those



Harpist Betsy Mills Goodspeed performs on a TV set in 1972. Photo courtesy of Betsy Goodspeed.

who fear that this could happen. The more dependent you become on your doctor, the more likely it is.

Refusing to accept dependency is the first step to avoiding becoming one of The Elderly. Start looking for ways to broaden your perspectives on the world. Ask yourself what you would have done if you hadn't taken the path of least resistance or developed a natural talent. What inspires your passion and stimulates adrenaline?

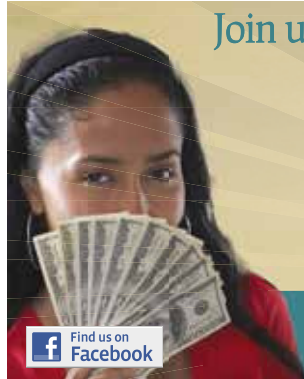
As I approach 91 (how did that happen?), I'm surprised when oldsters say they aren't interested in a memoir-writing class because they "aren't writers" or sing-along sessions because they "aren't singers." The response to any invitation to use their minds is, "I spent my life working (or being a wife and mother), so now I'm entitled to sit back and do nothing."

Aging is not a game, it's a challenge that tells you to do what's hard, and it requires thought. There are solutions to most problems. Your worst enemy is to say, "Why bother?" Your best friend can be your own brain.

—
Betsy Goodspeed, 90, of Eureka is a novelist, musician and retired TV performer and host. Visit her blog at annthatswhy.wordpress.com, or see her 1964 Denver TV performance on the concert harp at youtu.be/ZWBd_85L9WI.

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North Coast Co-op Events

October 4 • Wellness Wednesday

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

October 3, 10, 17, 24, 31 • Senior Day

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

October 2 • Co-op Movie Night

Join us for a screening of "Ingredients: The Local Food Movement Takes Root" and meet the board candidates at Richards' Goat.
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October Community Calendar

Walk Trinidad Head

The Trinidad Coastal Land Trust offers two chances to connect with Trinidad Head. Celebrate national Public Lands Day on Saturday, Sept. 30, from 10 a.m.-1 p.m. by helping pull invasive ivy and reintroduce native plants on the Head. Then participate in a guided naturalist tour of the Head, followed by a tour of the historic 146-year-old lighthouse: Saturday, Oct. 7, 10-11:30 a.m. For both, meet in the parking lot at the bottom of Trinidad Head. For information, call 677-2501 or email carol@trinidad-coastallandtrust.org.

Chamber Players Concert

The Chamber Players of the Redwoods celebrate their 10th anniversary with their first concert of the season in November, with music by Beethoven, Ibert and others. The concert will be at Christ Episcopal Church at 15th and H Streets in Eureka on Sunday, Nov. 5, at 2 p.m. The concert is free but donations are appreciated.

Photographers Wanted

Amateur photographers are invited to participate in a "day in the life" photo project documenting 24 hours of life in Humboldt County on Friday, Oct. 20. Project organizer Mark Larson, a photographer and retired HSU journalism professor, wants "extraordinary photos of ordinary events" taken during every hour of the day. To be considered for the "Day in the Life" photo show in December, submit up to five photos. Email marklarsonphoto@gmail.com or call 845-6670 for information.

Humboldt Visitor Center

The new Humboldt Visitor Center at the Clarke Museum on E Street in Old Town Eureka will hold its grand opening on Saturday, Oct. 14, from 1-6 p.m. The new visitor center is operated by Humboldt Made, and the opening celebration will include a ribbon-cutting, live music and refreshments.

Library Book Sale

Friends of the Redwood Libraries (FRL) holds its Fall Book Sale at Eureka Main Library, 1313 Third St., at the end of October. FRL members get a head start on Friday, Oct. 27, from 10 a.m. to 5 p.m. Not a member? Join FRL at the door. The sale is open to the public on Saturday, Oct. 28, 10 a.m. to 3:30 p.m. Non-fiction, fiction and lots of children's books available, along with vinyl, DVDs, and CDs. Great selection and great prices, and all proceeds benefit the Humboldt County Library System. Call 269-1995 for more information.

SCRAP-py Workshops

SCRAP Humboldt welcomes the change of seasons with workshops designed to showcase unique materials, teach new skills and you explore creativity. Thursday, Oct. 5, 5:30-7:30 p.m.: Community Craft Night & Pizza Party. Wednesday, Oct. 18, 5:30-7:30 p.m.: Designing Outside the Box; and Friday, Oct. 27, 5-8 p.m.: Costume-Making Open Studio. Pre-registration required at scraphumboldt.org or 822-2452.

Spirit of Aging Workshop

A "Spirit of Aging" workshop will be offered in October, with a special emphasis on caregivers, ministers and people who work with elders. The workshop, Friday and Saturday, Oct. 27-28, at the Humboldt Unitarian Universalist Fellowship on Jacoby Creek Road in Bayside, focuses on Humboldt's seniors and their families. Email ediejessup@gmail.com for information.

Turns Out That I'm Not Cherokee

By Brenda Cooper

I still don't know who my Dad's father was, or where his mother is buried.

When my brother and I submitted our DNA samples to 23andMe.com and Ancestry.com, my goal was to find the great-great-grandmother who, according to family lore, was a full-blooded Cherokee.

Even more important than the Cherokee question, I wanted to find out who my father's father was, since Dad was "illegitimate" when his unwed mother gave birth to him in Overton County, Tennessee, in 1914.

When you spit into a vial and send your saliva sample off to the DNA labs, disclaimers are included: Results of your DNA tests may be surprising and disturbing, they warn. I'd describe my own DNA results as disappointing.

I didn't hear the Cherokee story until my Dad was in his 80s — it had been a shameful secret, passed down through my mother's family. I now understand that it's a story repeated in various forms throughout generations of many Appalachian families.

In one version, my great-great-grandfather came home to find his Cherokee wife in bed with another man, and immediately kicked her out of the house, raising their six children alone.

In another version, my ancestor forgave his cheating Cherokee wife, but she wanted to leave him to marry her lover. So the unfaithful and ungrateful wife tried to kill her husband, and he threw her out when he caught her adding poison to his food.

These might make a plot for a racist,

low-budget movie, but I still don't know if they have any basis in reality in my family background. 23andMe.com says the myth of the Native American ancestor is common in many families.

I do know my great-great-grandmother's name now — Sally Staylong Rutledge, born in the 1790s — but if she was Cherokee, that genetic strain petered out in the five generations between her and me. My tests show that less than 0.1 percent of my DNA is Native American. Indeed, I am blindingly white, genetically speaking: 99.8 percent European.

I did learn one compelling story of a family black sheep: My mother's uncle enlisted in WWI when he was 16 to avoid arrest for robbery. In combat, he stole nametags from a soldier lying dead in a trench, assumed the dead soldier's identity,

and moved to Chicago after the war ended. Sounds like a script for Don Draper in "Mad Men."

So despite my family lore, I'm not a Cherokee. I don't know who my father's father was. And my father's mother, Fannie Clementine Cooper, remains a mystery without birth or death certificates, buried in an unmarked grave somewhere in Overton County, Tennessee.

Brenda Cooper, 69, pursues her search for her family's Tennessee roots from her home in Trinidad.



Fannie Clementine Cooper. Photo from the Cooper Family archives.



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ASK THE DOCTOR . . . From Page 5

in their urine will recover on their own, even without antibiotics.

Antibiotics can cause bad side effects, including nausea, vomiting, diarrhea and rash. They can interact with other medications, and can cause severe, even life-threatening, allergic reactions. The overuse of antibiotics has resulted in an increasing number of *Clostridium difficile* (*C. diff*) infections worldwide. *C. diff* can live in the colon, but when antibiotics change normal gut bacterial flora, *C. diff* can release a toxin causing severe diarrhea, dehydration and risk for death in older or frailer people.

A major source of antibiotic overuse is in the meat industry, which accounts for more than 70 percent of antibiotic use in the United States, according to the U.S. Food and Drug Administration. Waste from animals treated with antibiotics gets into land and water, which can lead to spread of antibacterial-resistant organisms.

Should we ever use antibiotics? Of course. When truly needed, antibiotics are one of our best tools to bring people back to health. Loss of antibiotics in our medical tool bag

would be devastating, affecting our ability to treat infection.

These medications must be reserved for appropriate use. We should never try to talk healthcare providers into prescribing antibiotics if they do not feel we need them. Antibiotics should be taken exactly as prescribed, and never shared with others.

Antibiotic references: Environmental Health Perspectives. August 2013. 121(8):878-885; Journal of the American Geriatrics Society. "Urinary Tract Infection — Requirement for a heavyweight," May 19, 2017; Frontiers of Microbiology. 2010 1:134 "A Brief History of the Antibiotic Era..."; World Health Organization. Antibiotic Resistance Fact Sheet, October 2016.

—
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.

Part Detective . . . From Page 6

Atlantic aboard the Increase. Thomas was killed in the early days of the Pequot Indian War less than two years later.

Some 215 years—or seven generations—later, in 1850, Wells Kilburn moved his family from Tioga County, Pennsylvania, through the Isthmus of Panama and up the West Coast to settle in the Napa area of California. I am a descendant of both Thomas and Wells, and the more I learn, the more cousins I discover.

Not all ancestors will offer up

stories one may agree with or like, but they made their choices and you have made yours. I invite you to explore the stories of your DNA. In other words, own your own being — past, present and future.

—
Tim Kilburn *of Eureka is a retired real estate appraiser who leads the regular genealogy group, Digging Into the Past, at the Humboldt Senior Resource Center, every other Thursday at 10 a.m.*

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Make a Difference in the Lives that Follow

Walk to End Alzheimer's

By Kim Coelho

The second annual Humboldt Walk to End Alzheimer's steps off Oct. 14 at Halvorsen Park in Eureka, and volunteers are needed to help with the event.

Registration begins at 8:30 a.m., the ceremony is at 9:30, and the Walk starts at 10.

Individuals and teams collect pledges, and walk a one- or three-mile loop to promote awareness about Alzheimer's and to raise funds to combat the disease.

Alzheimer's disease affects more than 5 million Americans living with Alzheimer's, the nation's sixth-leading cause of death. In California, there are more than 630,000 people living with the disease and 1.6 million caregivers.

Volunteers are needed for: registration, greeting, promise flower pick-up, tent attendants, setup and cleanup, water stations, start and finish lines, cheer stations, runners, roaming advocacy registration, and entertainment.

Sign up to volunteer or to form a team of walkers on the Humboldt Walk to End Alzheimer's website, act.alz.org/Humboldt2017, by email kcoelho@alz.org, or by calling 296-9060.

"Most of our ancestors were not perfect ladies and gentlemen. The majority of them weren't even mammals."

—Robert Anton Wilson (1932-2007), writer

Kim Coelho is special events manager of the Humboldt Walk to End Alzheimer's

1912 Road Trip: Model T Motoring into Bridgeville

By Jessie Wheeler

In early 1912, businessman Harvey Harper and his family took up the Ford Motor Company's challenge to drive from Phoenix, Arizona, to Eureka. The challenge was arrive by end of February to qualify for a franchise to sell Ford automobiles, the first dealership in Eureka.

That same year, my great-grandfather, George Henry Cox Sr., was initiating his offer to buy the town of Bridgeville as it existed at that time. This included the existing hotel, livery stable, blacksmith shop and general store. My great-grandfather and his family — including my grandfather, George Henry Cox Jr. — had been running the Bridgeville Hotel for a few years at this time.

It was doubtless a difficult trip, since the Redwood Highway connecting San Francisco to the North Coast was not completed until 1922. The journey took 40 days, with the Harpers beating the Ford challenge deadline and pulling into Eureka on Feb. 25, 1912.

My Granddad was 23 at the time of the Harpers' cross-country adventure. I remember him talking about how exciting it was to see them and their brand new 1912 Model T Ford Touring Car drive into Bridgeville — perhaps the first motor car in town, and certainly still a rare sight on the North Coast.

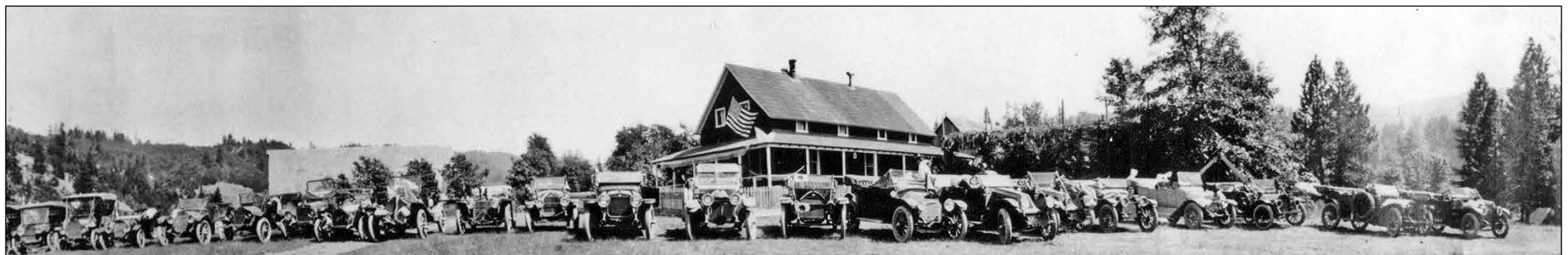
The Bridgeville Hotel porch was full of staff, guests and Bridgeville locals who had gathered to witness this amazing event.

In 1912, Henry Ford had been making the Model T for only four years. Today, Harper Motors on Highway 101 just north of Eureka is one of the country's oldest auto dealerships.

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



This 1962 photo captures the 50th anniversary reenactment of the 1912 Harper family odyssey, and shows Harper family members Larry and Audrey Torgersen in a vintage Model T in Bridgeville. Standing with them is the author's grandfather, George Henry Cox Jr., proprietor of the Henry Cox & Son General Merchandise Store in Bridgeville, who had witnessed the original trip 50 years earlier. Photo courtesy of Jessie Wheeler.



START YOUR ENGINES! Participants in a 1913 "Three State Good Roads Rally" line up at a farm in Dinsmore before heading off on the next leg of the tour to Eureka. Photo courtesy of HSU Library Special Collections.

Letters to the Editor

The Delightful Mr. Meyers

To the Editor:

I love the “Then & Now” articles, so much so that I ordered John Meyers’ book [“Trinidad: Looking Back From My Front Porch,” 2017]. Much to my delight, I found it informative, interesting and FUNNY. I love this man’s writing style.

My family and I have been visiting Humboldt County for decades, and used to base ourselves out of Trinidad. The entire area is absolutely stunning, and I hope to retire there next year.

I love reading about the history of the area. So again, kudos to Mr. Meyers. (The book really should have come with a warning that Depends should be worn while reading!)

And a big thank you to you and your staff for the Senior News. I look forward to it every month. It’s the only paper I read front to back.

—**Barbara Rebillot**, San Jose

Senior Housing Options

Dear Editor,

I enjoy reading Senior News, and found the latest one [“Where Will I Live?” September 2017] very interesting.

I did notice, however, that the wonderful elderly and low-income apartment complex on Alliance Road in Arcata was not mentioned. Humboldt Bay Housing and Development Corporation has a number of options in that area, and I know that in my mother’s complex there are at least four apartments sitting empty.

Perhaps people don’t realize how to contact this great resource, so here is the information. First, the mission statement: “Housing Humboldt (also known as Humboldt Bay Housing and Development Corporation) is a non-profit organization dedicated to providing and managing quality, safe and affordable housing for lower- and moderate-income individuals, families and seniors.”

Next, the contact information: 824 L St., Arcata, (707) 826-7312, and online at housinghumboldt.org.

I would love to have more facilities that are not just for low-income, but mid-income, something you would buy into like the housing near Arcata Marsh, only equipped for elderly and built within walking distance to grocery stores and restaurants.

I hope this information will be as helpful to others as it was to my 99-year-old mom and me.

—**Pam Cahill**, Bayside

‘Bottom,’ Not ‘Bottoms’

Editor’s note: *Writer Carol McFarland’s story in last month’s Senior News, “Down on ‘The Bottom,’” drew queries from some readers who thought “Bottom” without an s was a typo. Nope, Carol says.*

To the Editor:

When people say the “Arcata Bottoms,” I try not to have the image of all those old farmers/ranchers bending over and mooning unobservant city slickers. But I always snicker anyway and try not to think of grandpa that way.

Imagine the history: When the old-timers saw this landscape, they referred to it as “Arcata bottom-land,” and marked it this way on maps. Over time, the location became known as The Arcata Bottom, shorthand for Bottom-land.

Well, why not think about the plural? One might say that “Bottoms” is many Bottom-lands, and so on. What about “land” or “lands?” Land is something we look out over when we look at it from McKinleyville heights. We don’t say, “Look at the lands down there.” (Well, maybe some do.) In the same vein, there’s no need to say, “Look at the Bottoms,” unless grandpa is tanning his . . .

I just interviewed an old Arcata Bottom farmer who said that, as a kid, he used to work for most of the old-timers out here whose names are still found on street signs, and he says he never heard any of them refer to this area as anything other than “the Bottom.”

I’m sure none of this matters to anyone beyond those, like me, who still have memories of those old guys with crinkly eyes and faded bib overalls who cleared bottom land to make way for their cows, hayfields, or beets, and who put names on things that are long gone. It’s just the way it was.

—**Carol McFarland**, The Arcata Bottom

Write Your Own Obits

To the Editor:

If you look up “writing your own obituary” online, there are many sites with advice and templates.

I suggest passing your info around to people most likely to be involved with your obituary, so that when the time comes, the life events you considered most relevant will be recorded.

Obituaries become a resource for future generations doing family history research. This is one way I was able to go back to the 1800s while doing my own family history.

—**Nancy Peregrine**, Whale Gulch

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 tpease@humsenior.org or mail to Senior News, 1910 California St., Eureka CA 95501.

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HACKED! Protect Yourself

By Ted Pease

By now everyone has heard about the massive hack of Equifax, one of three major companies that track our spending history and credit scores.

Hackers stole the confidential financial information of 143 million U.S. consumers last Spring — Social Security numbers, bank accounts, birthdates, addresses and shoe sizes. About half of Americans were hacked, which pretty much means that even if your info wasn't taken, your neighbor's or spouse's probably was.

So we're all open to identity theft now, and should take steps to protect ourselves. If you've been putting this off, don't.

1. Are you on the hacked list? Get online and type in equifaxsecurity2017. That brings up a page with six links across the top. Click on "Potential Impact." It will ask your name and the last six digits of your SS number.

You may get this message (I did): "Based on the information provided, we believe that your personal information may have been impacted by this incident." Oh, great. Now what?

2. Credit-monitoring services. Equifax will offer you something called TrustedID Premier, a free monitor of your credit activity, but for only one year. Ask TranUnion.com and Experian.com, too. Or go to someone else, like creditkarma.com, a San Francisco-based company that has just launched a free credit-monitoring service, or lifelock.com for ID-theft protection. Others, like Annualcreditreport.com, will do a free credit review once a year.

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3. Fraud alerts. Go online to Equifax, TransUnion and Experian to set up fraud alerts so you'll know if someone applies for credit in your name. Contact all your credit card carriers and do the same.

4. Credit Freeze. A more secure step is to contact the big three and freeze your credit report. This blocks access to your credit files by anyone, including you. If you want to apply for a car loan or a mortgage, you'll have to go through the process of unfreezing your credit, but it will keep pirates out.

5. Watch existing credit card accounts like a hawk. Check frequently to make sure there are no charges on your Visa or AmEx or Sears cards that you didn't make.

All this takes time to set up — these outfits are swamped with calls — and it's maddening. But do it anyway to keep the crooks away.



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